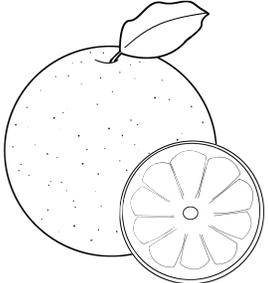
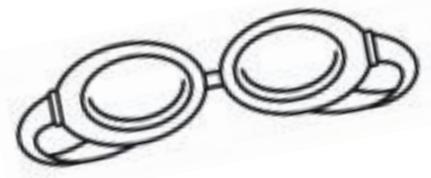


# Using the letter



**GRAPEFRUIT**

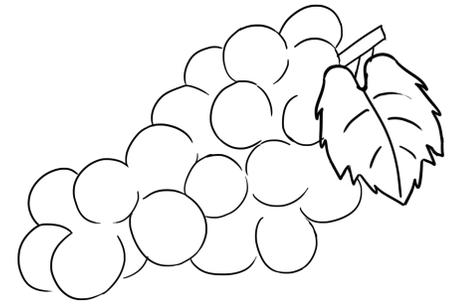


**GOGGLES**

# Gg

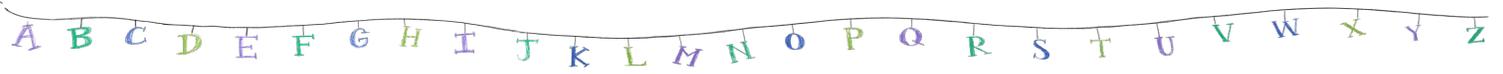


**GOLF**



**GRAPES**

# to be more healthy



Gg



**SMED**  
uses the letter **G** to be healthy by learning words that have the letter **G**.

Trace and write these words 2 times each.

go

go

\_\_\_\_\_

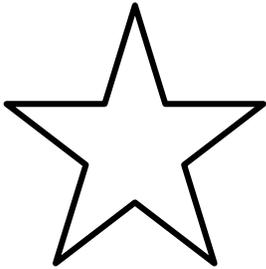
\_\_\_\_\_

good

good

\_\_\_\_\_

\_\_\_\_\_



Color in the phrase!

GOOD JOB!

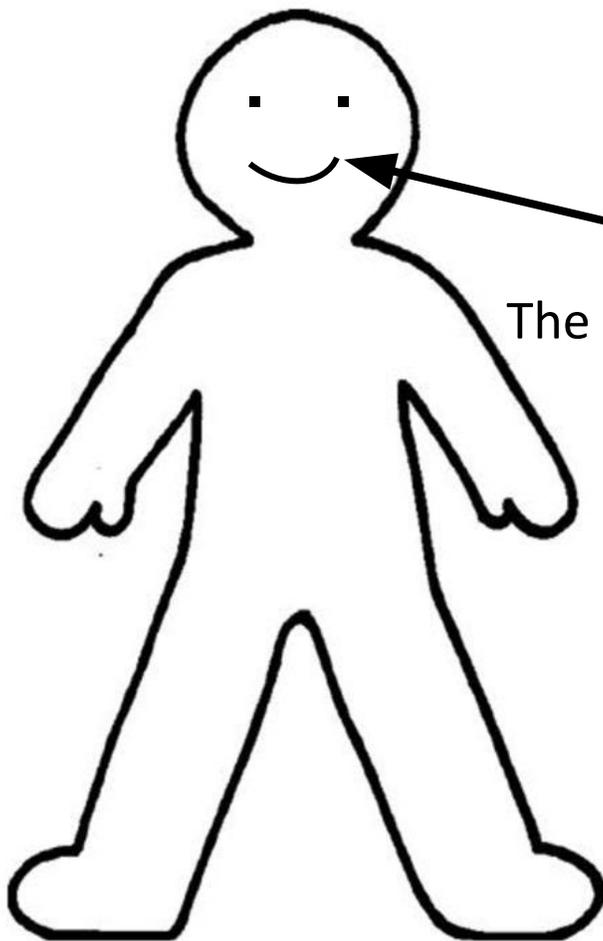


# Gg



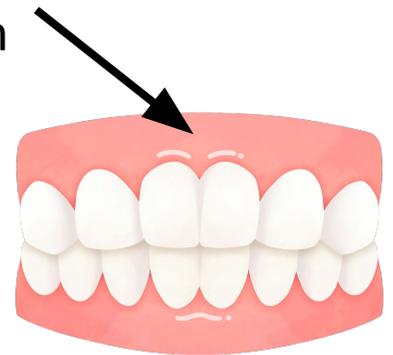
SMED'S Science Lesson:  
Anatomy with the  
Letter **G**!

