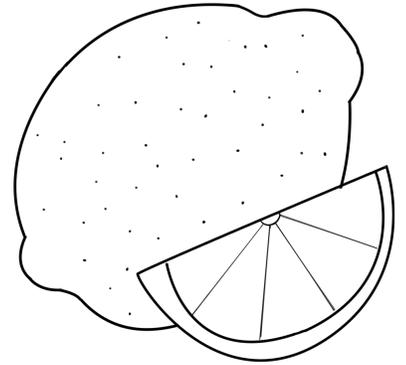


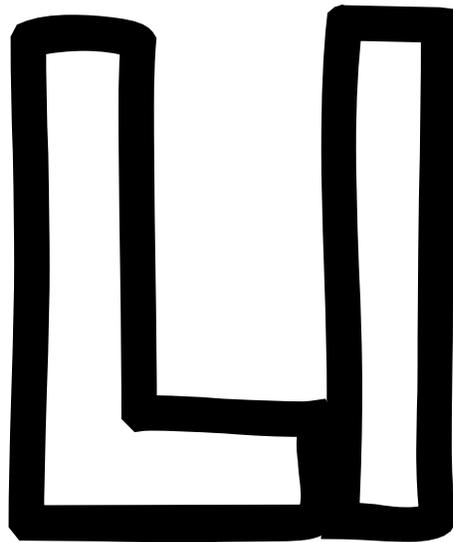
Using the letter



LIFEJACKET



LEMON

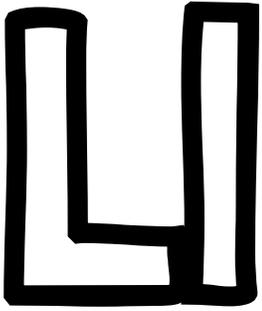


LEGUMES



LUNCHBOX

to be more healthy



SMED uses the **letter L** to be healthy by **learning** words that start with **L**.

Trace and write this word two times.

like like

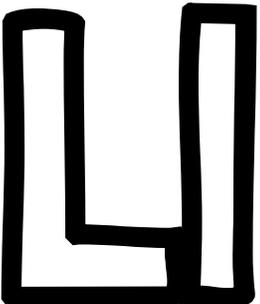


Color in this **lamp!**

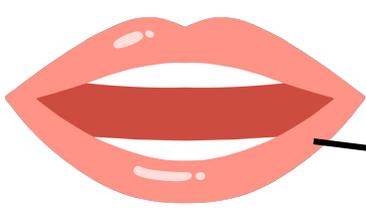




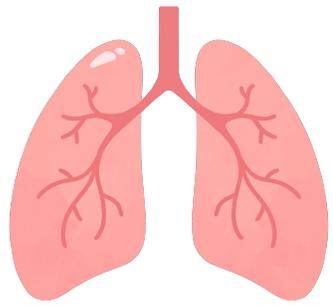
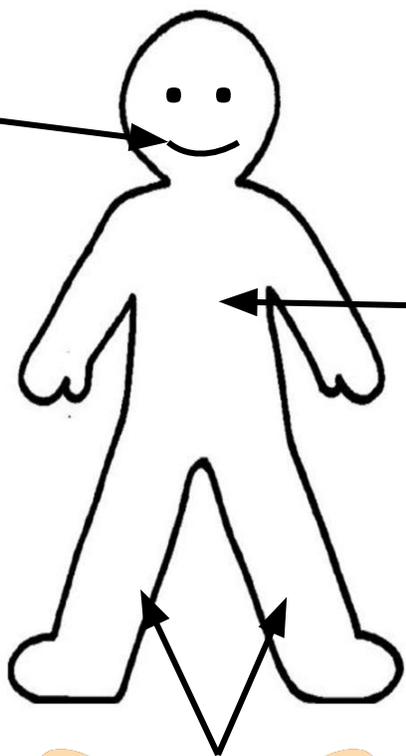
SMED 'S Science Lesson:
Anatomy with the **Letter L!**



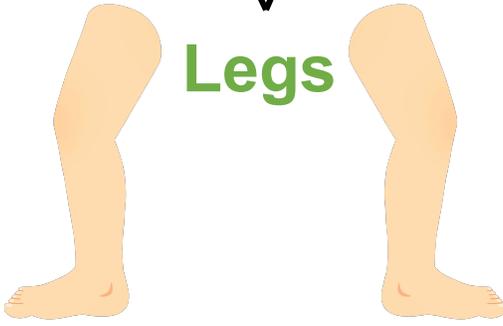
Some important parts of your body start with the **letter L.**



