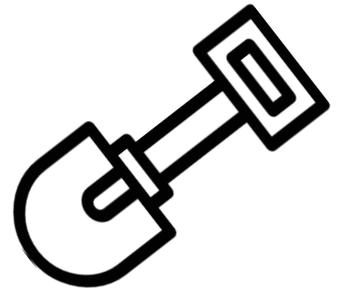


Using the letter



DOG



DIG

Dd



DINNER



DOCTOR

to be more healthy

Dd



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

Trace and write these words two times each.

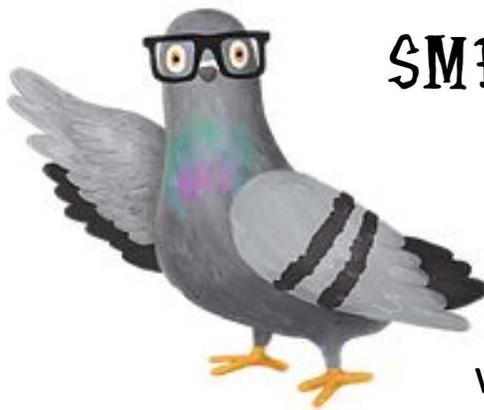
dog dog

dad dad

Color in this **dog!**



Dd



SMED

uses the letter **D** to be healthy by visiting trusted adults that start with the letter **D**.



DOCTORS

help your **body** be healthy.



DENTISTS

help your **teeth** be healthy.

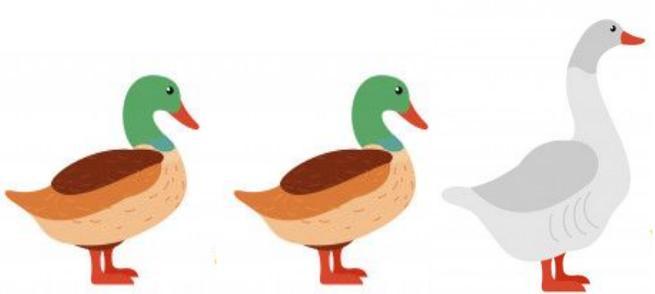
Color in the **doctor**!



Dd



Sport uses the letter **D** to be healthy by **doing** activities that start with “**D**”!



Duck, Duck, Goose

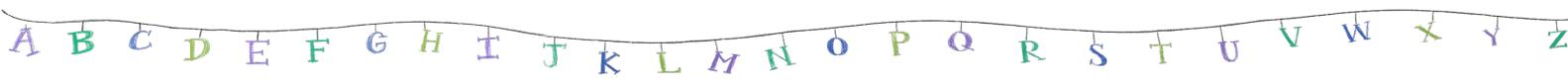


Dancing



Diving

Circle your favorite “**D**” activity!

