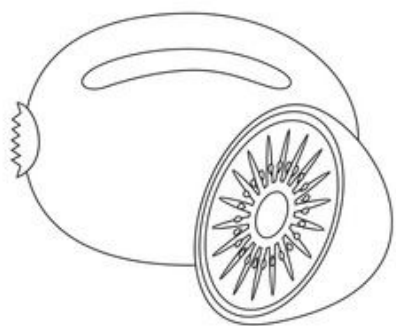
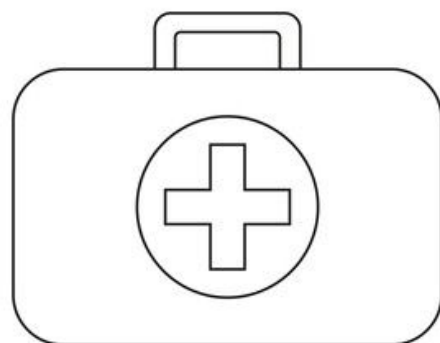




Using the letter



KIWI

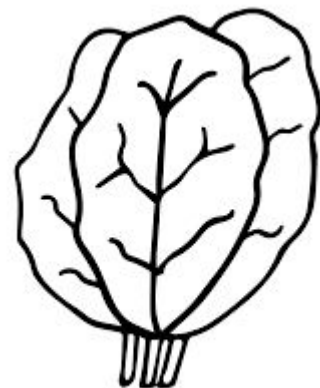


FIRST AID KIT

KK

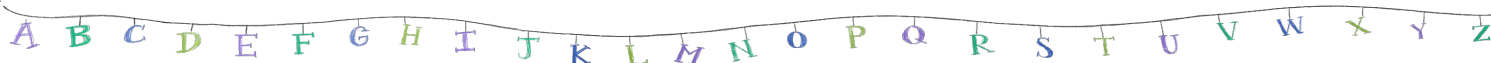


KOALA



KALE

to be more healthy





Kk



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

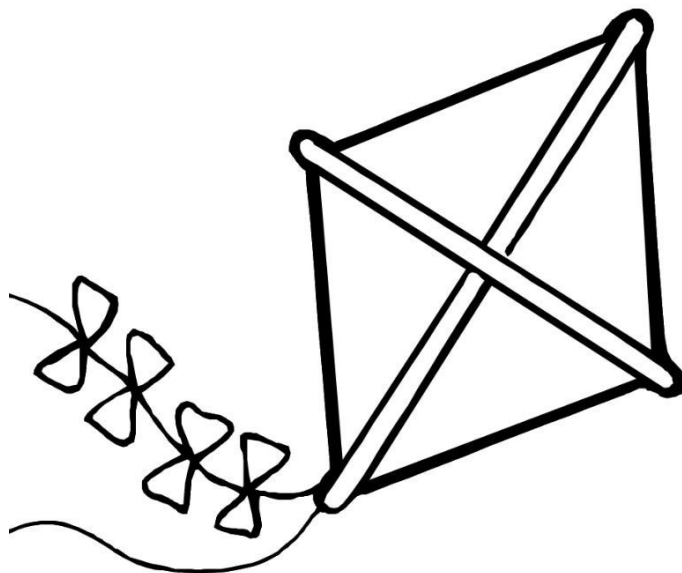
Trace and write these words two times each.

Key Key

Keep Keep

Kind Kind

Can you color in the
kite?





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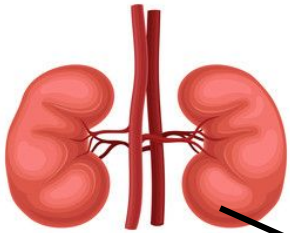
Being Healthy from A to Z

