

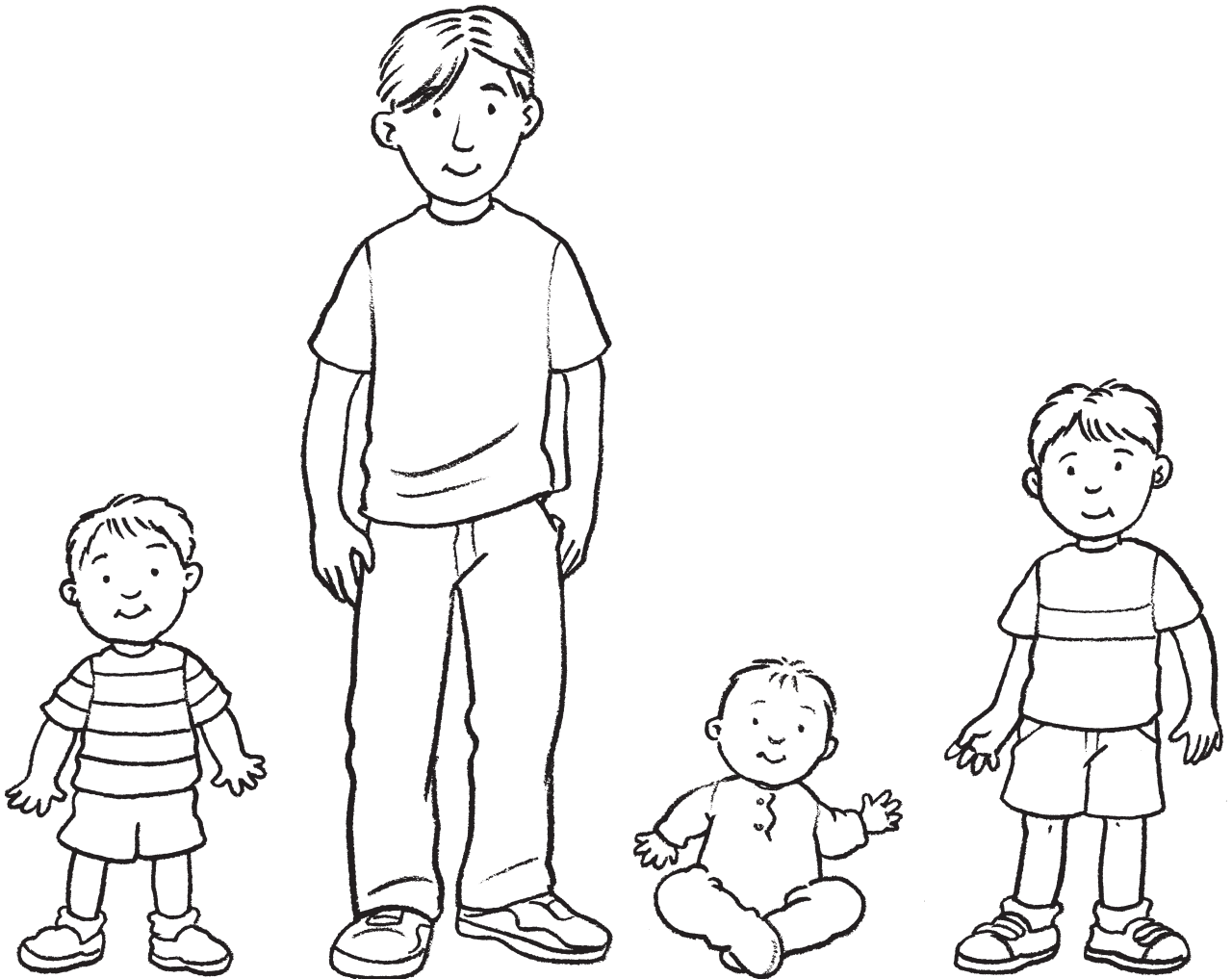
Harcourt
Health
and
Fitness

Planning Resources

Grade K

Activity Book

Your Body Grows



1

2

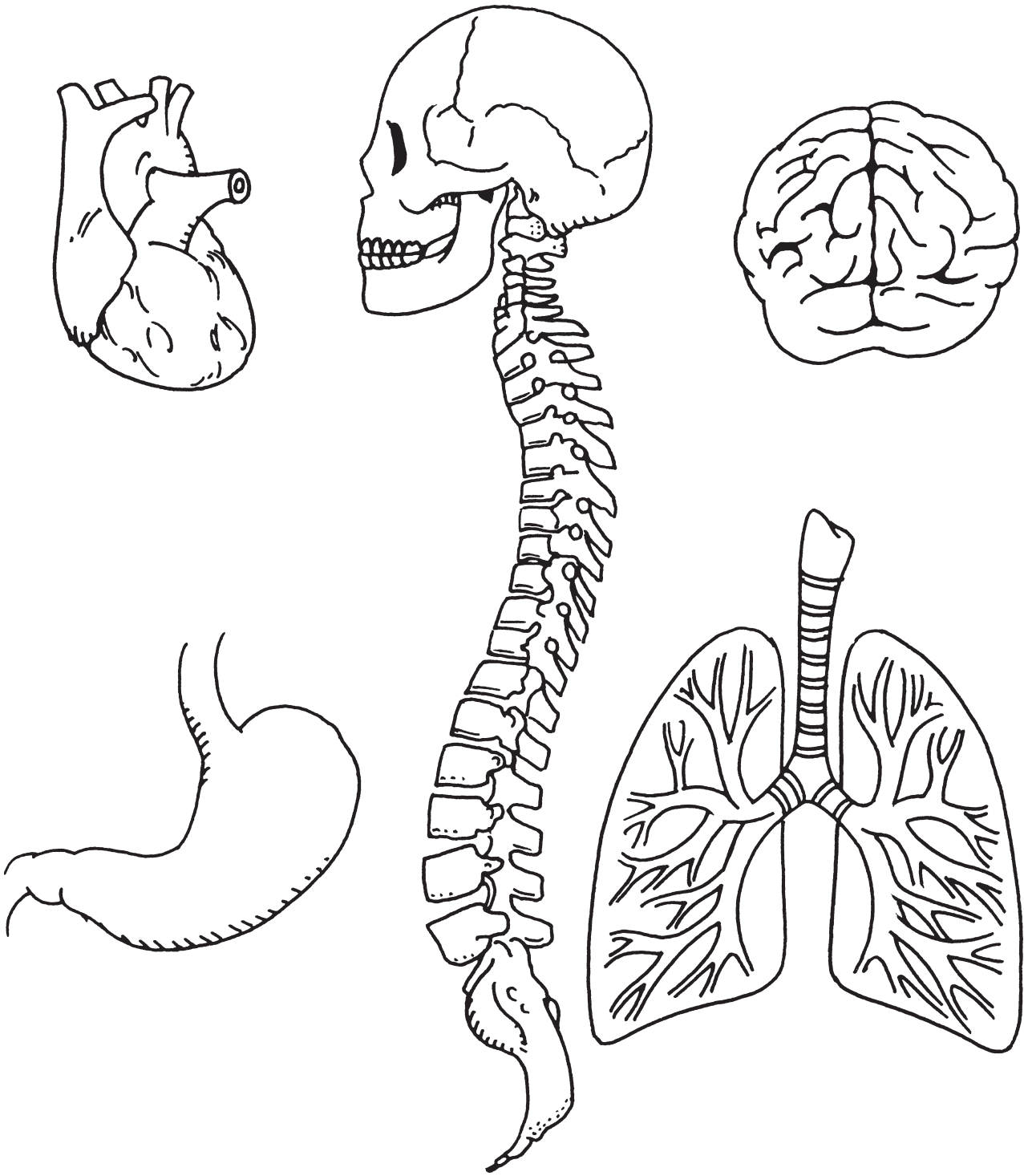
3

4

Directions: Have children show the sequence of growth from baby to teen by drawing lines to match numbers to pictures.

Name _____

Growing on the Inside



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Directions: Have children color the spine and skull blue, the heart red, the brain yellow, the lungs green, and the stomach brown.