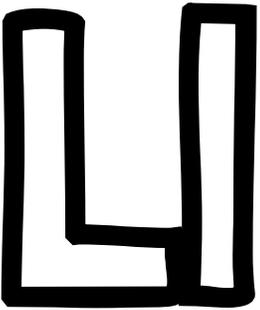
Lips



Lungs



Legs



BERRY
uses the **letter L**
to be healthy by
eating **lemons**
and **limes!**

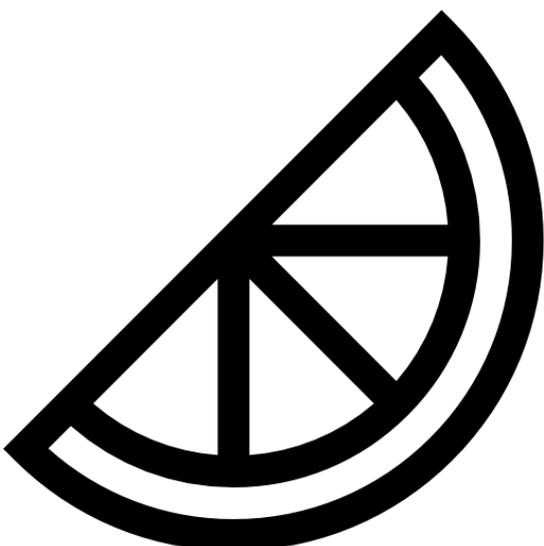
Lemon



Lime



Color in this **lemon** slice!



L



BROC

uses the **letter L** to be healthy by eating **lettuce** and **lima** beans!

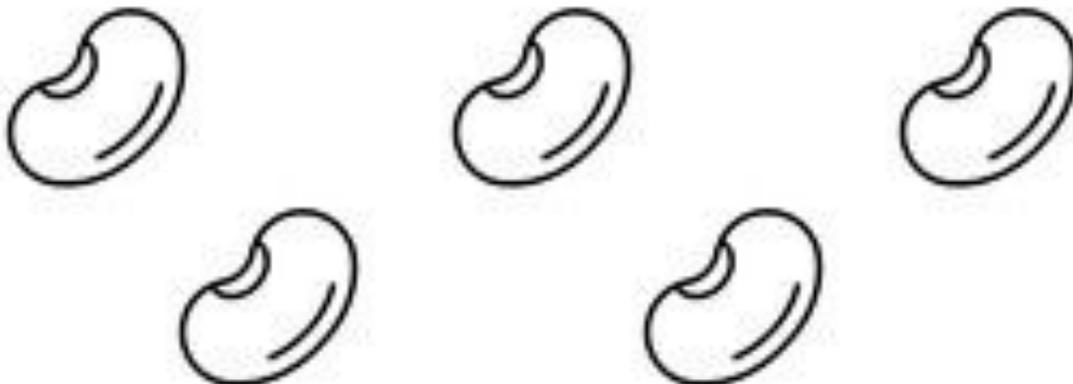


Lettuce



Lima Beans

Can you color and count how many **lima** beans there are?



Answer: 5

BERRY, BROCC, and Spoon

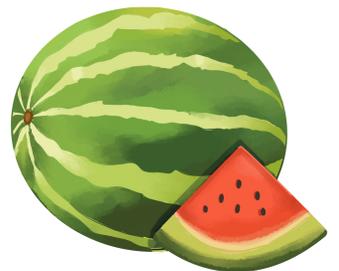
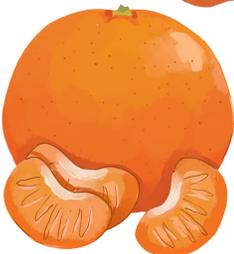
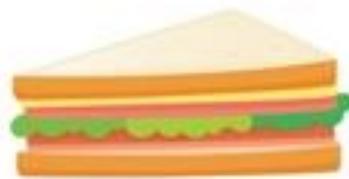
know that a healthy **lunch** always includes a fruit and a vegetable!

L

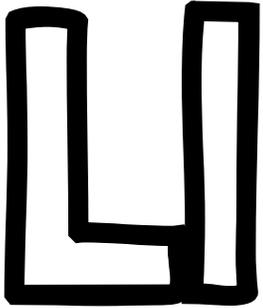
Keep your **lunch** in a fun **lunchbox**!



Circle foods to make yourself a healthy **lunch**!