Kk

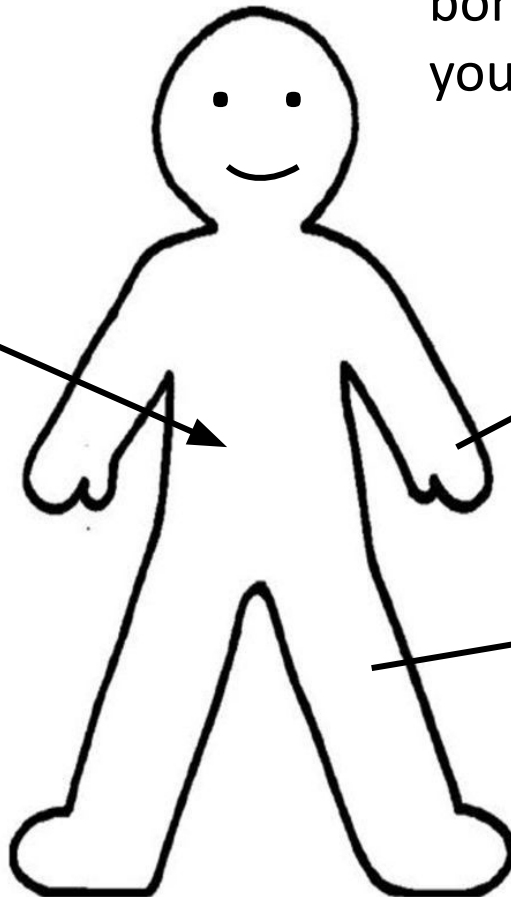


SMED 'S Science Lesson:
Anatomy with the
Letter **K**!

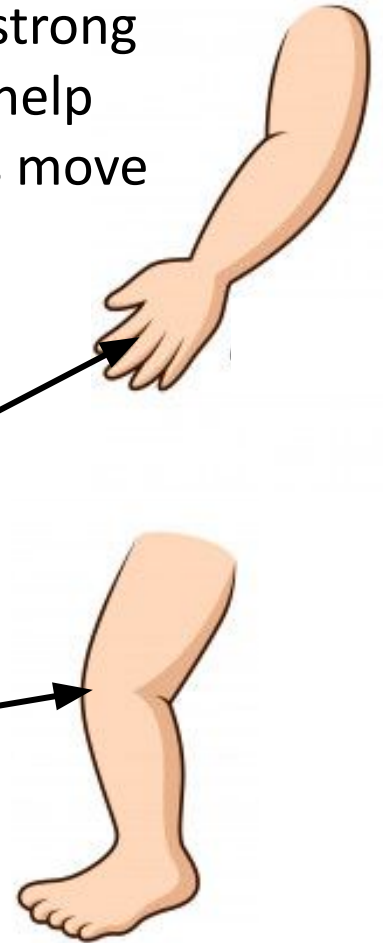
Some important parts of your body start with the
letter **K**.



Kidney: takes out
waste and cleans
your body



Knuckles: strong
bones that help
your fingers move



Knee: helps your leg bend
and straighten

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

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Being Healthy from A to Z

Kk



Kiwis keep your heart healthy and help you to not get sick!



Kiwi

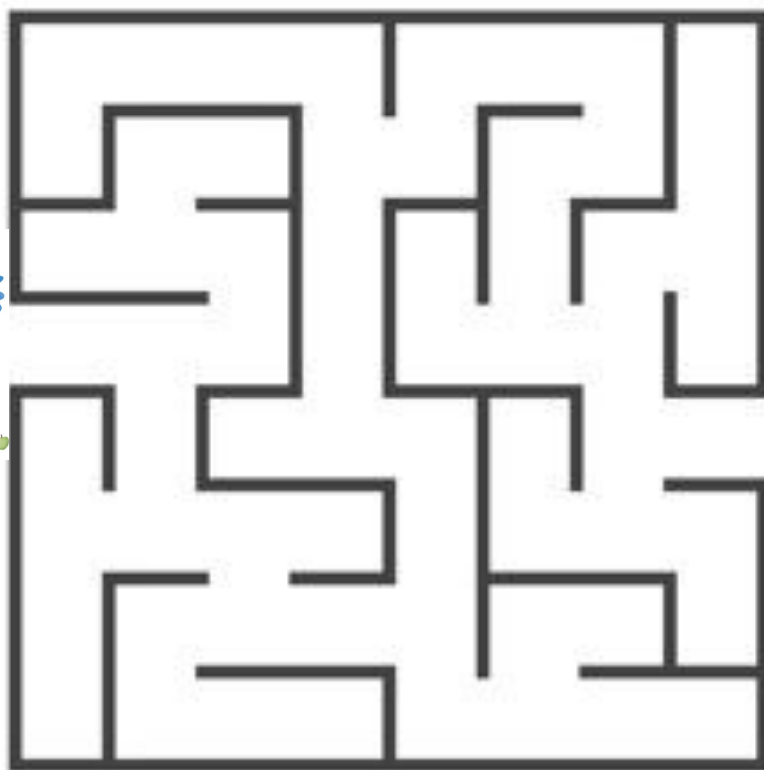


Kumquat

Kumquats keep your skin healthy and help you not get sick!