Name _____

Lesson 3

Use Your Senses

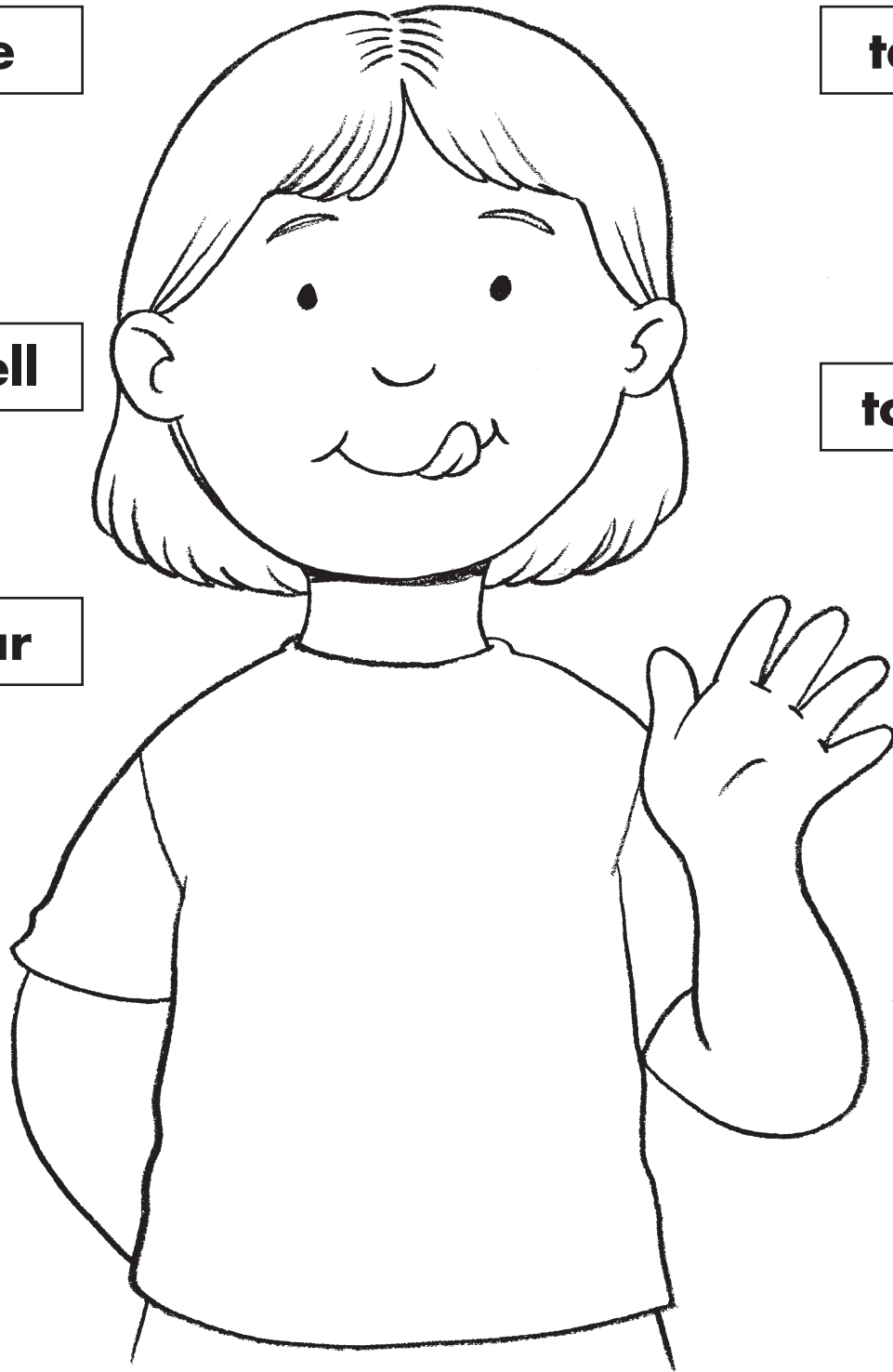
see

taste

smell

touch

hear

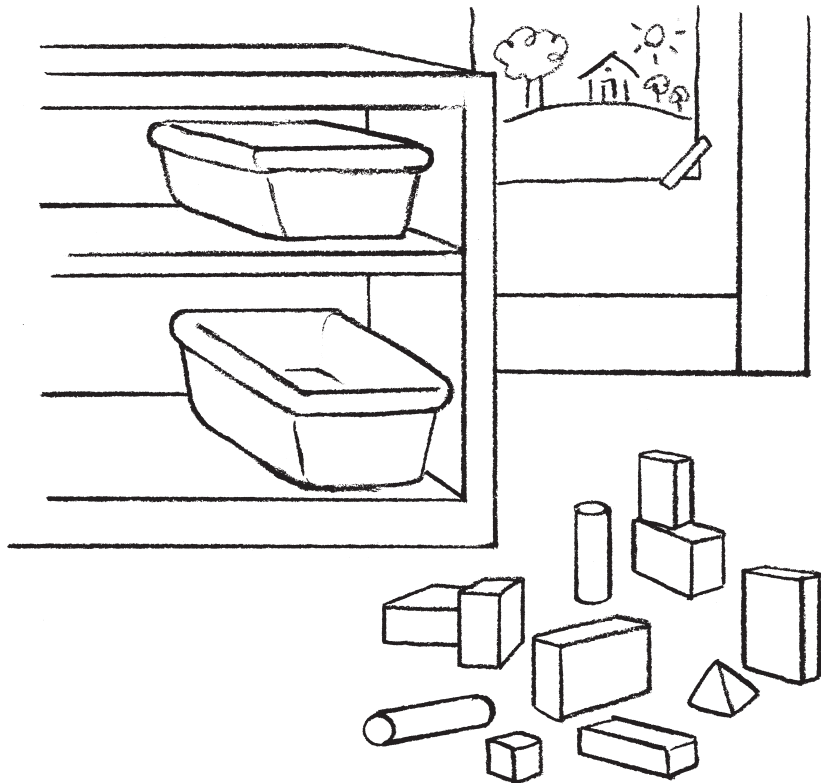
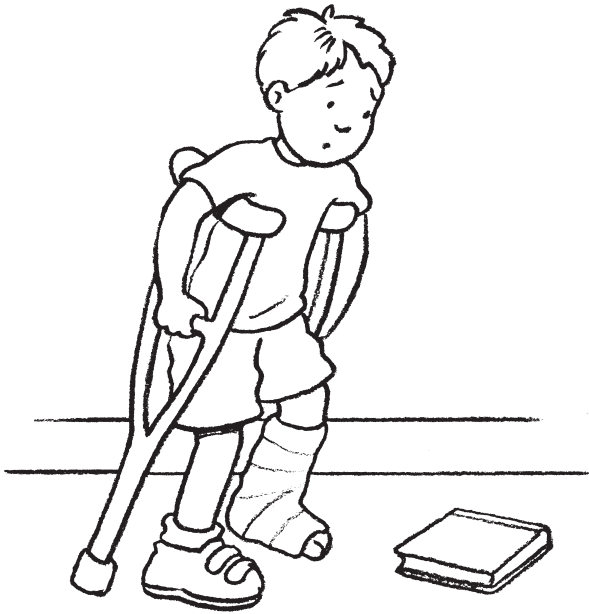


© Harcourt

Directions: Read a word aloud. Point to the word. Have children draw a line to match that word to a body part. Repeat for other words.

Name _____

Caring



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Directions: Have children draw pictures to show ways they can be kind, caring, and helpful.

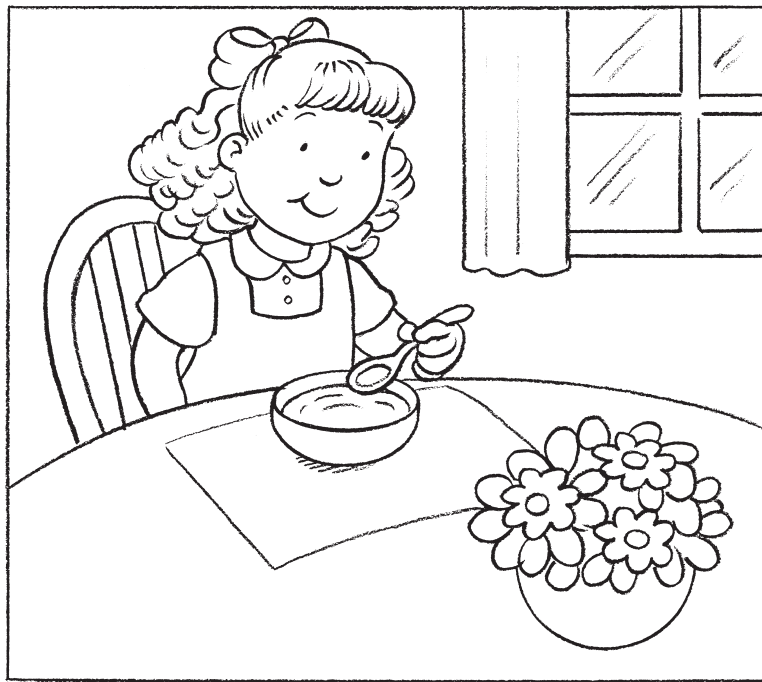
Name _____



Reading
Skill

Early Literacy

Goldilocks and the Three Bears



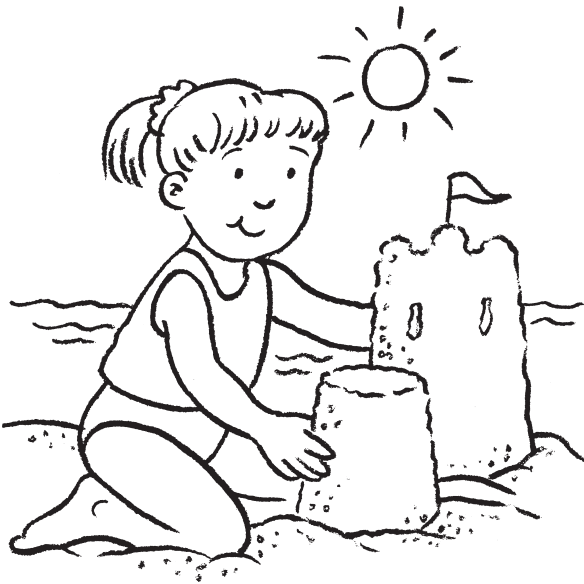
top

bottom

© Harcourt

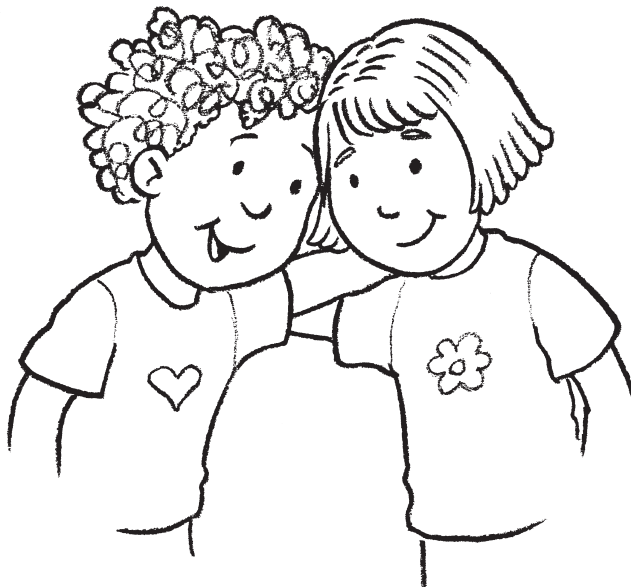
Directions: Read the title aloud. Have children point to the words. Tell children to draw a red X where you begin reading the title and a blue X where you finish reading the title. Have them color the book cover green. Point to the word *top*, and read it aloud. Have children draw a line from the word *top* to the top of the book. Repeat for the word *bottom*.

Take Care of Your Skin



Directions: Have children mark an X on the picture of a child who is not taking care of his or her skin. Then have them color the pictures of children taking care of their skin.

