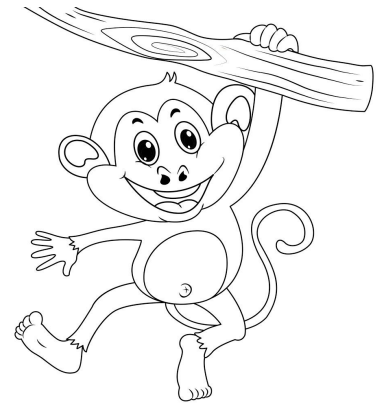




# Using the letter

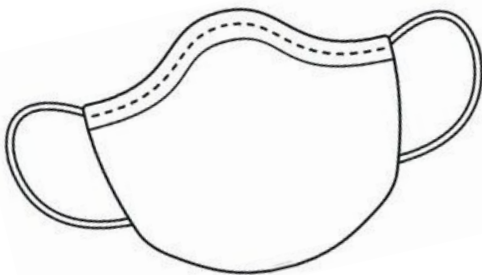


**MANGO**

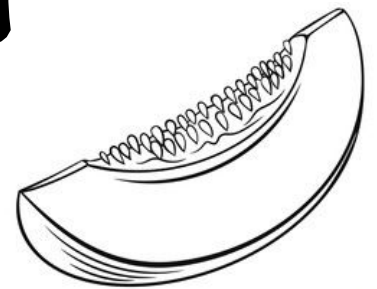


**MONKEY**

**Mm**

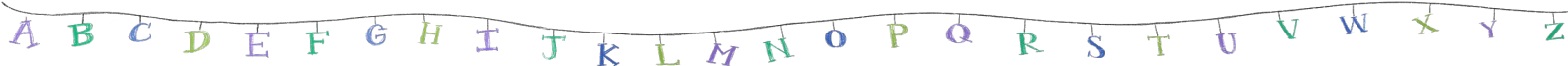


**MASK**



**MELON**

# to be more healthy





Mm



**SMED**

uses the letter **M** to  
**make** his brain healthy  
by learning words that  
start with "**M**".

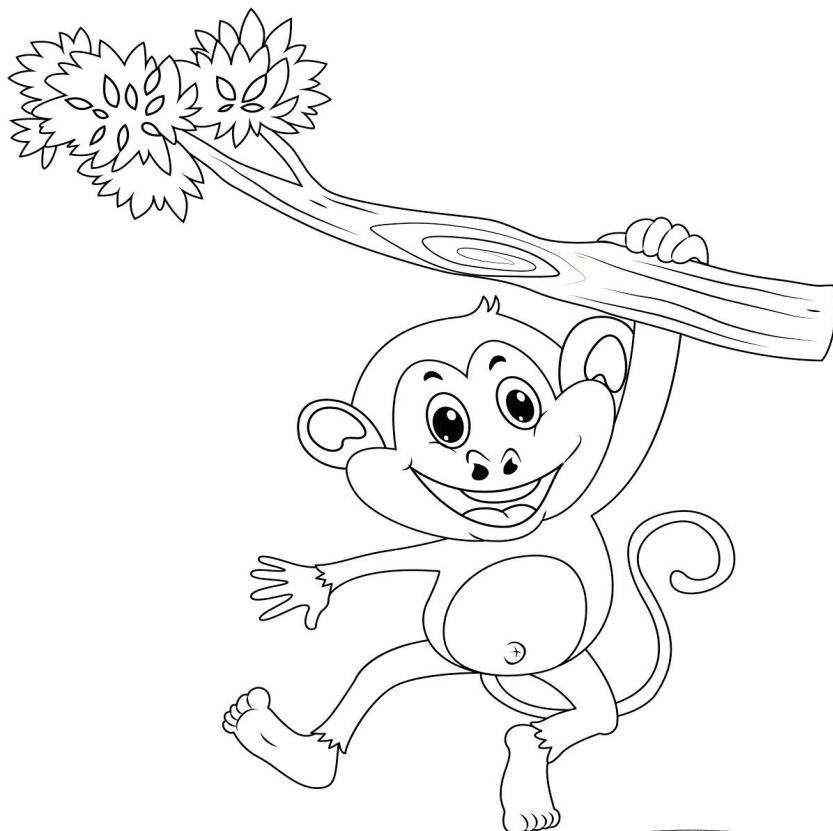
Trace and write these sight words 3 times each.

Me Me

\_\_\_\_\_

My My

\_\_\_\_\_



Color in the **monkey**!