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

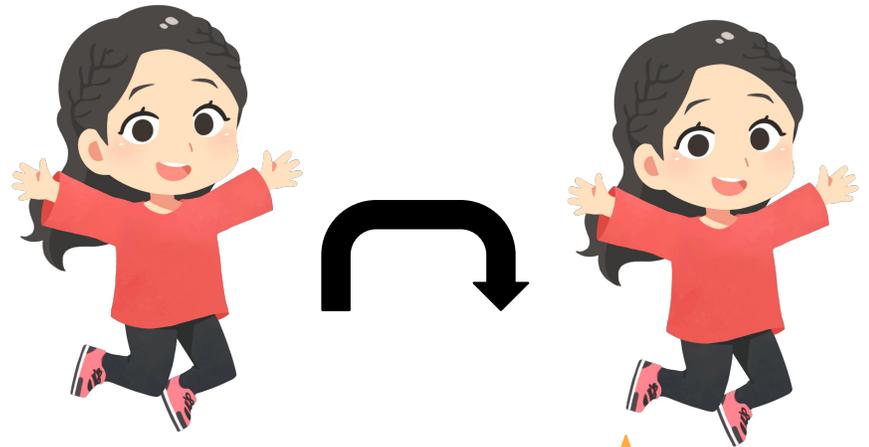


Sport also uses the letter **L** to be healthy by doing **long** jumps and **limbo**.

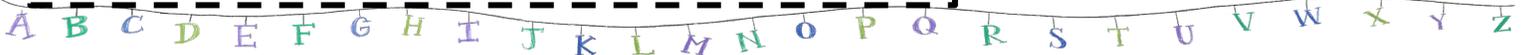


Limbo is a game you play with your friends and family! To play **limbo**, get two people to hold a **long** stick, and try to walk under the stick without hitting it!

Long jumps are when you have a starting **line** and you jump as far as you can! You can put a piece of tape where you **landed** and try to jump even farther!



Cut out this star and use it to mark how far you can **long** jump!

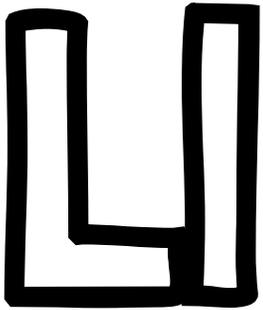


Leaps

- Leap from one side to the other, trying to land on one foot only without falling over.

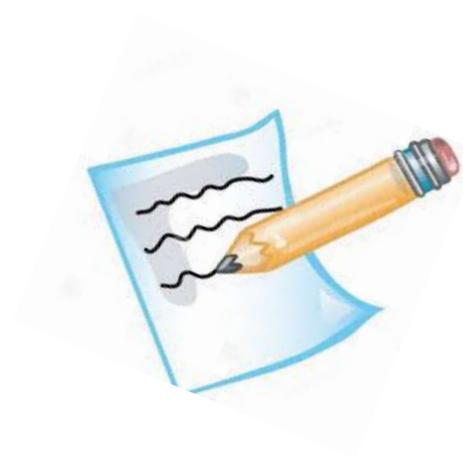
Lunges

- Step forward with one leg , lower hips until both knees are bent, then push back up to starting position. Alternate legs.

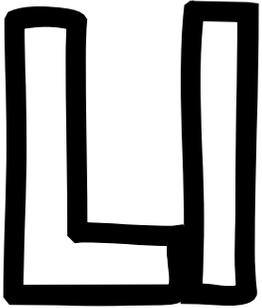


Pathy

uses the **letter L**
to be healthy by
writing **letters** to
the people she
loves.



Who do you **love** and want to write a
letter for?

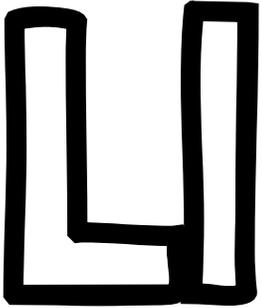


L uses the **letter L** to be healthy by **listening** to her body.

Turn off your devices when eating so you can **listen** to your body and know when you're full.



What are some other ways you can **listen** to your body?



WARNER

uses the **letter L** to be healthy by being safe around water.

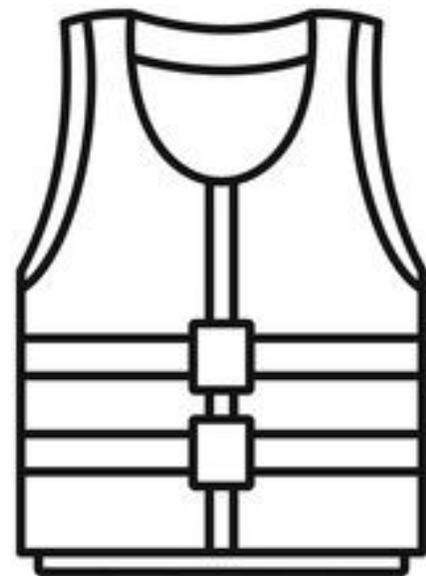


Life jackets keep you safe by helping you float in water.



A **lifeguard** is someone who makes sure that everyone is safe in the water.

Color in the **lifejacket**!