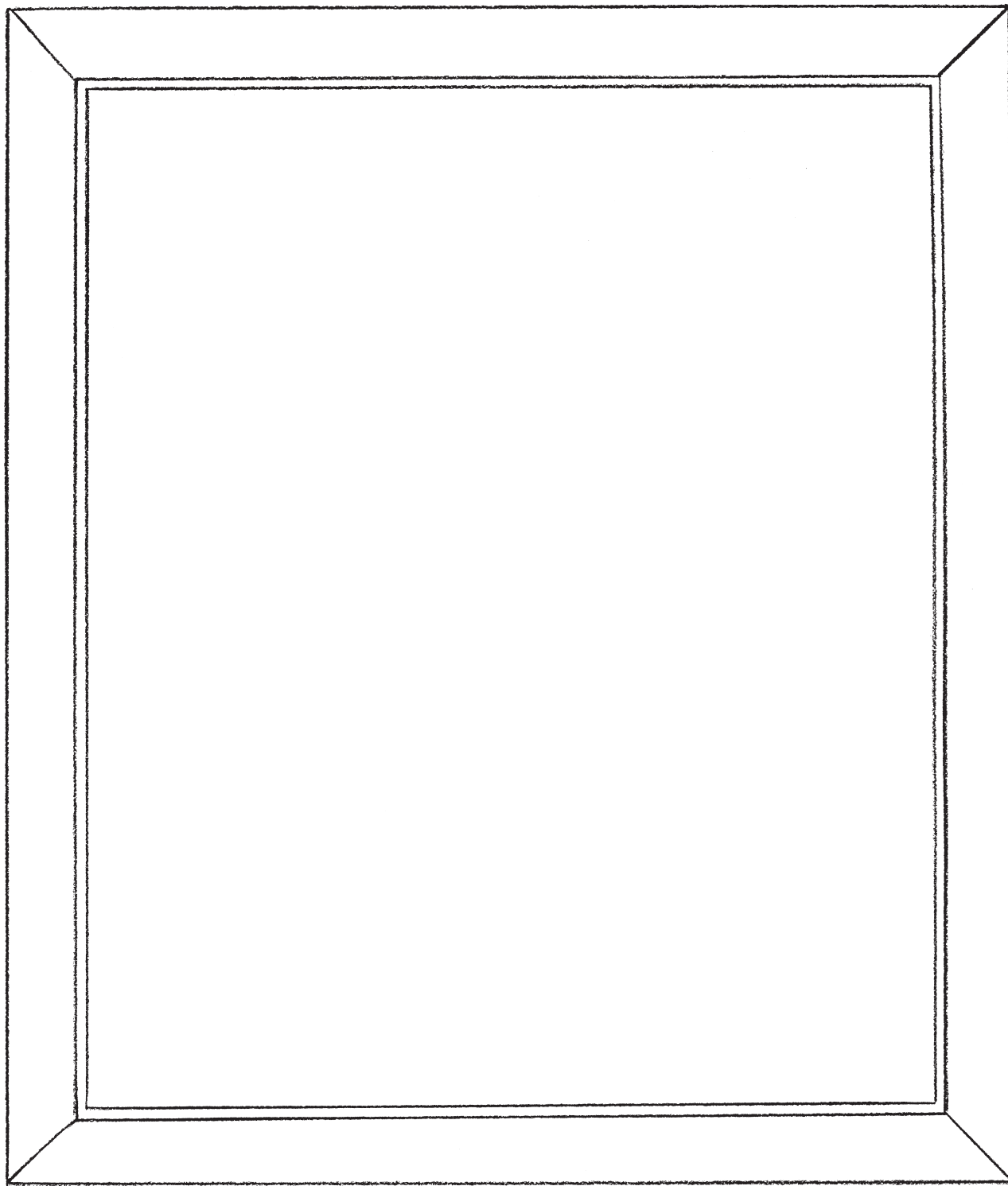
Take Care of Your Hair



Directions: Have children draw a DO NOT symbol on the pictures of things that are not good for hair. Have them color the pictures of things that are good for hair.

Name _____

Have Regular Checkups

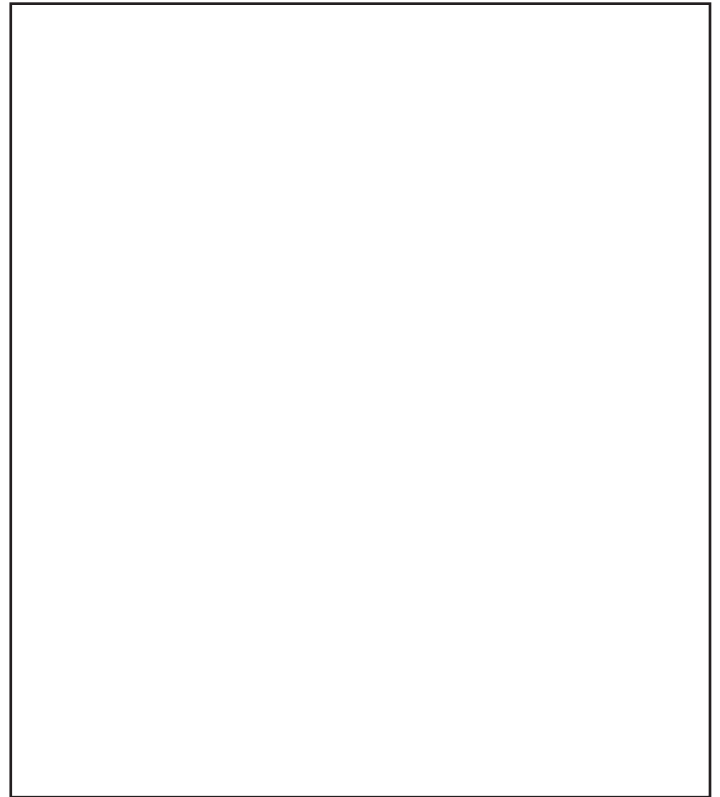
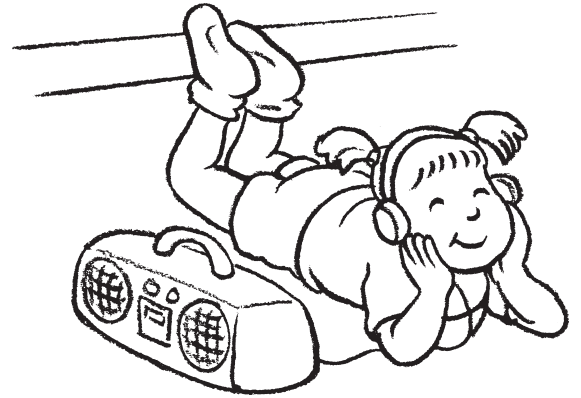
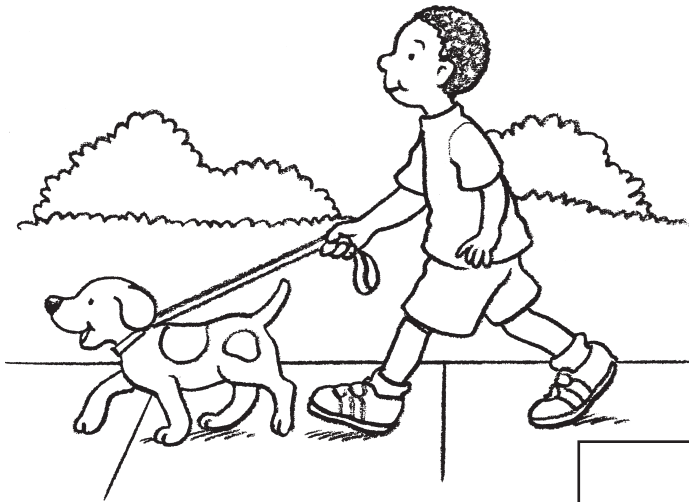


Directions: Have children draw a picture of themselves visiting a doctor or dentist for a regular checkup.

Name _____



Manage Stress



© Harcourt

Directions: Have children circle good ways to handle stress. Have them mark an X on a bad way to handle stress. In the blank box, have them draw a picture of one way they handle stress.

Name _____



Reading Skill

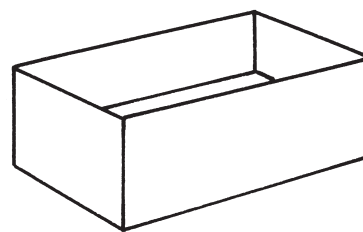
Early Literacy



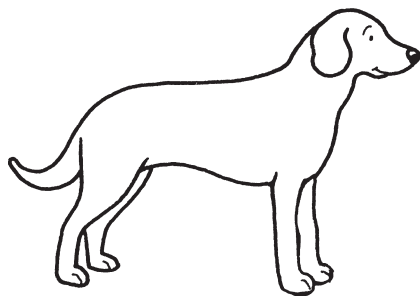
boy



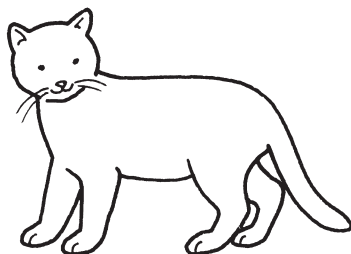
toy



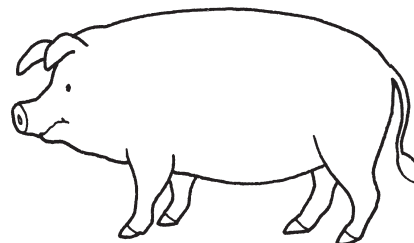
box



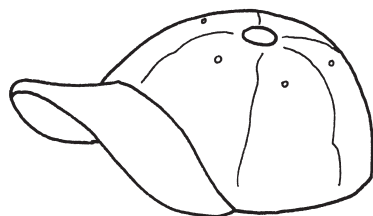
dog



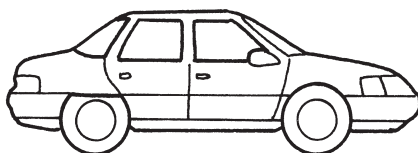
cat



hog



cap



car

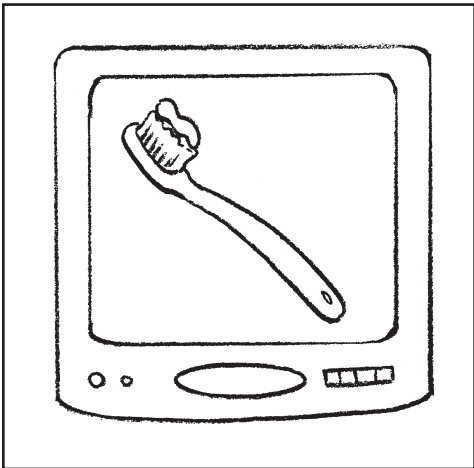


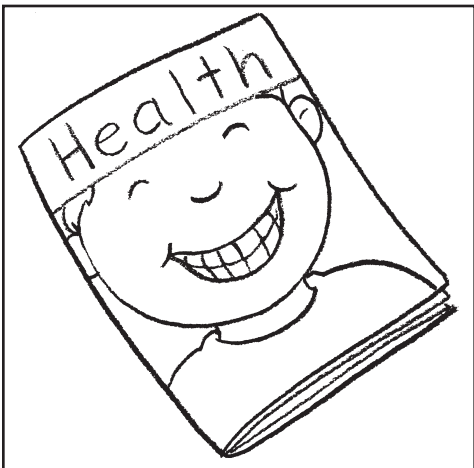
jar

Directions: Help children identify and say the name of each item in each row. Have them circle the two words that rhyme in each row.