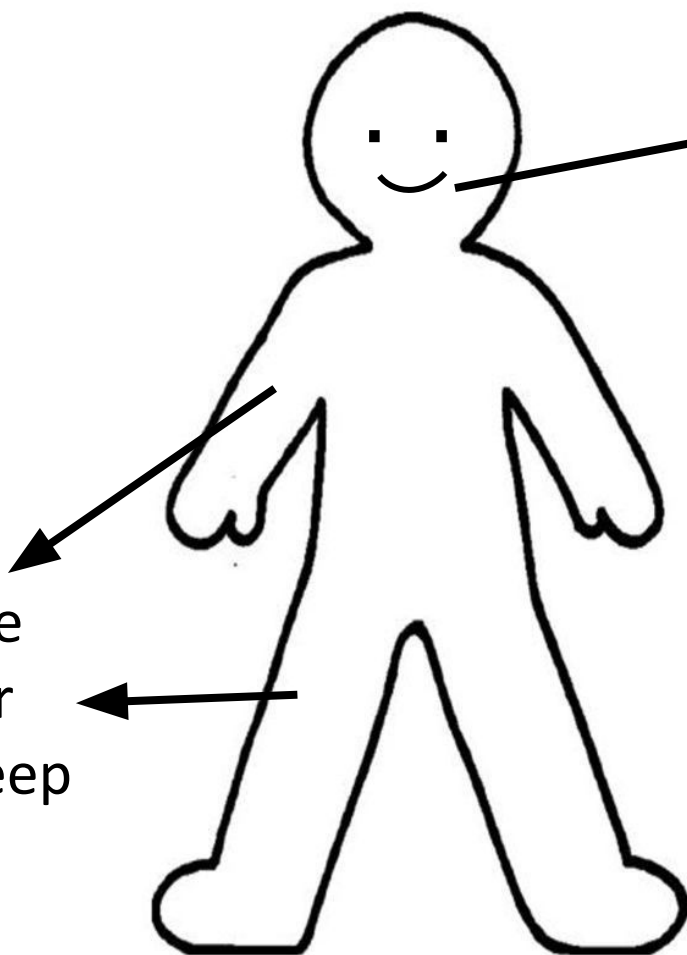
SMED 'S Science Lesson:  
Anatomy with the  
Letter **M**!

# Mm

**Many** parts of your body start with the letter **M**.



**Muscles** are  
all over your  
body and keep  
your body  
strong



**Mouth** allows  
you to chew  
and digest  
your food





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Being Healthy from A to Z

Mm

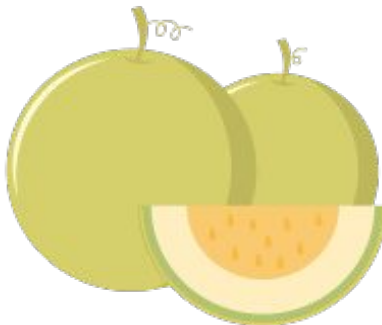


BERRY

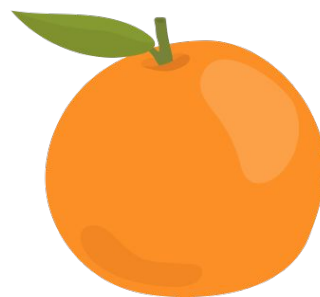
uses the letter **M** to be  
healthy by **munching**  
on fruits like:



Mango

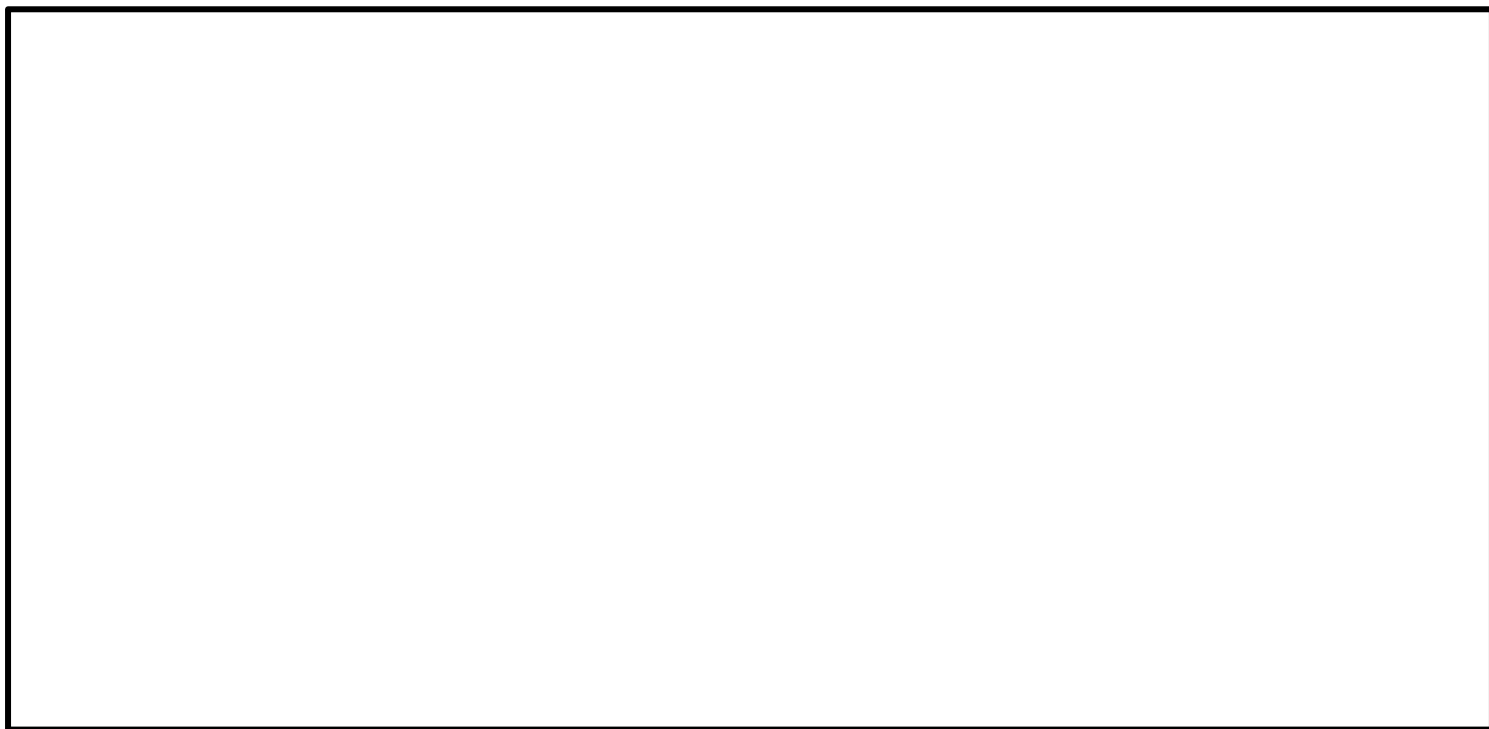


Melon



Mandarins

Draw your favorite fruit that starts with an **M**.



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z





# Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

# Mm



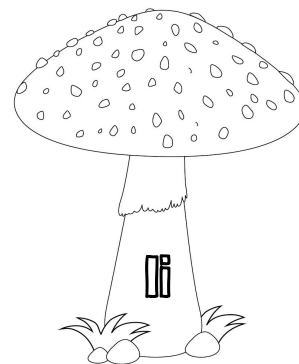
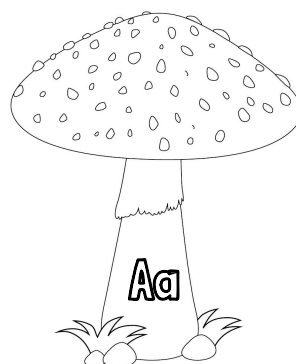
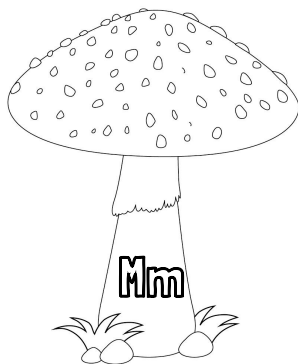
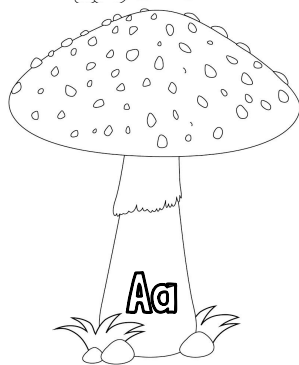
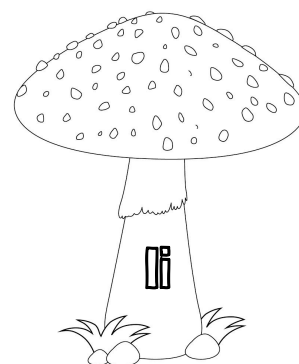
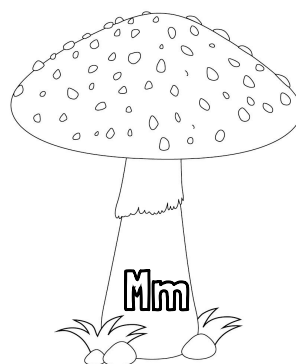
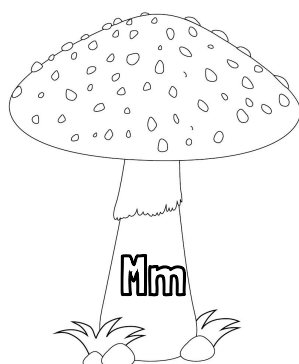
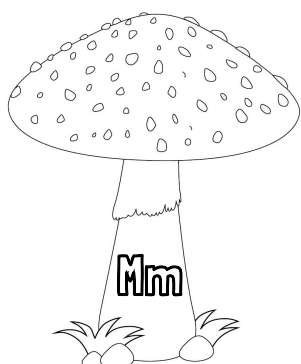
## BROC

uses the letter **M**  
to be healthy by  
eating  
**mushrooms.**

**Mushrooms** make your bones strong.  
**Mushrooms** come in **many** shapes and sizes.



Color the **mushrooms** with the letter **Mm**.