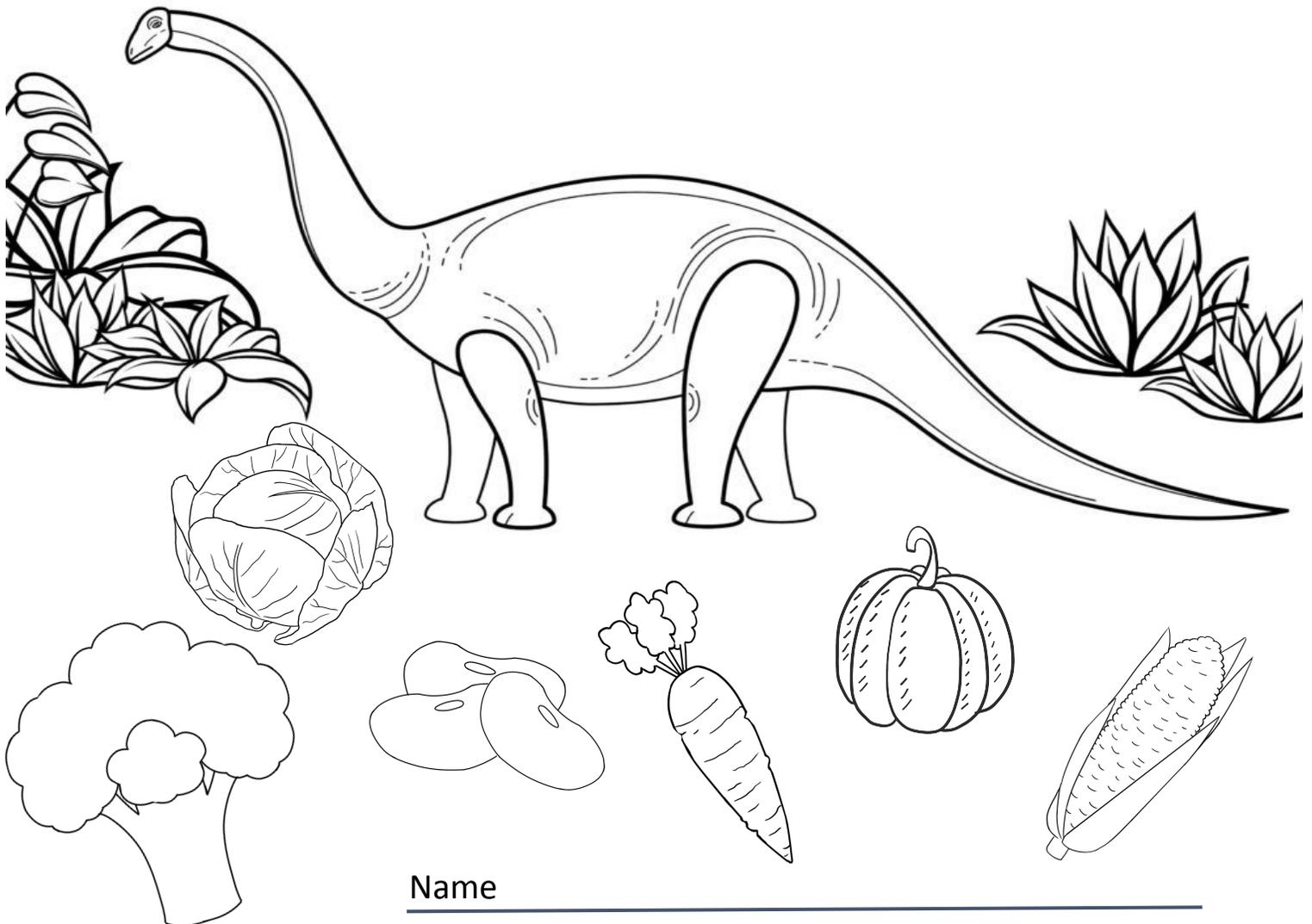


Dd



O uses the letter **D** to be healthy by eating natural foods like **dinosaurs did!**