The letter **G** is the first letter in these body parts:



**Gums:**

The pink part around  
your teeth



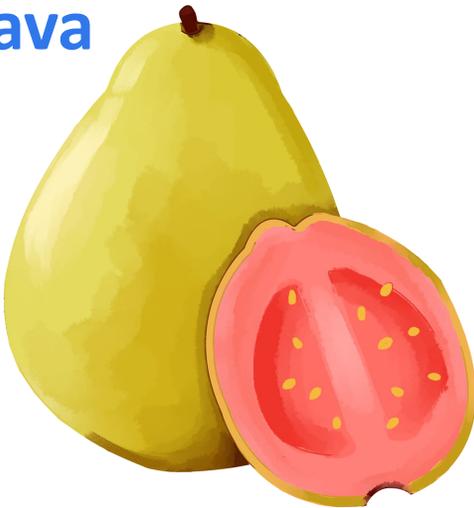
Take care of your **gums** by **gently** brushing  
them when brushing your teeth.

# Gg



**BERRY**  
uses the letter  
**G** to be healthy  
by eating **great**  
fruits!

Guava



Circle your  
favorite fruit!

Grapefruit



Grapes



# Gg



## BROC

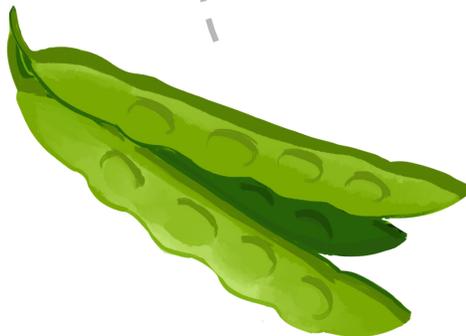
uses the letter **G** to be healthy by eating veggies from his **garden**.

Can you match the vegetables with their picture?

Green Beans

Ginger

Garlic



# Gg

## Grape Popsicles

### Ingredients:

- 2 ½ cups of seedless grapes



**Spoon** has some delicious recipes that start with the letter **G**!

### Instructions: **Parental Supervision required**

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



2. Rinse **grapes** and put into a bowl.



3. Place bowl into freezer and leave overnight.



4. Pull the **grapes** out of the freezer and enjoy!



# Gg

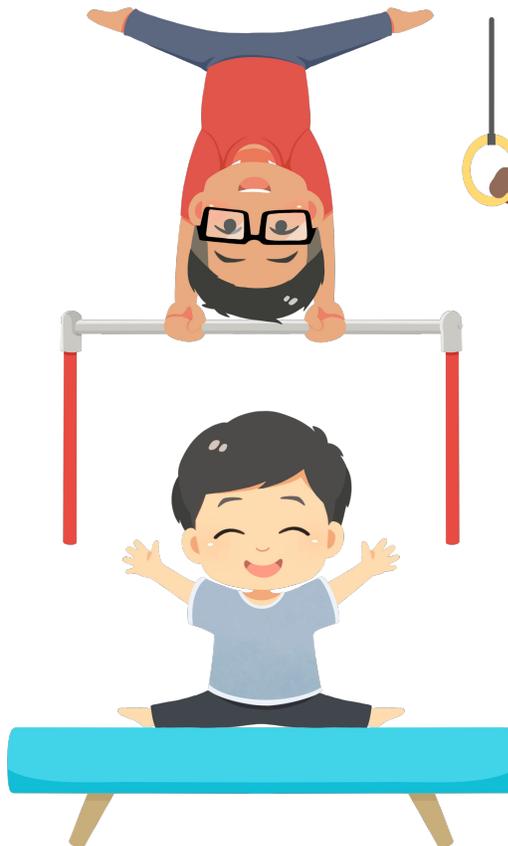


## Sport

uses the letter **G** to be healthy by playing **golf** and doing **gymnastics**!