**Mushrooms** that grow in the yard are not safe to eat. Only eat  
**mushrooms** from the store.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

For more activities, visit [www.drphc.org](http://www.drphc.org)

ILLUSTRATION CREDITS:

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# Mm



## WARNER

uses the letter **M** to be healthy by staying away from **medications** if no trusted adult is nearby.

A doctor gives you **medication** if you are hurt or sick.

If you take **medicine** without permission from a trusted adult, you can get hurt.

**Medications** can sometimes look like candy, but they are not.

Circle the items that are **medications**.

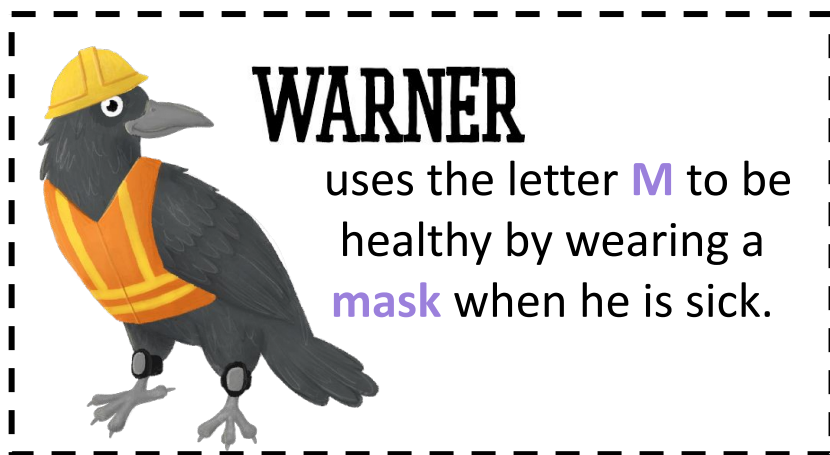




# Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