Color and name your **dinosaur!**



Name _____



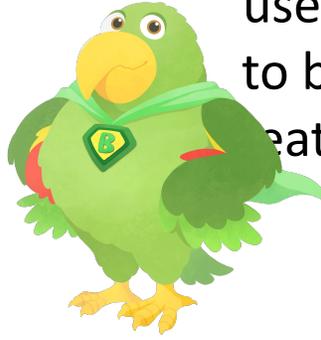
Dd

BROC & BERRY

use the letter **D**

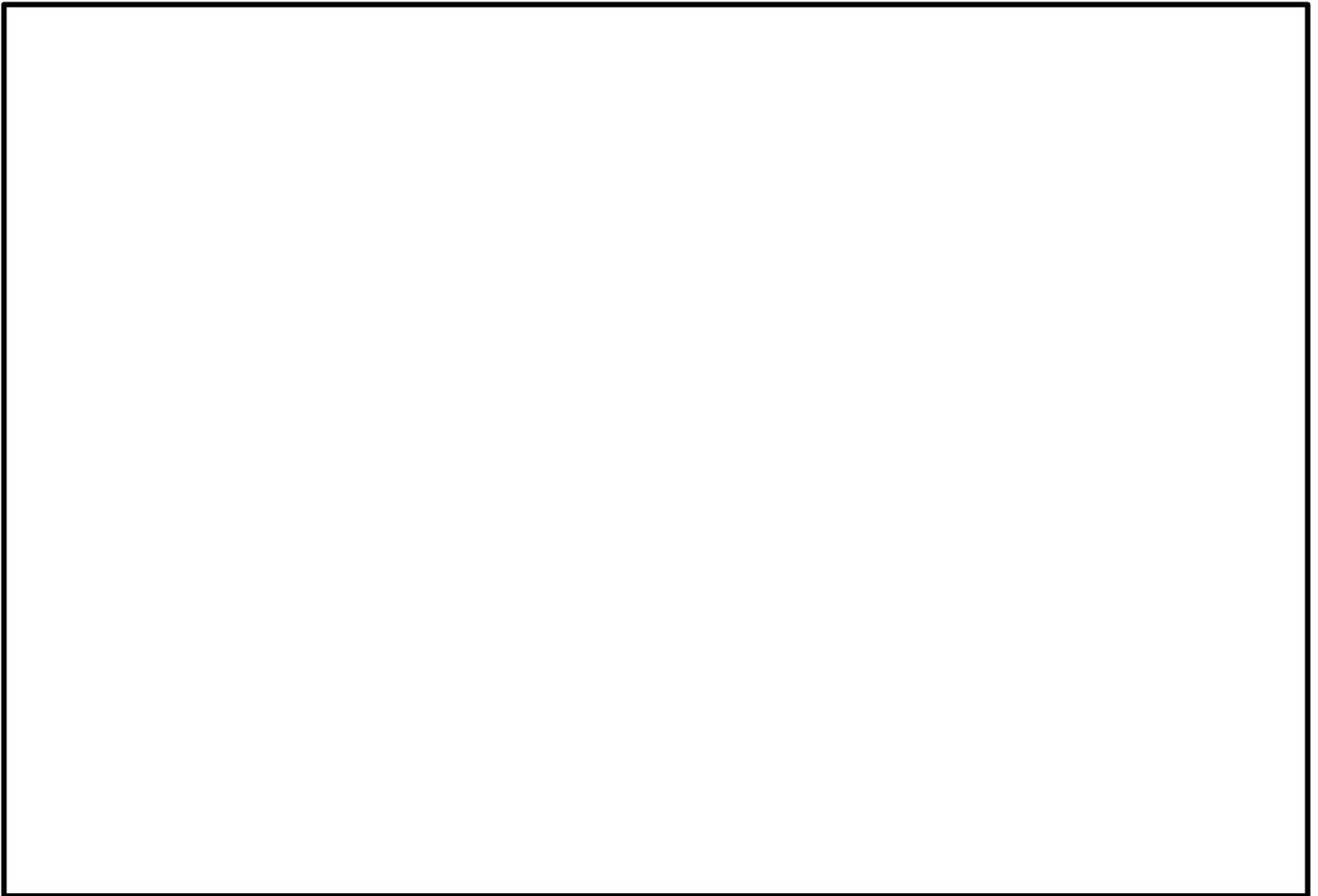
to be healthy by
eating healthy

dinners.



A healthy **dinner** includes a fruit and a vegetable!

Draw a fruit and vegetable to eat at **dinner.**



Dd



Spoon

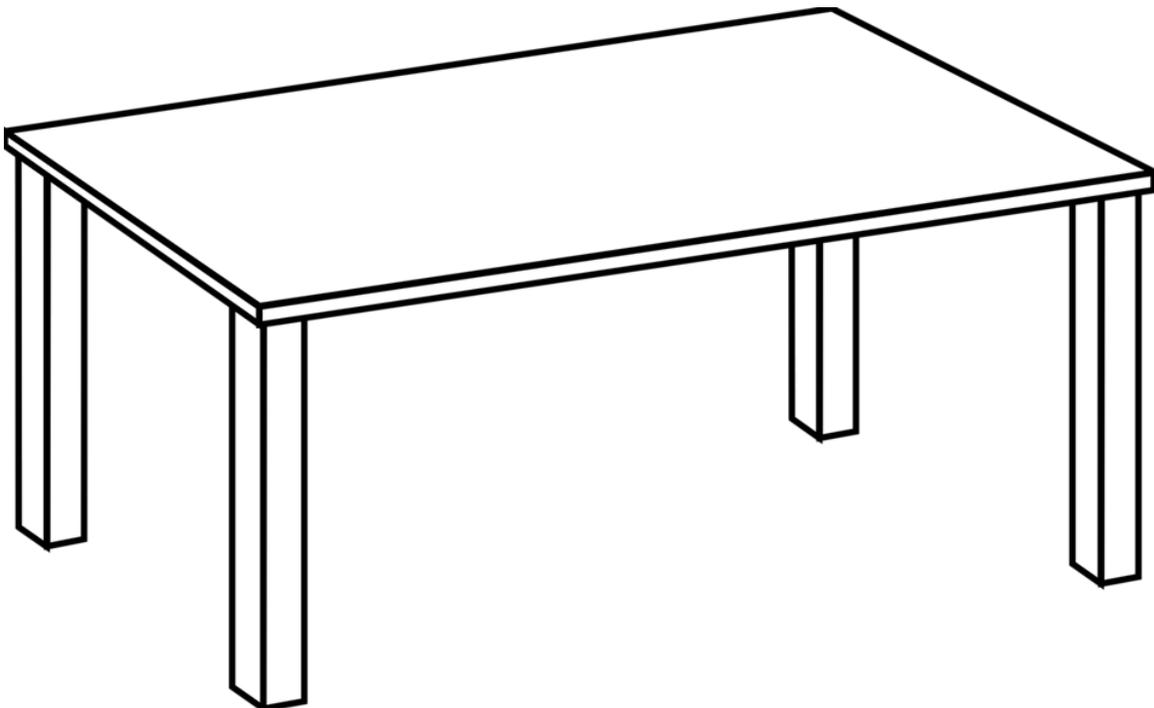
uses the letter **D**
to be healthy at
dinner by talking
about his **day**.