Care for Your Teeth







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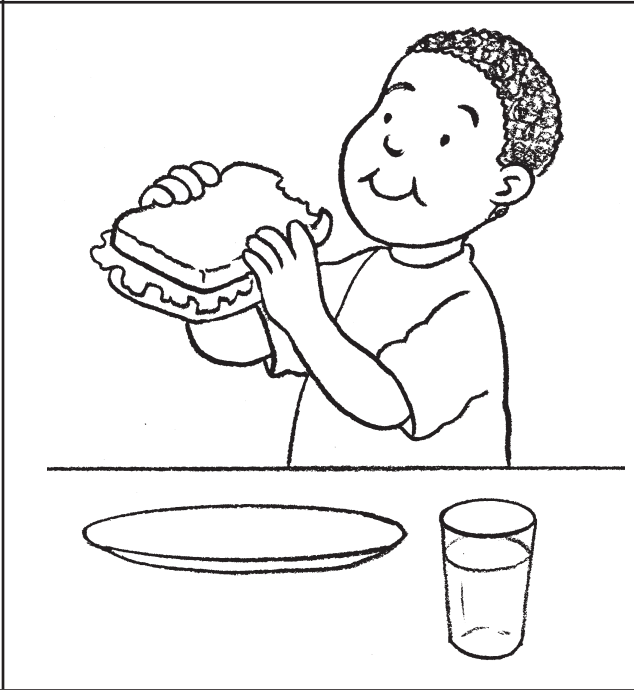
Directions: Have children mark an X next to the things that could help them learn more about taking care of their teeth.

Name _____



Lesson 2

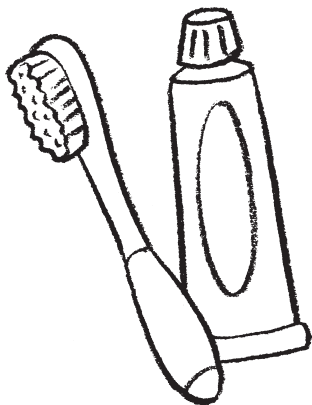
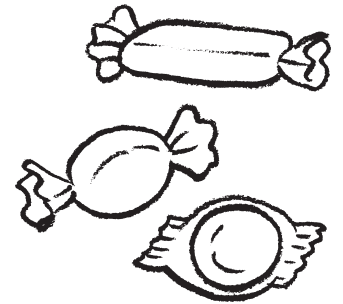
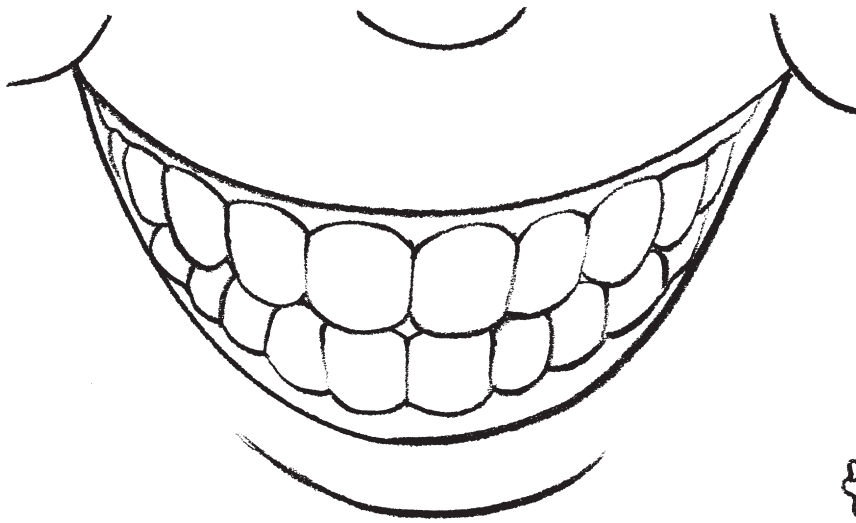
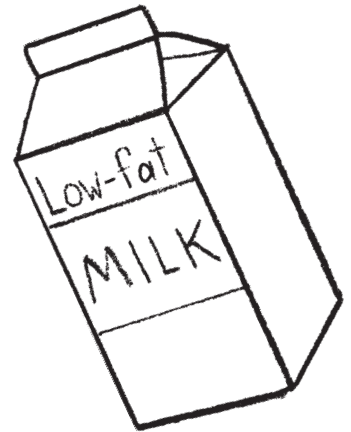
Make Decisions



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Directions: Have children color the pictures that show children who should be brushing their teeth soon.

Keep Your Teeth Safe



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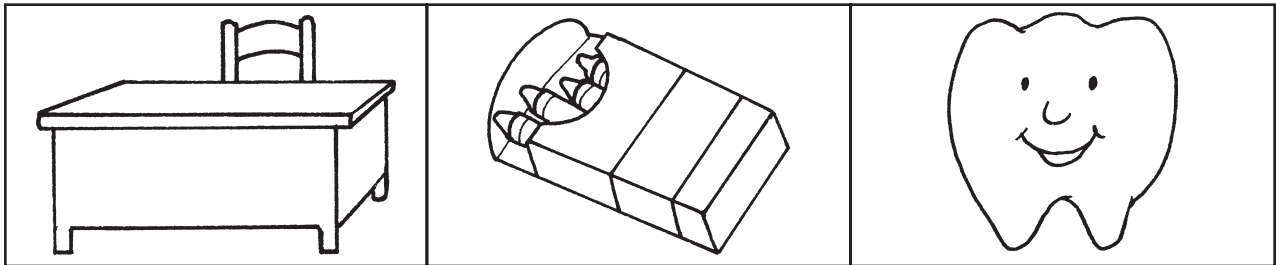
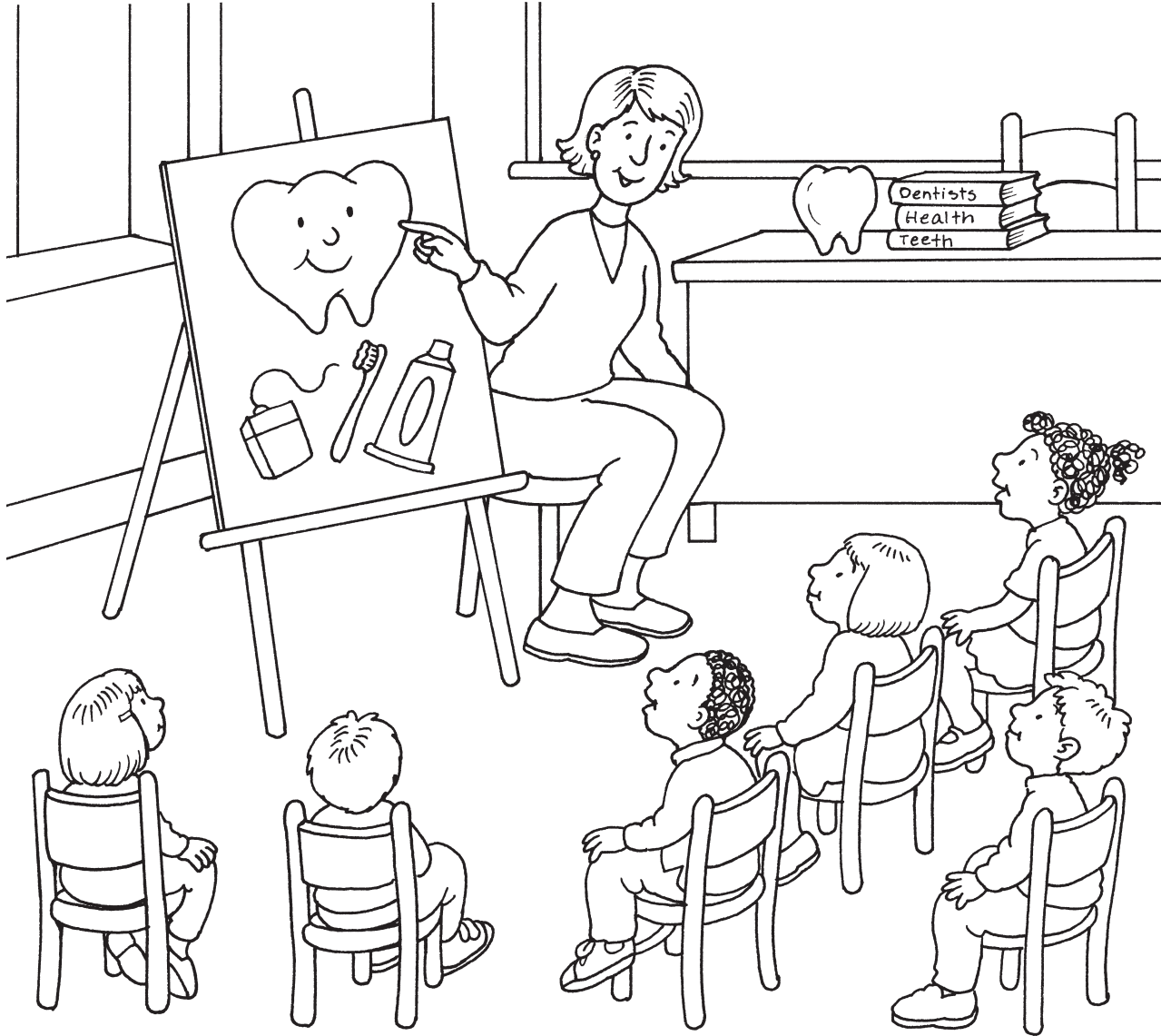
Directions: Have children draw lines from the mouth to the things that are good for their teeth.

Name _____



Reading Skill

Find the Main Idea



Directions: Have children color the small picture that tells the main idea of the large picture.

Meals Give You Energy

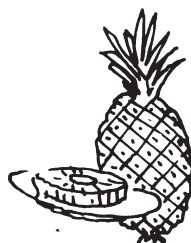


© Harcourt

Directions: Have children color the foods that would make a good breakfast.

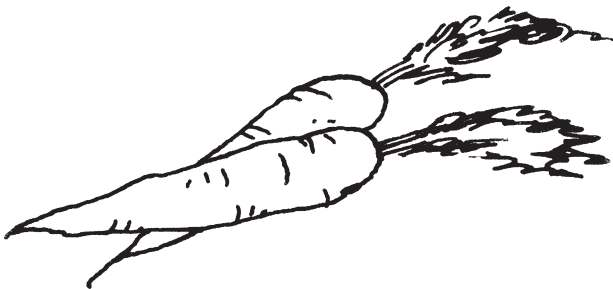
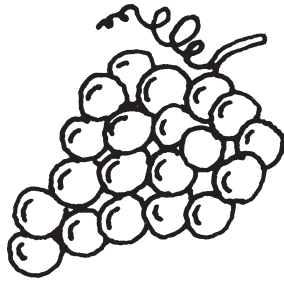
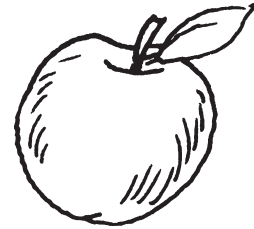
Name _____

MyPyramid



Directions: Have children draw lines to match each food to its section of MyPyramid. Have them make an X on the food that does not belong.

Responsibility



Directions: Have children color the more healthful snack in each row and cross out the less healthful snack.