# Mm



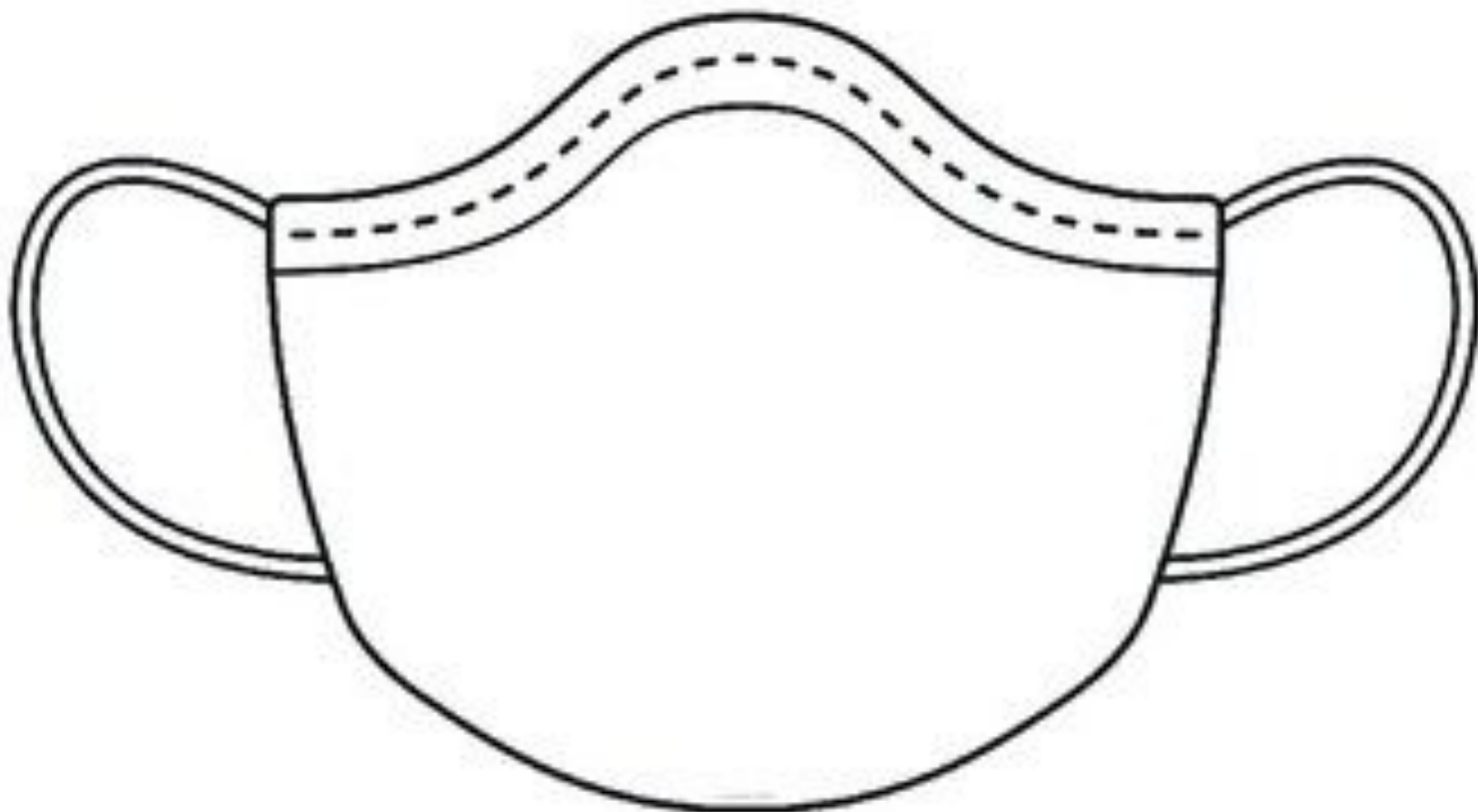
## WARNER

uses the letter **M** to be healthy by wearing a **mask** when he is sick.

Face **masks make** it **much** harder for germs to spread.

Germs **make** you and your family sick.

Decorate your **mask**.



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

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O uses the letter **M** to be healthy  
by **making** crafts like **mud** pies in  
nature.

Mm

Let's **make mud** pie with O!

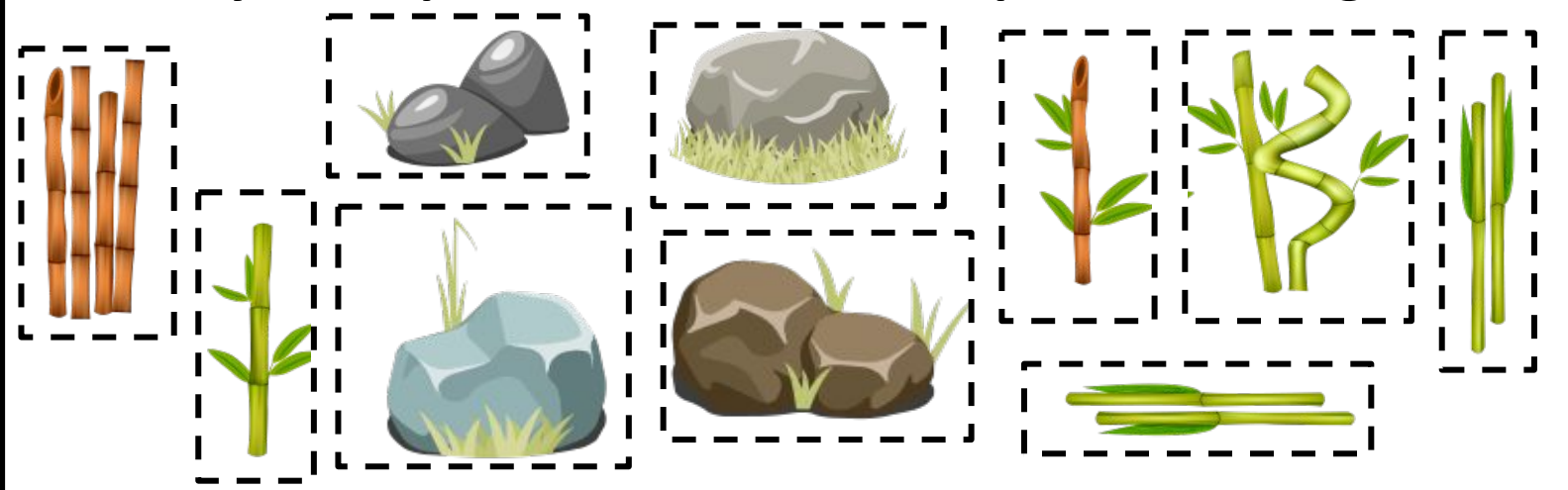


**Step 1:** Collect twigs, rocks, and sticks

**Step 2:** Dig a hole in the ground. Add water to the dirt to **make** it **mushy**.

**Step 3:** Decorate the pie with what what you find in nature.

Can you help O decorate his **mud** pie? Cut and glue.