Help Berry get to
the **kiwi**!



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



Kk



BROC uses the letter **K** to be healthy by eating **kale** and **kurrat**.



Kale

Kale keeps your bones, eyes, and heart healthy!



Kurrat

Kurrat helps the blood flow through your body easier!

DID YOU KNOW:

Another name for **kurrat** is Egyptian leek!

Both **kale** and **kurrat** can be put in salads!

Circle which veggie you want to put in a salad!



Kk



BROC uses the letter **K** to be healthy by eating **kale** and **kurrat**.

Can you find and circle the **kale** and **kurrat**?



Kale



Kurrat





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Spoon has a delicious recipe that starts with the letter **K**!



Kiwi Sorbet

Ingredients:

- 8 frozen, peeled kiwis



- 1 frozen banana



- 1 tbsp lemon juice



- 4 tbsp coconut milk



Instructions:

Parental Supervision required

- Wash your hands and use soap



- Peel, slice, and freeze kiwis



- In a blender, put in the frozen kiwis and banana with lemon juice, and coconut milk



- Pour into bowl or put in container and freeze for later





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Being Healthy from A to Z

Kk



Sport

uses the letter **K** to be active by doing **karate**, **kicking** a soccer ball, and flying a **kite**!

Circle which “**K**” activity is your favorite!



Karate



Flying a Kite



Kicking a ball

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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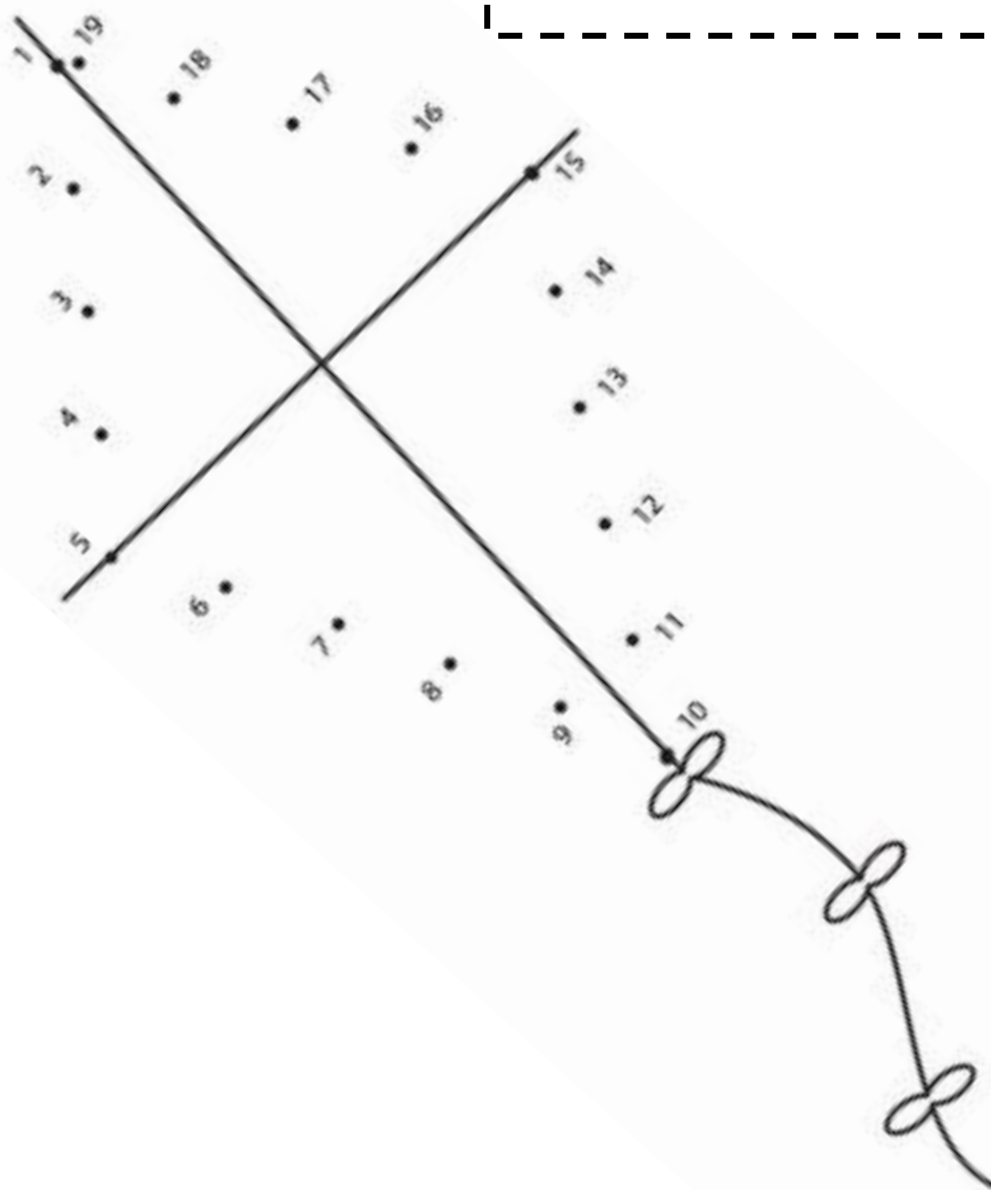
Being Healthy from A to Z