**Golf**



**Gymnastics**

**Gymnastics** has lots of different activities!

**Circle your favorite activity.**

# New Slide

## **Gallup**

- Put one foot in front of the other and jump forward to Gallup

Gg

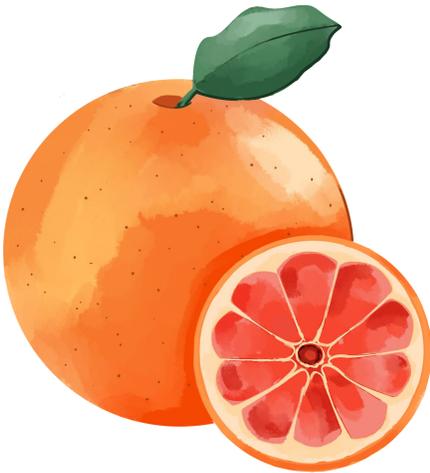


**AGUA**

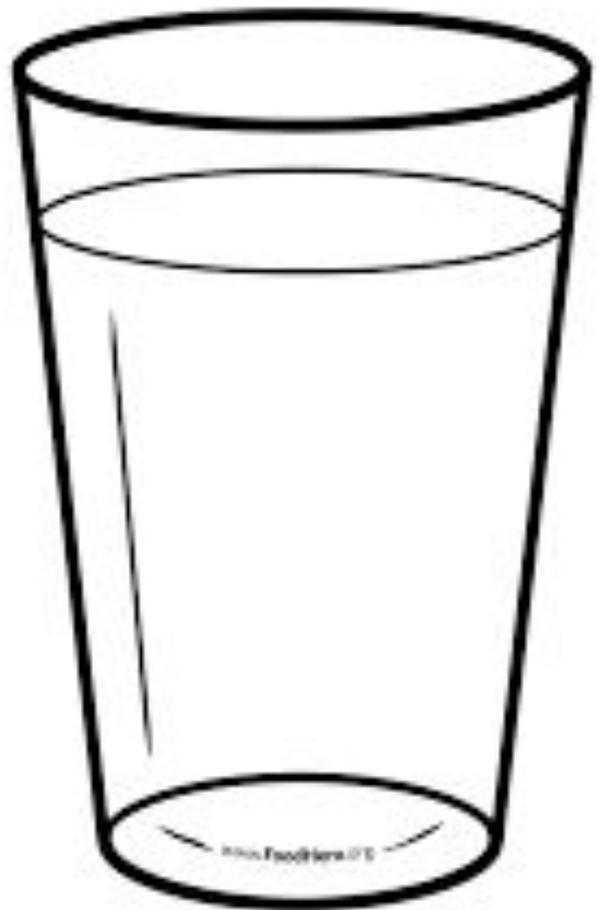
uses the letter **G**  
to be healthy by  
adding **grapefruit**  
to his water!

**Grapefruit** helps you to not **get** sick.

It will also make your water taste **good**!



Add **grapefruit** to this  
**glass** of water!

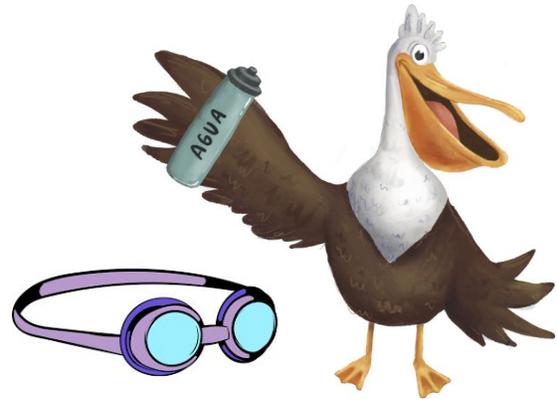


# Gg



## AGUA & WARNER

use the letter **G** to  
be healthy by being  
safe around water.



Wear **goggles** to protect your eyes.



**Get** adult supervision and always  
swim with a buddy.



Color in these  
**goggles!**



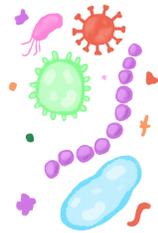
# Gg



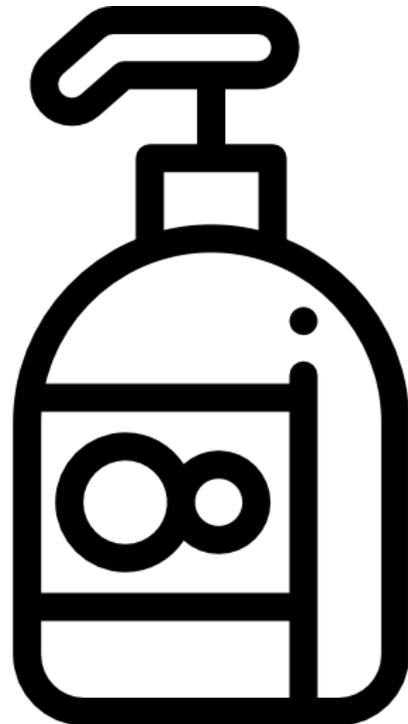
## WARNER

uses the letter **G** to be healthy by staying away from **germs**.

**Germs** can **get** you and your family sick, so be careful!



Washing your hands and wearing face masks stop most **germs** from **getting** you sick!



**Color in the soap bottle!**

# Gg



O uses the letter **G** to be healthy by **going** outside and **gardening**.