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

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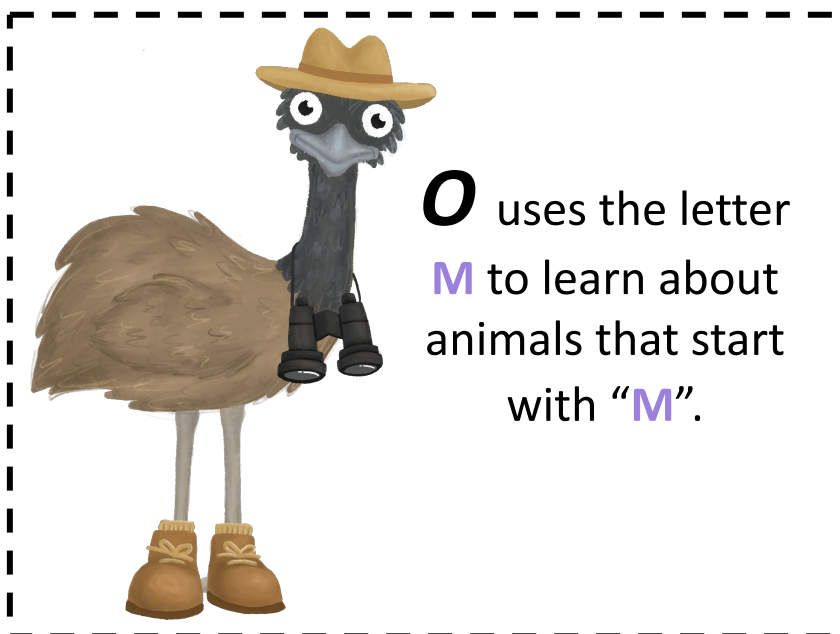




# Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

# Mm



**O** uses the letter  
**M** to learn about  
animals that start  
with “**M**”.

Connect the names to the animal they belong to!