Always turn off
devices when you eat.



Can you **draw** your
family at **dinner**?



Dd

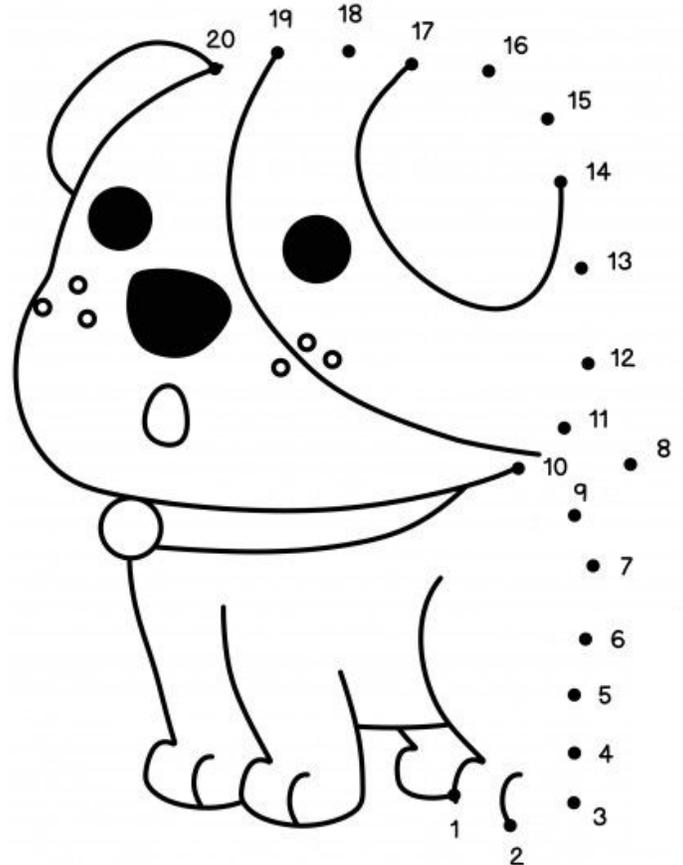


WARNER

uses the letter **D** to be healthy by asking permission before petting a **dog**.

Never pet a **dog** without asking a trusted adult first.

Not all **dogs** like to be touched, so always ask the owner if the **dog** is friendly!



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

Dd



AGUA uses the letter **D** to be healthy by **drinking** water.

The healthiest **drink** is water!



1 bottle of water =
0 sugar cubes



The best **drinks** have no sugars!

Count the number of sugar cubes in this **drink**!



Juice



Answer:
_____ sugar cubes



Dd



Pathy

uses the letter **D** to be healthy by **doing** these activities when she feels **down**!



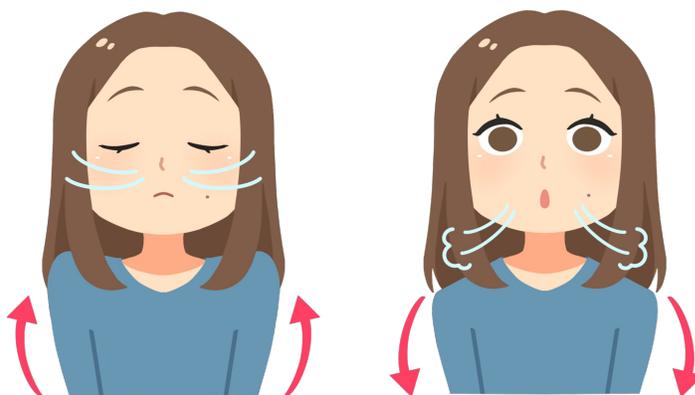
Dig in the **dirt**



Play with your **dog**



Drawing



Take **deep** breaths

Circle your favorite!