Kk



Sport uses the
letter **K** to be
active by flying
her **kite**!

Connect the dots to create
the **kite**!



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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Kk



AGUA uses the letter **K** to be healthy by having fun **kayaking**, **kiteboarding**, and **kneeboarding**.

Match these activities to their pictures.

Kayaking

Kitesurfing

Kneeboarding



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



Kk



WARNER

uses the letter **K** to
be healthy by
keeping a first aid **kit**
with him.

A first aid **kit** is a box or bag that is filled with tools to help if someone gets hurt.



There can be different **kinds** of
bandages, wipes, and lots of
other tools.



Can you guess what items Warner has inside
his first aid **kit**?



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Kk



O uses the letter **K** to be healthy by **keeping** an eye out for animals that start with **K** when he goes outside!

Can you match each animal to their name?



Koala

Kangaroo

Kiwi

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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Kk



O uses the letter **K** to be healthy by learning about **kangaroos**!

Cool facts about **kangaroos**!

Kangaroo babies are known as joeys!

They can jump really high and far.

Most **kangaroos** are left-handed!

Kangaroos only eat plants.

They are really good swimmers.

Kangaroos can also be very dangerous,
so be careful not to get close!

Trace and color in the **kangaroo**!



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



Kk



Pathy
uses the letter **K** to
be healthy by being
kind to others.

Keeping an eye on your friends.



Including everyone when you play.



Noticing if someone is sad or lonely.

Doing nice things for others.



How will you be **kind** to others?



Kk



Z uses the letter **K** to be healthy by **keeping** herself calm and centered.

Z loves to **knit** and practice different **kneeling** poses in yoga. This helps her **keep** calm and stress free.



Knitting



Kneeling yoga poses

Help Z color in the beanie she **knit**!



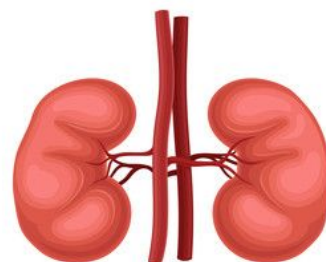


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Kk

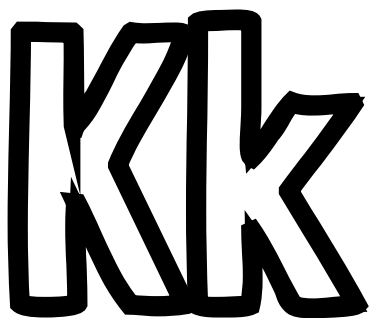
Draw a picture of how
you're going to use the
letter **K** to be more healthy.



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

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Health Standards

- 1.1N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.2.N Identify a variety of healthy snacks.
- 1.3N Describe the benefits of being physically active.
- 1.5.G Name body parts and their functions.
- 5.1N Describe ways to participate regularly in active play and enjoyable physical activities.
- 7.1N Select nutritious snacks
- 1.5.M Describe and practice situations when it is appropriate to use "Please," "Thank you," "Excuse me," and "I'm sorry."
- 7.2.M Describe positive ways to show care, consideration, and concern for others.