Monkey

Mallard duck

Moose



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

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Mm

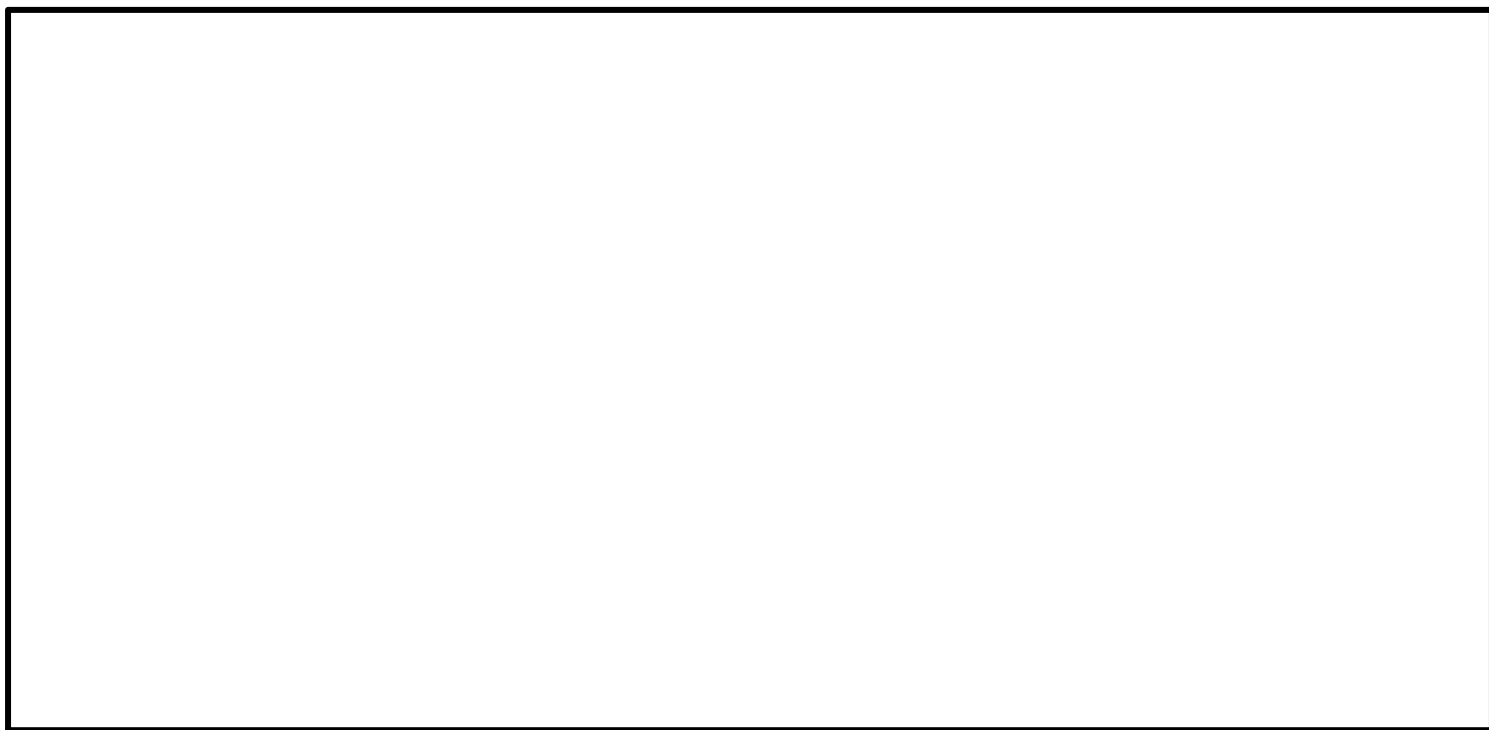


Pathy

uses the letter **M** to  
be healthy by  
**making** new friends.



Draw how you like to **make** friends.



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z





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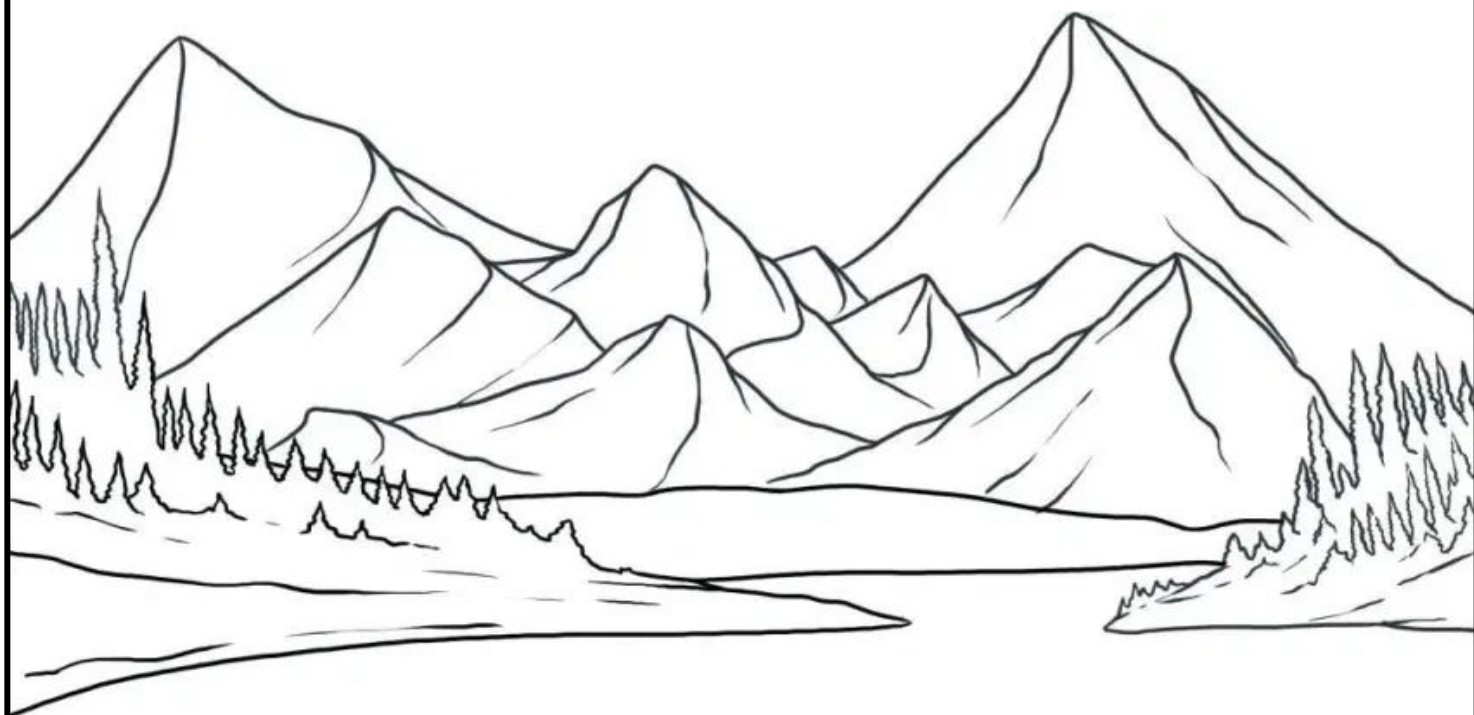
Mm



**AGUA** uses the letter **M**  
to stay healthy by  
drinking water  
from the  
**mountains.**

Water from the **mountains** is very refreshing.