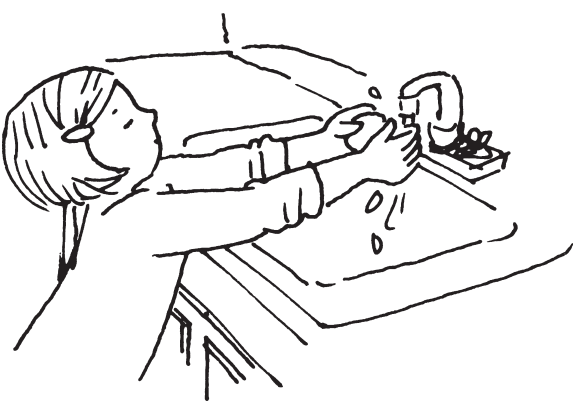
Name _____

Lesson 4

Keep Food Safe







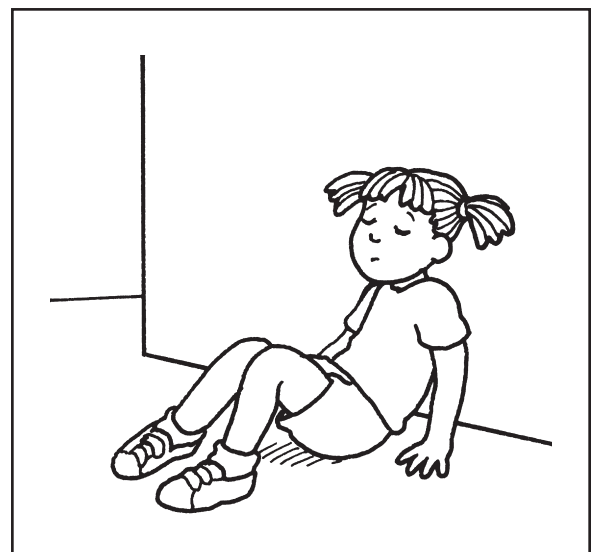
Directions: Have children label the pictures 1, 2, and 3 to show the order in which things should be done.

Name _____



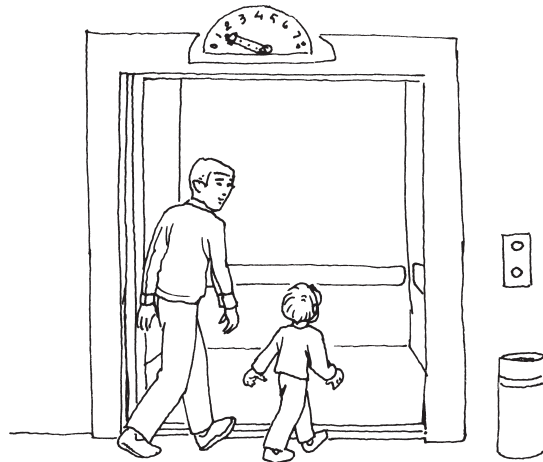
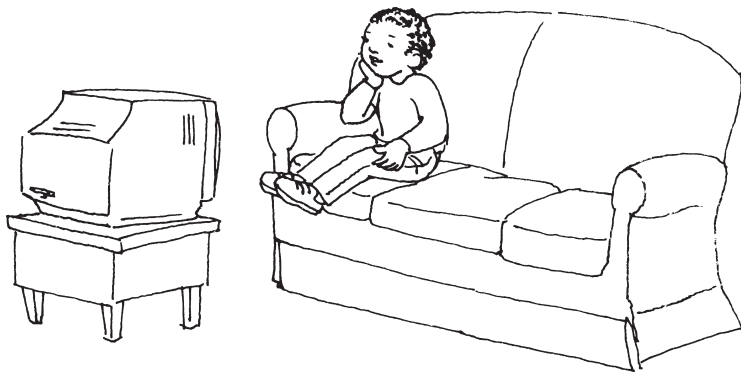
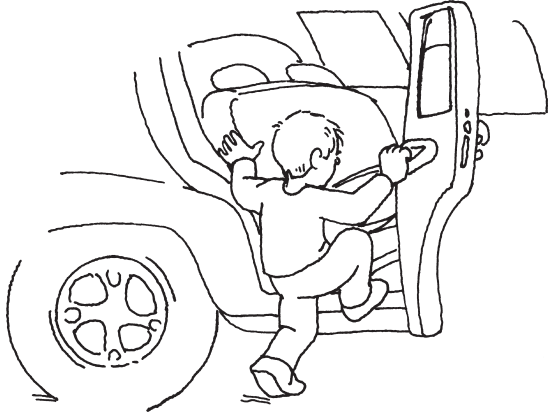
Reading
Skill

Find Cause and Effect



Directions: Have children draw a line from the cause on the left to the effect on the right.

Be Active



Directions: Have children circle the picture in each set that shows exercise that is good for the body.

Have Good Posture



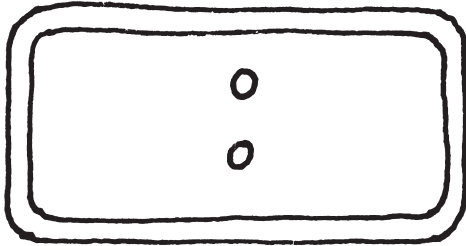
© Harcourt

Directions: Have children color each picture that shows a child using good posture.

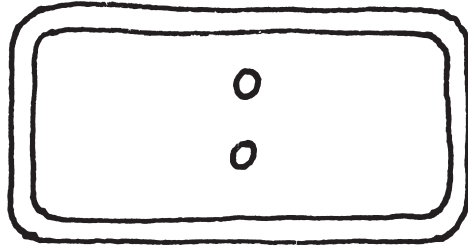
Name _____



Set Goals



Go to Sleep



Wake Up



I slept _____ hours last night.

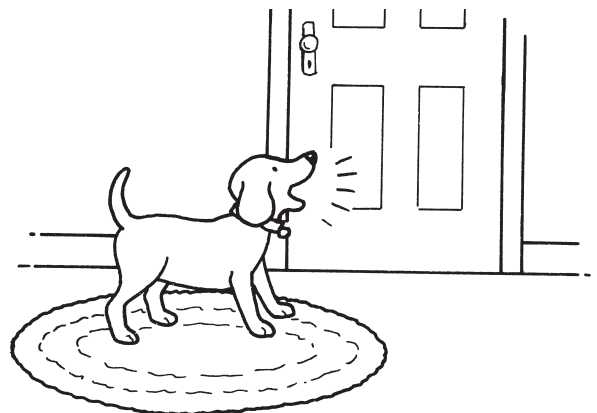
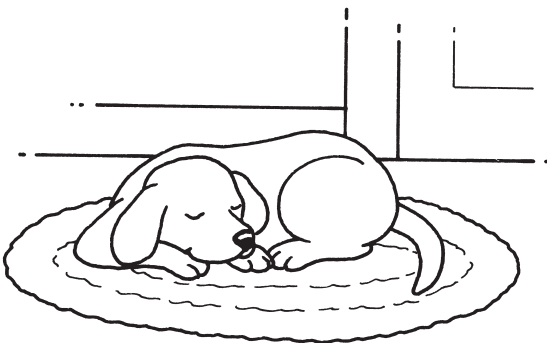
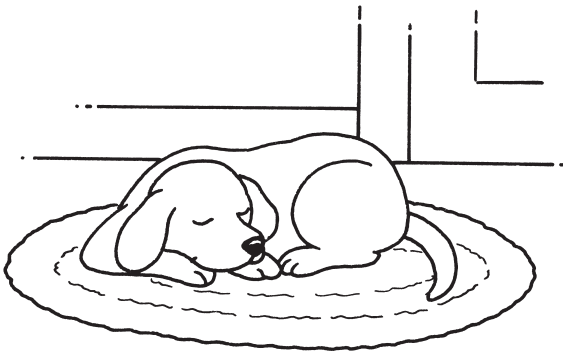
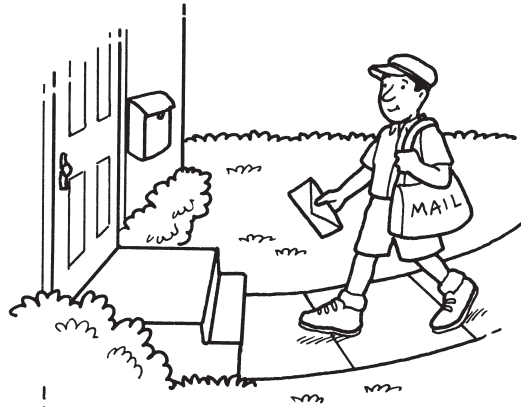
Directions: Have child and parent write the time the child goes to sleep and the time he or she awakens. The parent can help the child write how many hours he or she slept in the sentence at the bottom of the page.