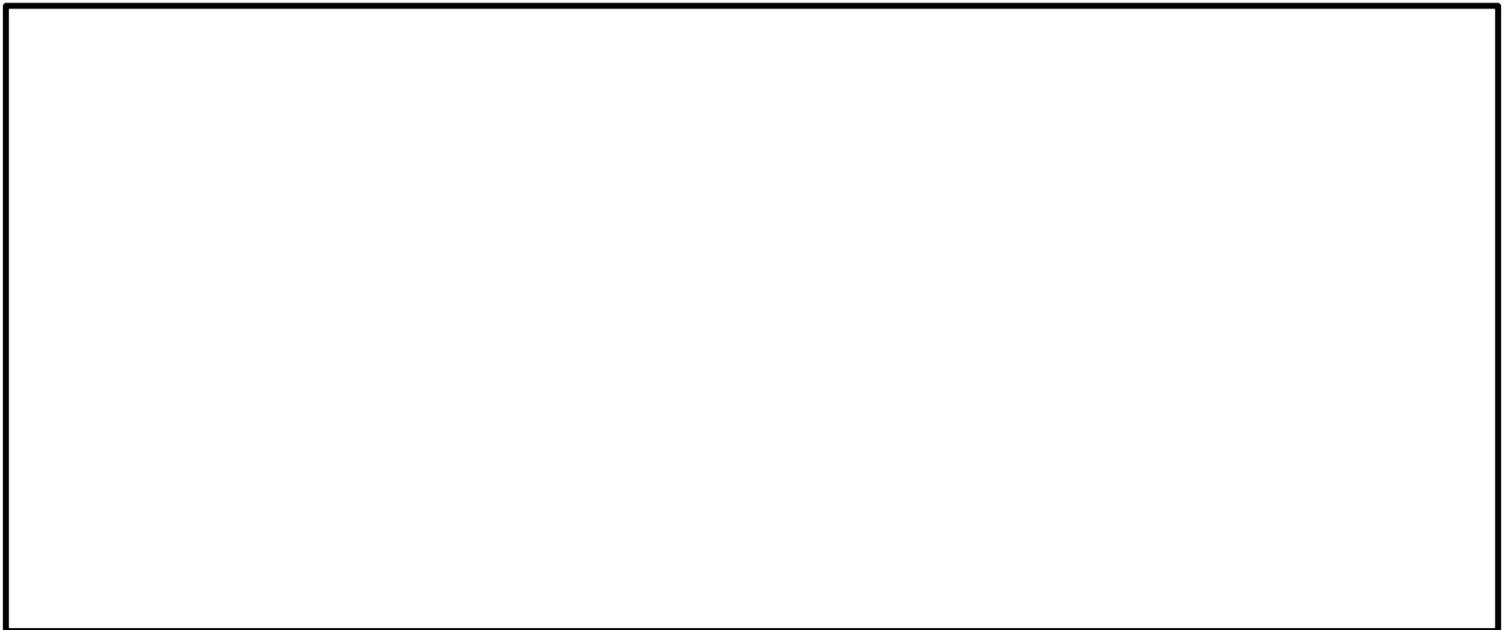


**Going** outside and **gardening** is a **great** way to be connected to nature!



Plants need sun, water, and **good** dirt to **grow**!

**Draw what plants you will grow in your garden!**



# Gg



Pathy  
uses the letter **G** to  
be healthy by  
**greeting** others.

To **give** someone a proper **greeting**:  
**Grin** and look at them in the eye. Then say

**Good** morning,  
**Good** afternoon, or  
**Good** evening!



**Greeting** someone nicely is a **good**  
way to make them happy!

Write down who you **greeted**!

---

Gg



Z

uses the letter **G** to be healthy by **getting** a **good** night's sleep.

**Getting** enough sleep each night is important!

Sleeping is when your body **gets** to rest and is when your brain saves the memories of that day!



Answer:

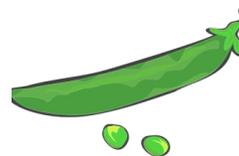
_____
Hours

**How much sleep do you need each night?**

- 1-3 year olds need 12 to 14 hours
- 3-5 year olds need 11 to 13 hours
- 5-10 year olds need 10-11 hours

# Gg

Draw a picture of how you can use the letter **G** to be more healthy.



# Gg

## Health Standards

- 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.
- 1.5.G Name body parts and their functions.
- 1.2.N Identify a variety of healthy snacks
- 7.1.N Select nutritious snacks
- 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.
- 1.1.P Identify effective dental and personal hygiene practices.
- 1.3.P Define “germs.”
- 1.4.P Explain why the transmission of germs may be harmful to health.
- 7.2.P Demonstrate ways to prevent the transmission of germs (e.g., washing hands, using tissues).