Color in the **mountains.**



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

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# Mm



**Sport** uses the letter **M** to be active by playing **miniature golf, martial arts, and mountain biking.**

**Match** the picture to the activity.



**Martial Arts**

**Mountain Bike**

**Miniature Golf**



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Being Healthy from A to Z

# Mm



**Sport** also uses the  
letter **M** to be  
active by **making**  
**moves**.

Let's **march** in place 10 times



Let's do 20 **mountain** climbers



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



# Mango Chia Pudding

## INGREDIENTS:

- 1.5 cups fresh Mango, cubed



- 1/2 cup Chia Seeds



- 2 cups coconut milk

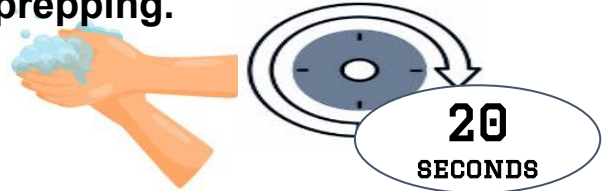


**Spoon** has a recipe that starts with the letter **M** for you to **munch** on.



## INSTRUCTIONS:

1) Wash hands with soap and warm water before prepping.



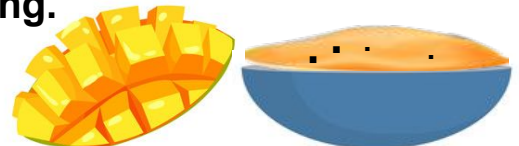
2) With the help of an adult, add half of the mango to the blender and make into a purée.



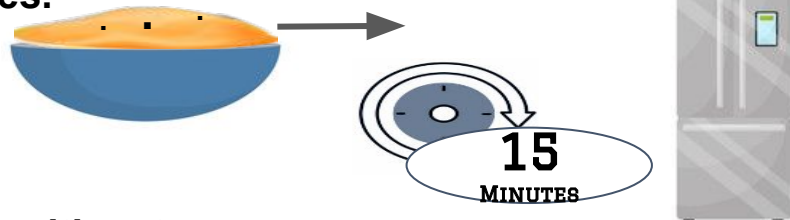
3) Add chia seeds, coconut milk, and puréed mango to a mixing bowl and stir.



4) Then mix in the chopped mango; Save a few chunks for topping.



5) Put into the fridge for 15 minutes and then take out to stir, then add back for another 15 minutes.



6) Top with extra mango & ENJOY!



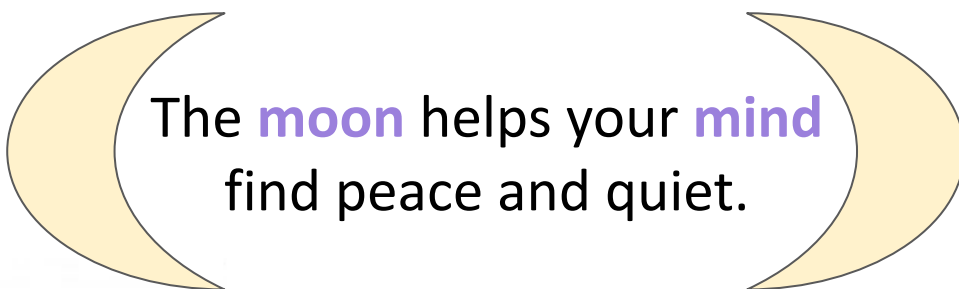


# Mm



**Z** uses the letter **M**  
to be healthy by  
**meditating** and  
looking at the **moon**.

**Meditating** is when you sit and let your **mind** get calm.



The **moon** helps your **mind**  
find peace and quiet.



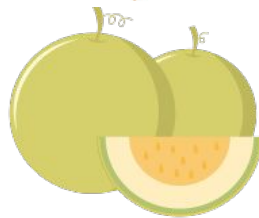
Connect the dots  
to **make a moon!**





# Mm

Can you draw a picture  
of how you're going to  
use the letter **M** to be  
more healthy?



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z





## Health Standards

- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.2.N Identify a variety of healthy snacks
- 7.1.N Select nutritious snacks
- 1.5.G Name body parts and their functions.
- 7.2.M Describe positive ways to show care, consideration, and concern for others.
- 8.1.M Encourage others when they engage in safe and healthy behaviors.
- 1.5.P Identify practices that are good for the environment, such as turning off lights and water, recycling, and picking up trash.
- 1.1.A Explain why medicines are used.
- 1.2.A Explain that medicines can be helpful or harmful.
- 1.3.A Recognize that medicines should be taken only under the supervision of a trusted adult.
- 7.1.S Follow rules for safe play and safety routines.
- 1.9.S Recognize that anything may be poisonous or cause harm if used unsafely.