L



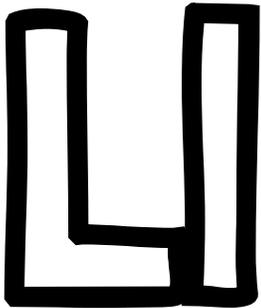
O uses the
letter L to be
healthy by
looking at
leaves outside.



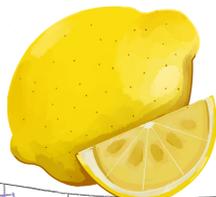
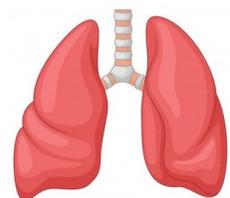
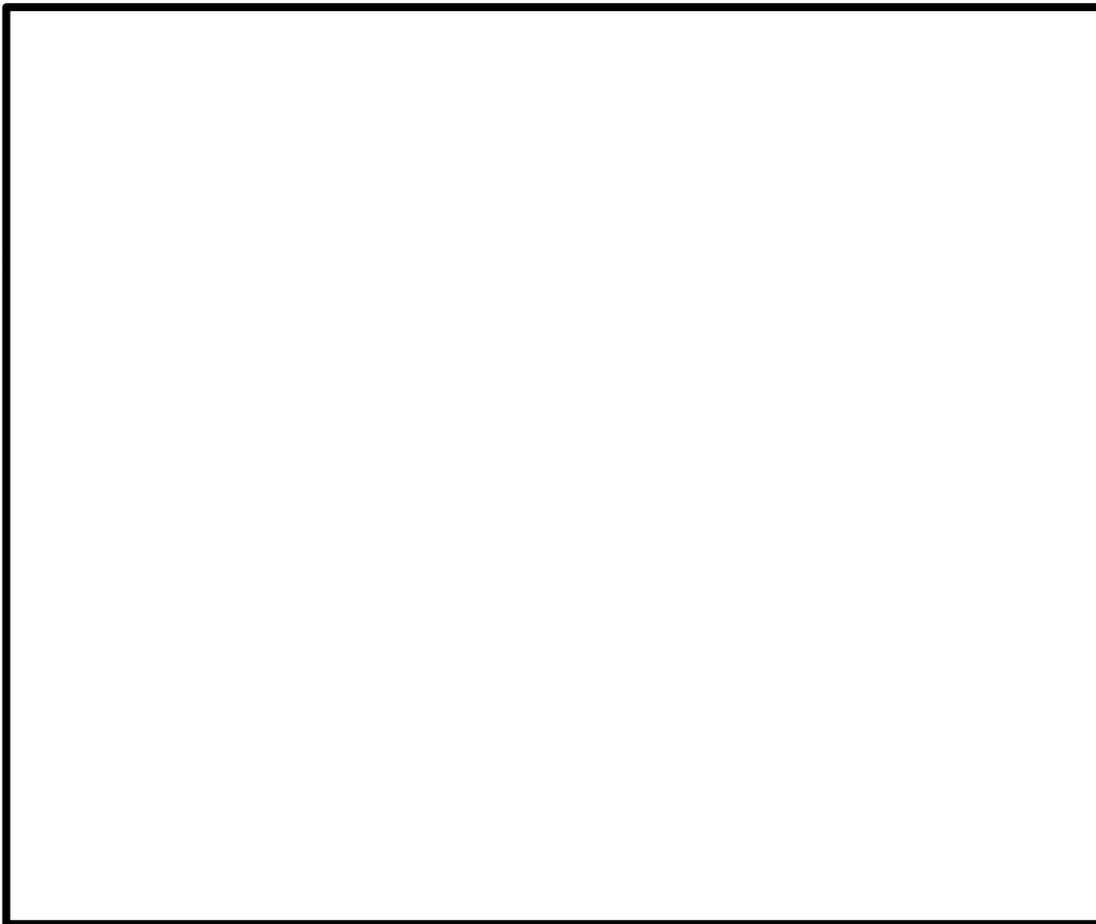
In fall, **leaves**
turn **lots** of
different
colors!

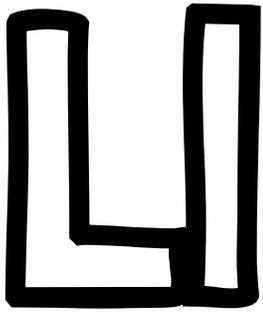
Color in these **leaves**!





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





Health Standards

- 1.5.G Name body parts and their functions.
- 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.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 1.6.G Name and describe the five senses.
- 7.1.S Follow rules for safe play and safety routines.
- 7.2.M Describe positive ways to show care, consideration, and concern for others.
- 3.1.S Identify trusted adults who can help in emergency situations.