Duck Walk

- Squat down and walk to resemble a duck's walk & can bend arms on the side to make them look like wings

Dd

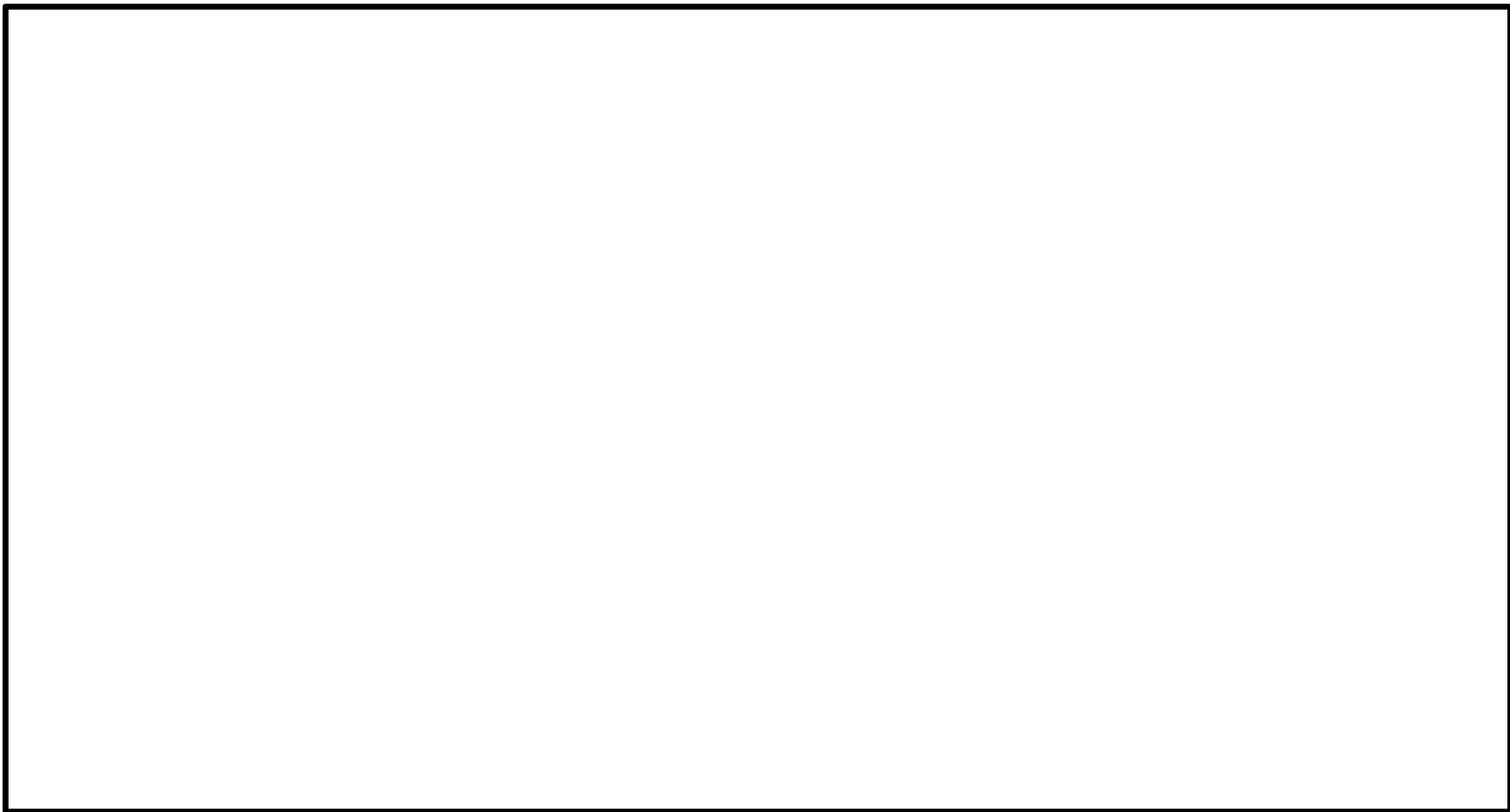


Z



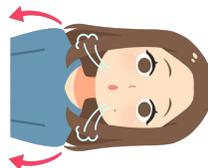
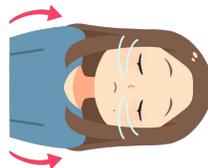
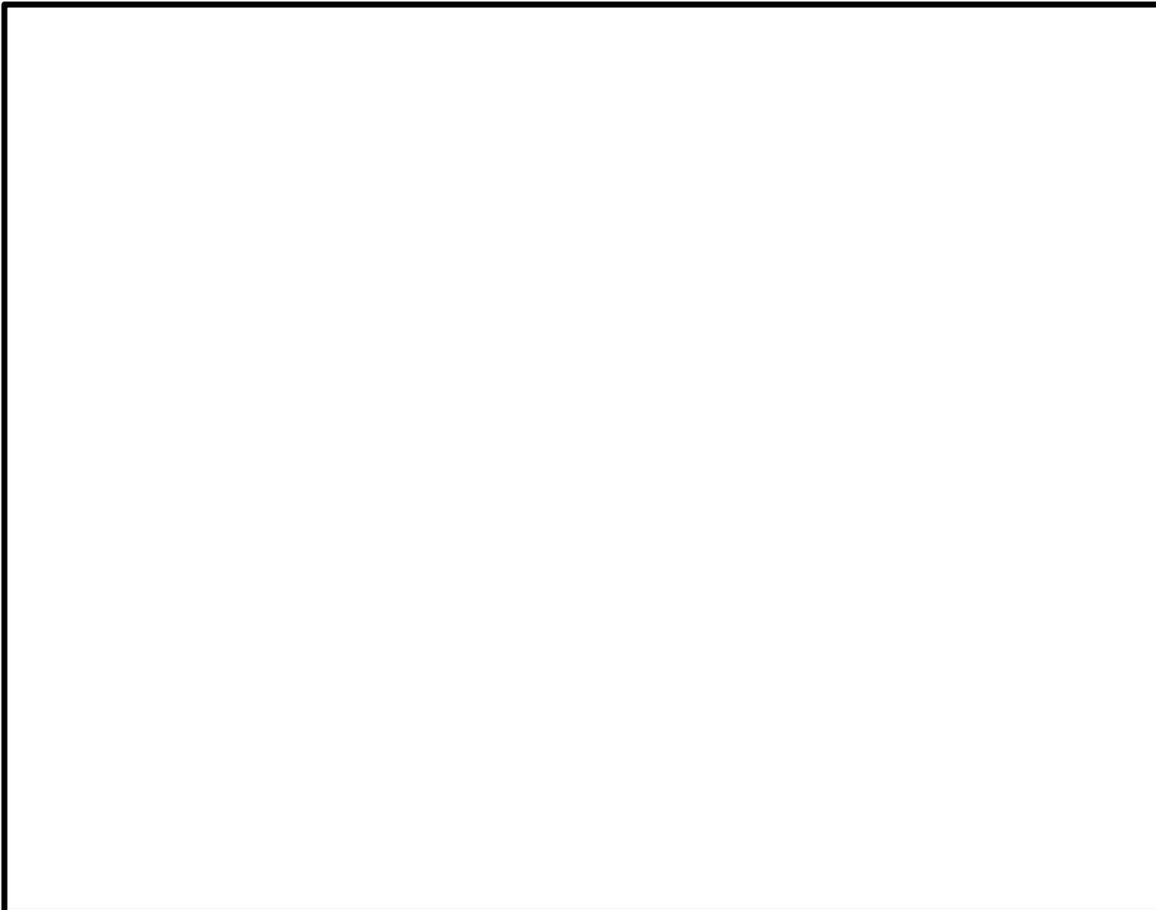
uses the letter **D** to
be healthy by
drawing pictures of
her **dreams**.

**Draw one of your
dreams!**



Dd

Can you **draw** a picture of how you can use the letter **D** 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

Dd

Health Standards

- 3.1.P Identify health care workers who can help promote healthy practices.
- 1.2N Identify a variety of healthy snacks
- 1.4.G Identify trusted adults who promote healthy growth and development (e.g., physicians, nurses, dentists, and optometrists).
- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.1.G Explain that living things grow and mature.
- 7.3.N Choose healthy foods in a variety of settings.
- 7.1.M Express emotions appropriately.