Name _____



Reading Skill

Make Predictions

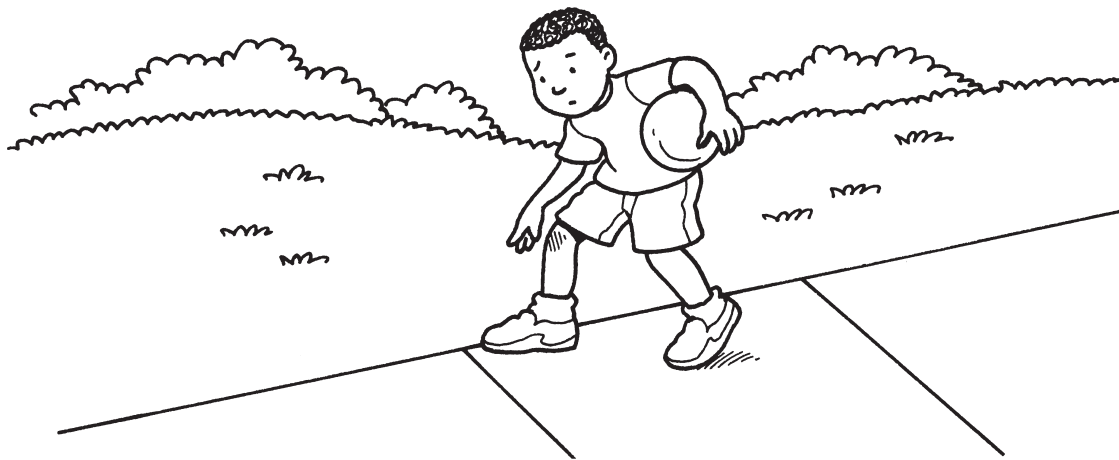
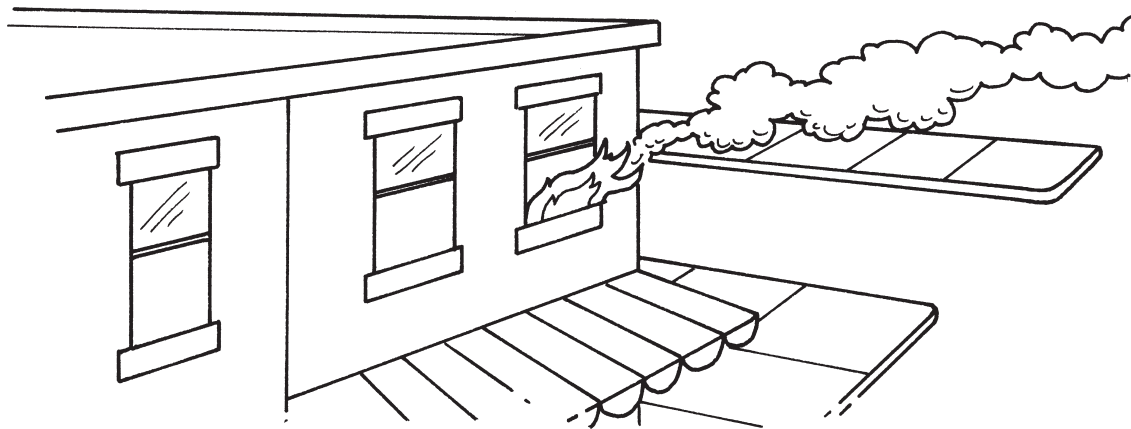
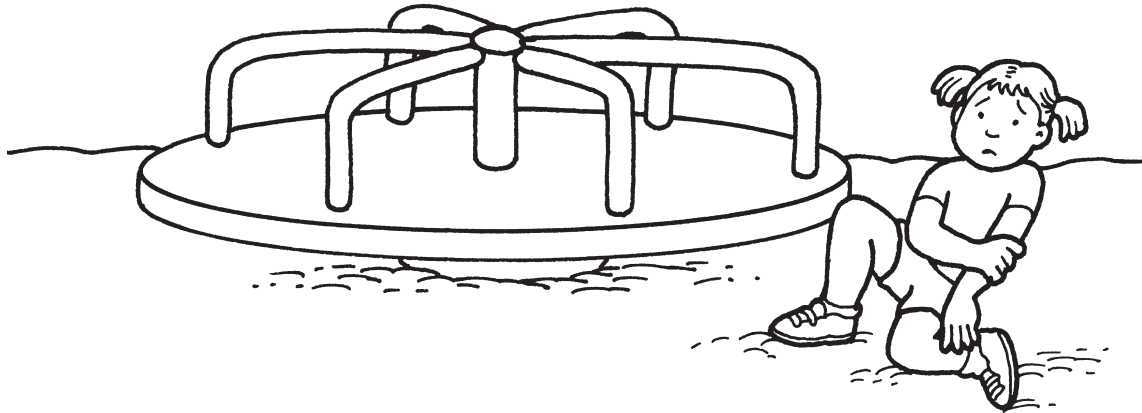


© Harcourt

Directions: Have children look at the three pictures at the top of the page. Then have them color the picture at the bottom of the page that shows what will most likely happen next.

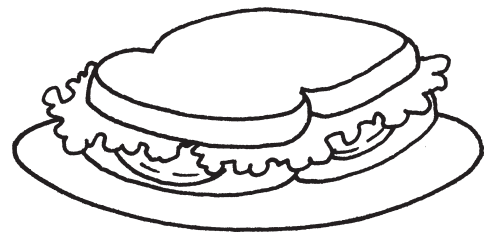
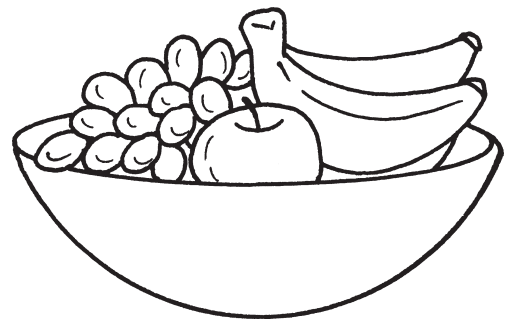
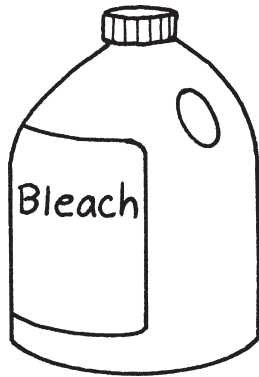
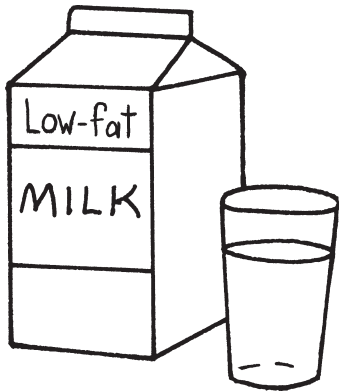


Communicate



Directions: Have children circle each picture that shows a situation in which 911 should be called.

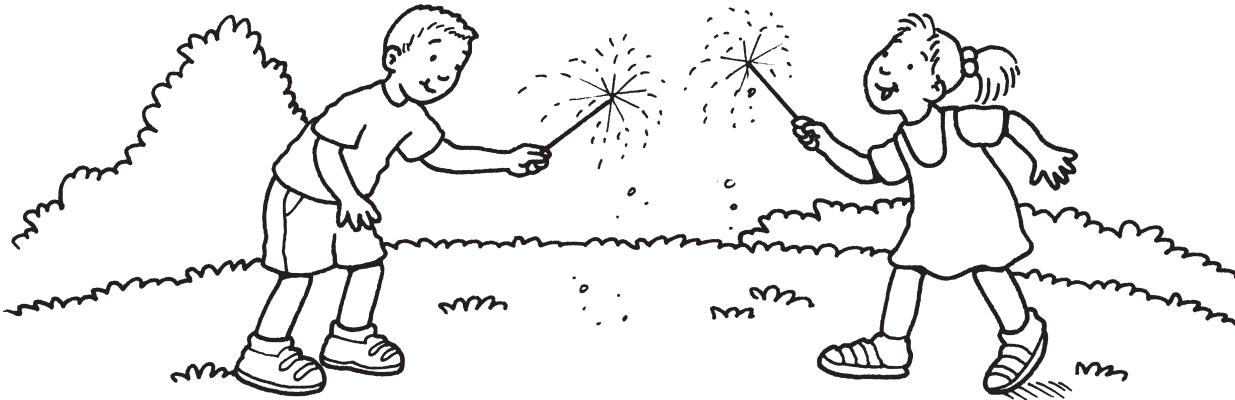
Stay Away from Poisons



Directions: Have children draw DO NOT symbols over the pictures of poisons. Have them color the pictures of things that are safe for children.

Name _____

Know How Fires Start



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Directions: Have children cross out the unsafe fire practices and color the safe ones.

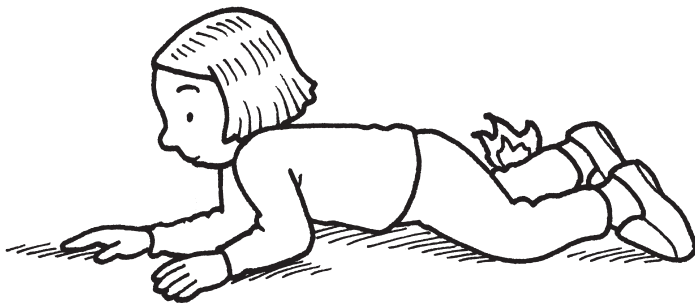
Stop, Drop, and Roll



1



2



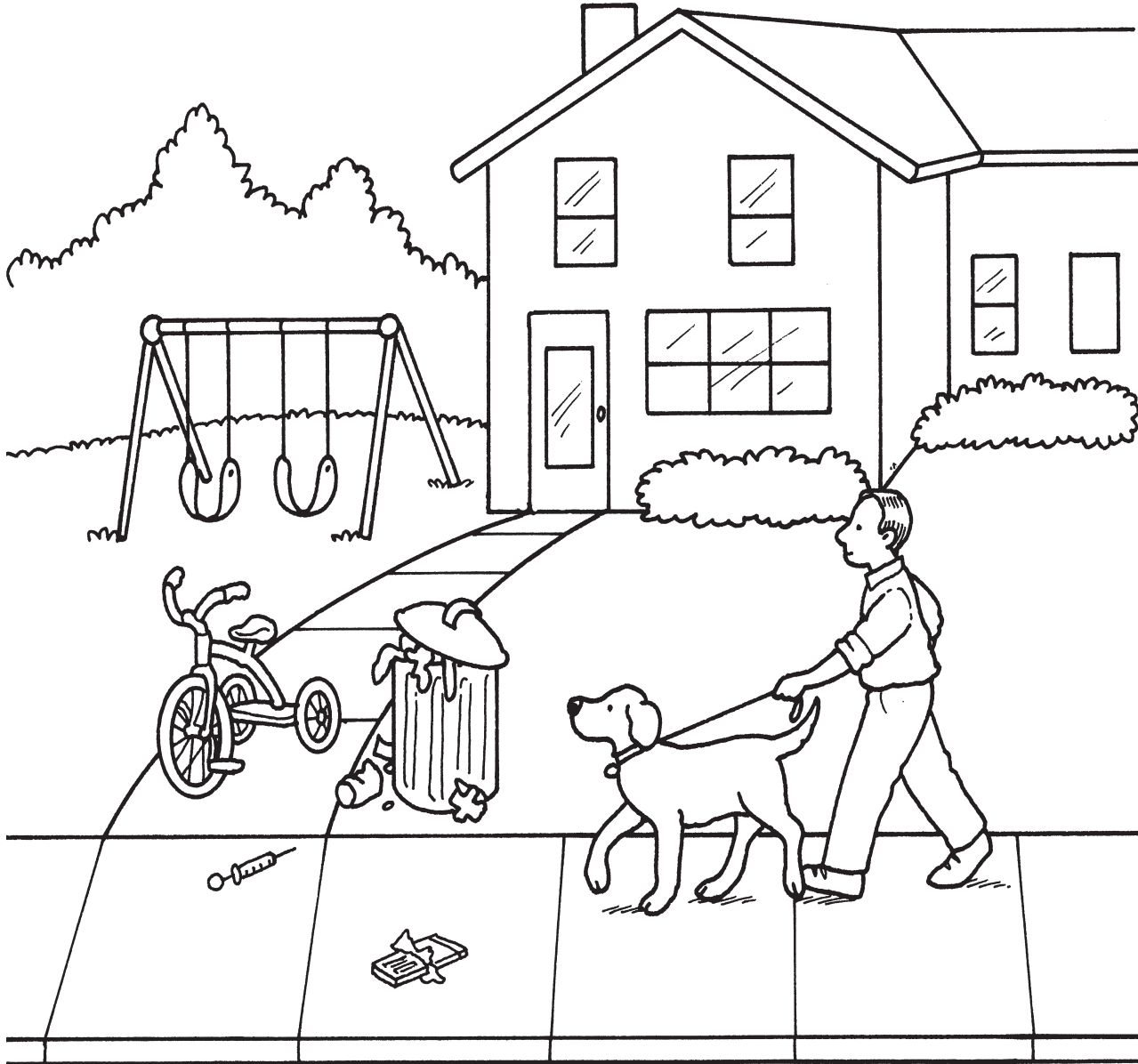
3

© Harcourt

Directions: Have children draw lines connecting the correct pictures and numbers to show the order of the steps in the stop, drop, and roll procedure.

Name _____

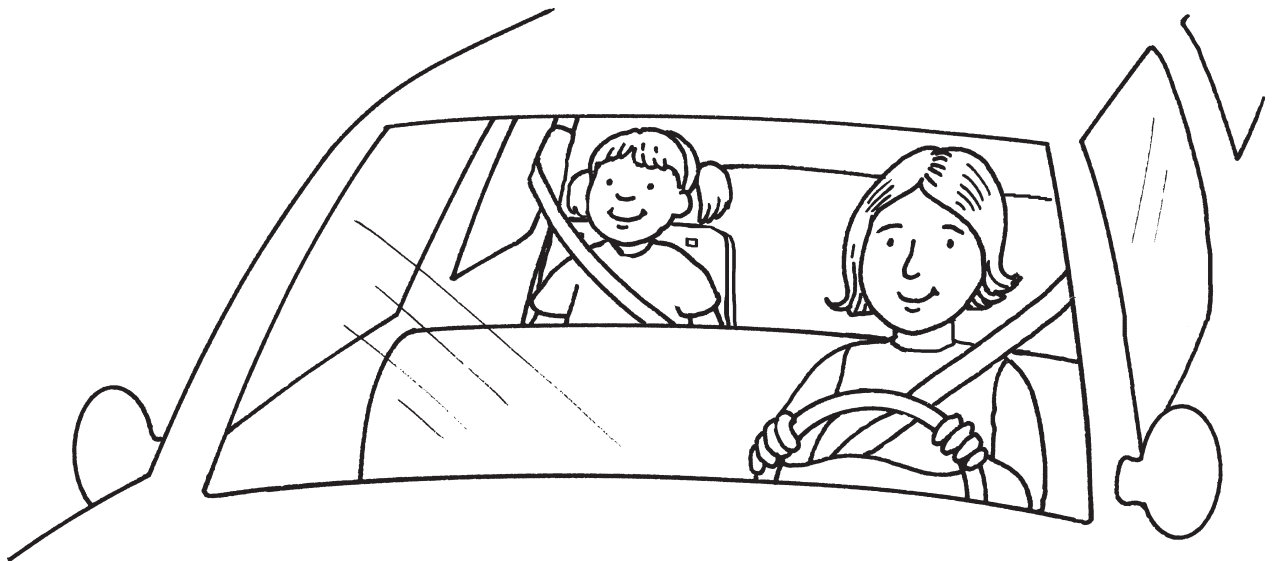
Dangerous Things



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Directions: Have children cross out the pictures of things that are unsafe for them to touch. Have them color the things that are safe for children.

Car and Bus Safety



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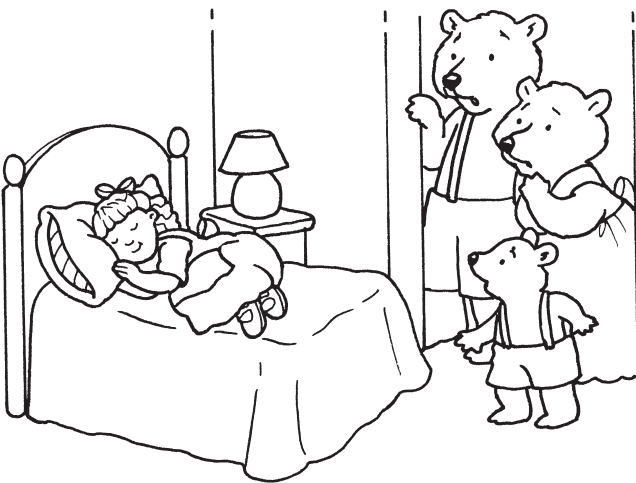
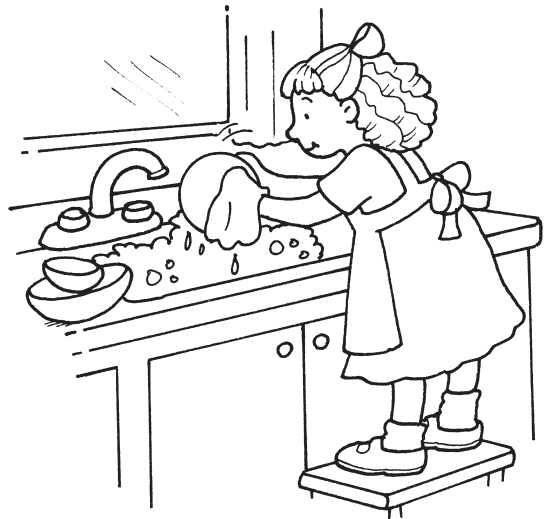
Directions: Have children cross out the picture that shows people who are riding in an unsafe way. Have them color the picture that shows people riding in a safe way.

Name _____



Reading Skill

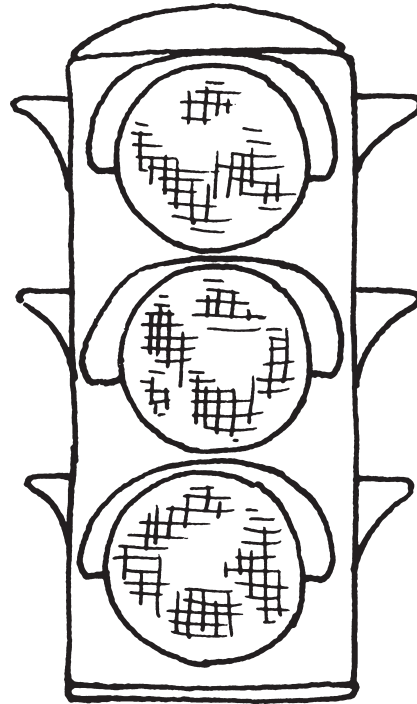
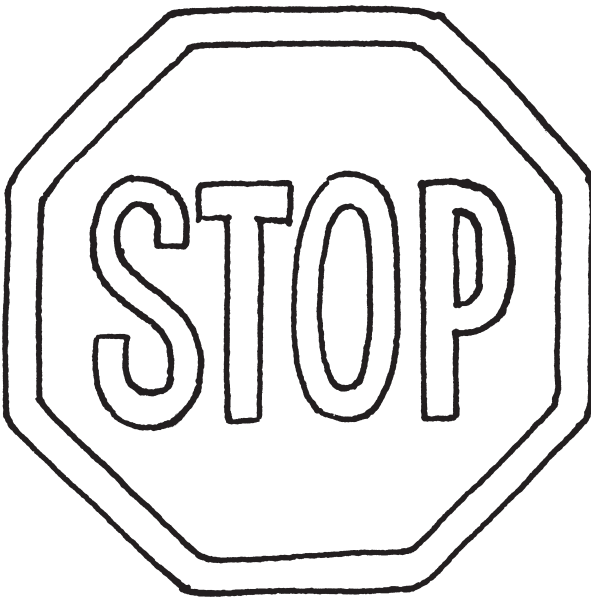
Recall and Retell



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Directions: Tell children the story of "Goldilocks and the Three Bears." Then have children cross out the pictures on the page that are not part of the story. Have partners retell the story to each other.

Stop, Look, and Listen



Directions: Have children color the signal and signs to show what they look like on the street. Ask them to color all three lights on the traffic signal.

Name _____

Stay Safe from Strangers













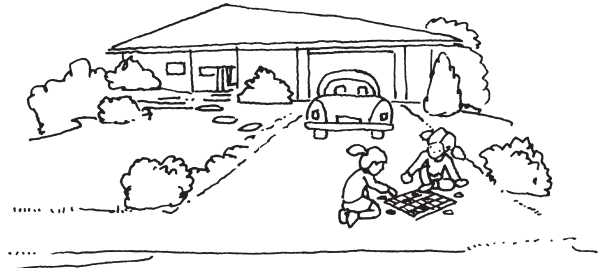


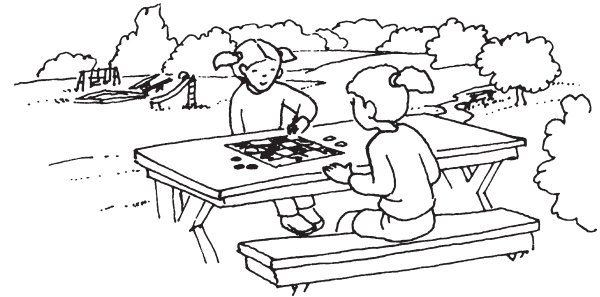


Directions: Have children label the pictures 1, 2, and 3 to show what they should do to get away from a stranger.

Water Safety



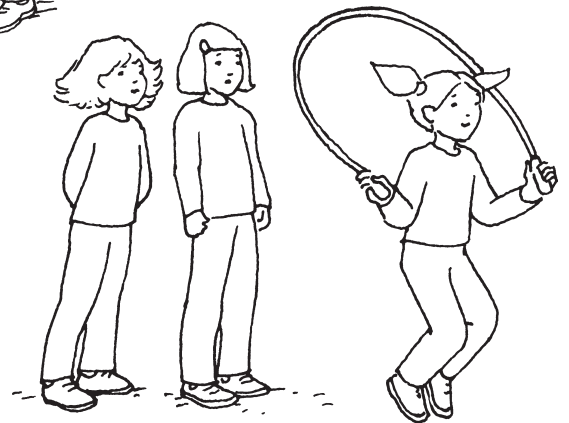
Directions: Have children color the items that can help keep the boy safe and healthy at the beach.

Stay Safe While Playing

Directions: Have children color the happy faces under the pictures of safe places to play and the unhappy faces under the pictures of unsafe places to play.

Fairness



Directions: Have children color the pictures of children who are behaving in a fair way and cross out the pictures of children who are not being fair.

Name _____

Stay Safe on Your Bicycle



Directions: Have children color the children who are riding safely and cross out the child who is not.

Name _____



Sequence



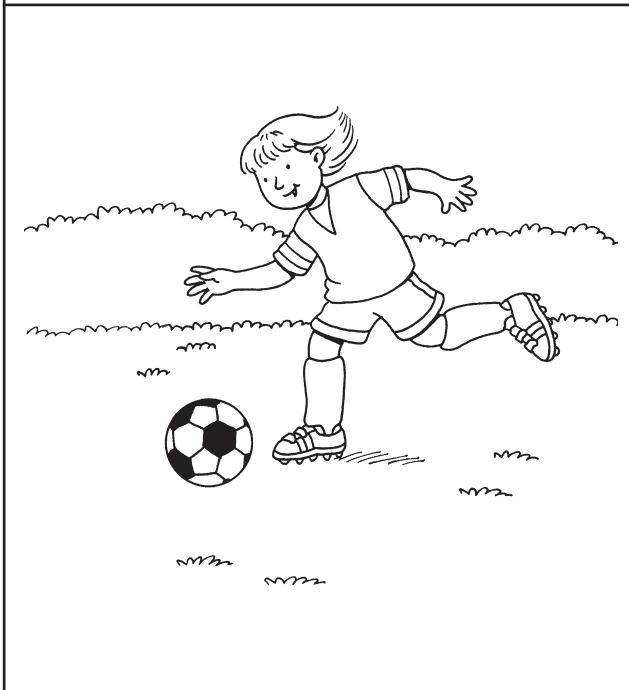
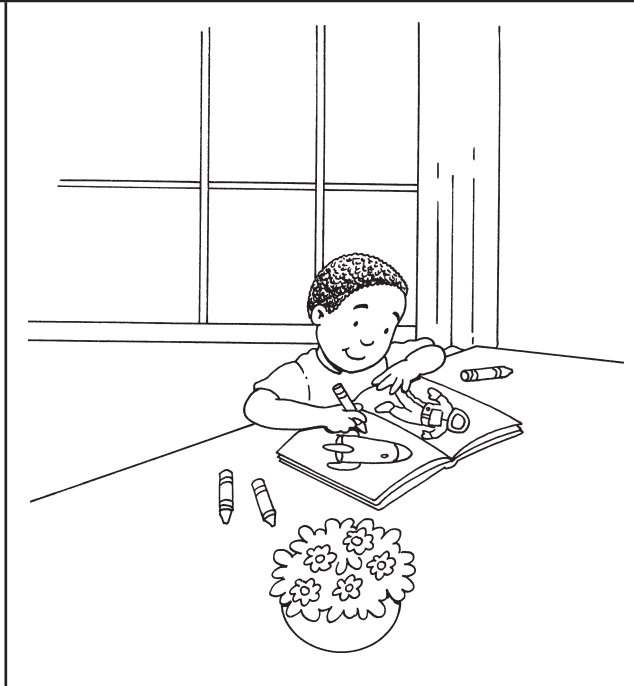




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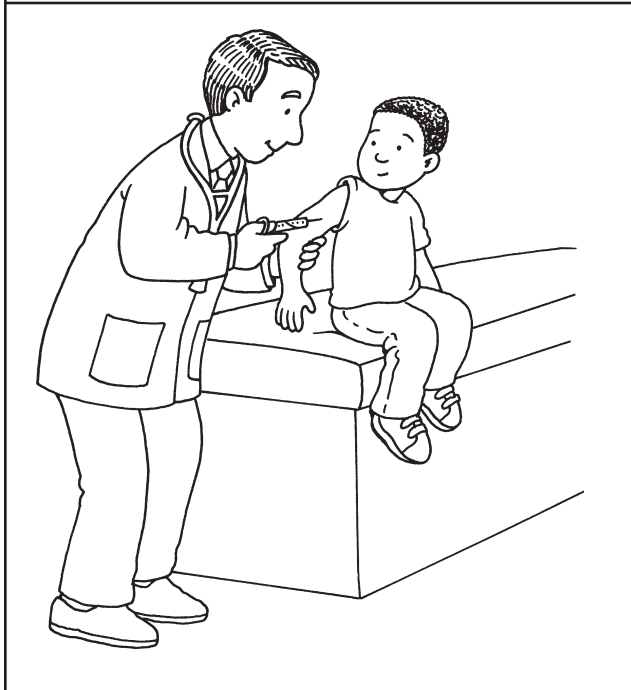
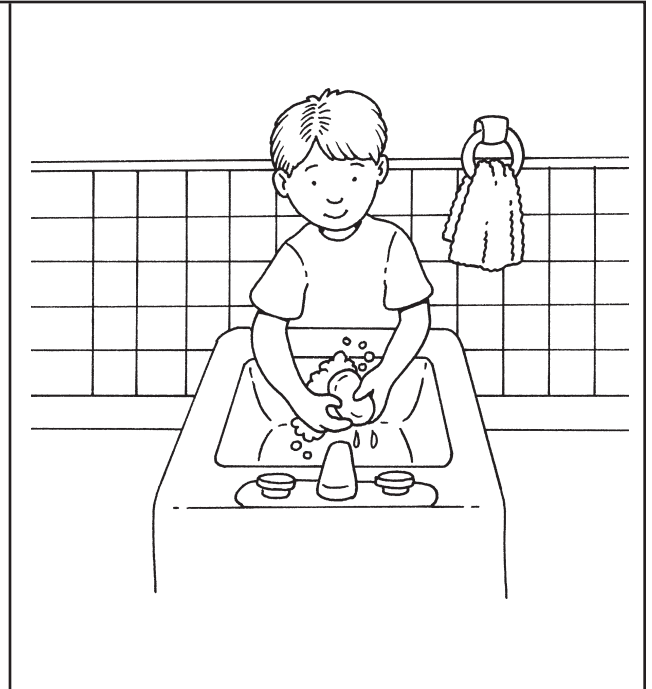
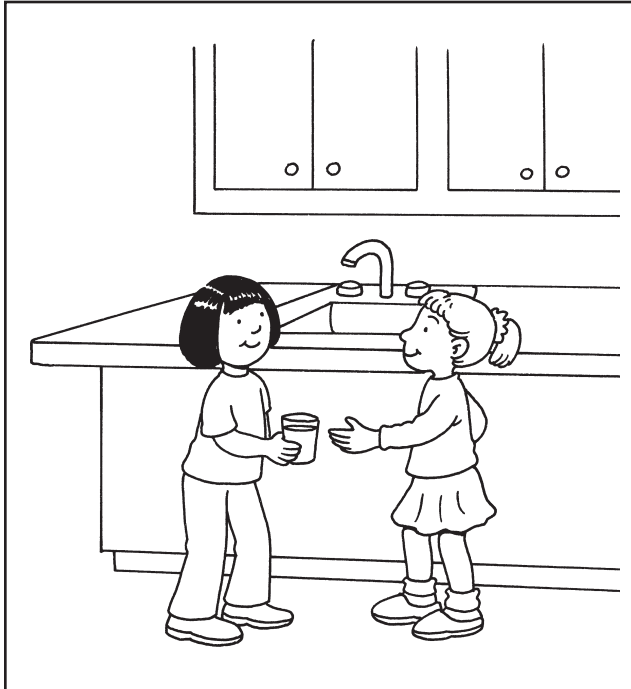
Directions: Have children label the pictures 1, 2, and 3 to show the order of what they do before crossing a street.

Illness



Directions: Have children cross out the pictures of children who are well and color the pictures of sick children getting help from a trusted adult.

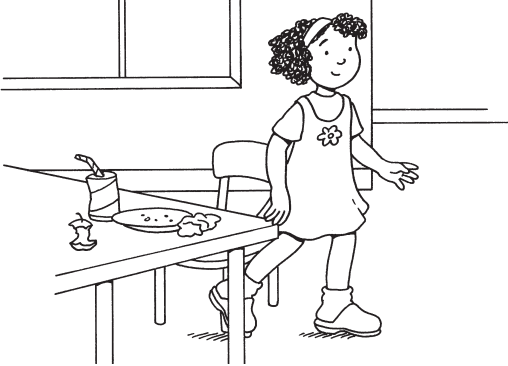



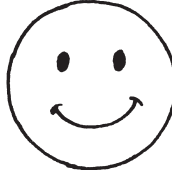





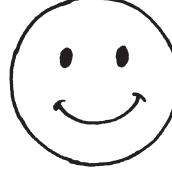

Wash Away Germs



© Harcourt

Directions: Have children color the pictures that show ways to keep germs from spreading.

Respect

Directions: Have children color the happy face under the pictures of children who are showing respect and the unhappy face under the pictures of children who are not showing respect.

Stay Well



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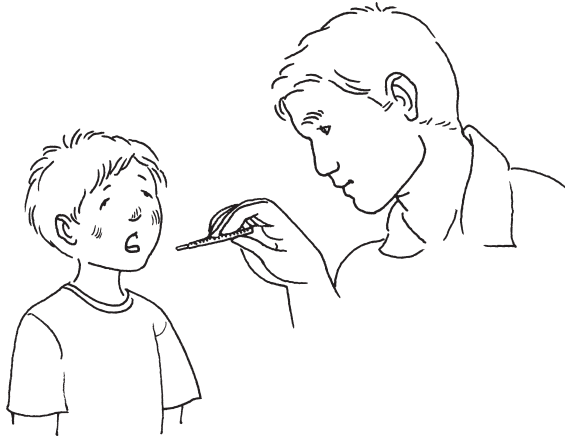
Directions: Have children draw lines to match weather-related clothing to the correct season. Have them draw a circle around the one item that they might use in either season.

Name _____



Reading Skill

Find the Main Idea



Directions: Have children look at the three pictures at the top of the page. Then have them circle the picture at the bottom of the page that shows the main idea of the pictures.

Medicines



Directions: Have children color the pictures of the children who might need to have an adult give them medicine.

Name _____

Take Medicines Safely



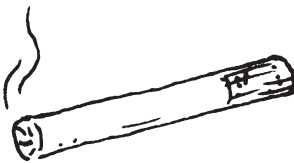
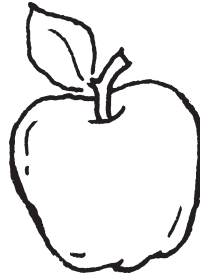






Directions: Have children write 1, 2, 3, and 4 to place the pictures in the correct order.

Tobacco and Alcohol Harm You



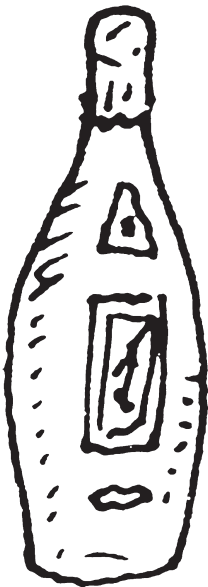
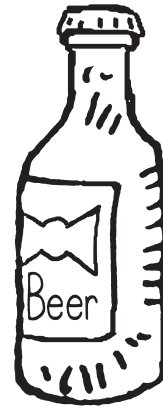
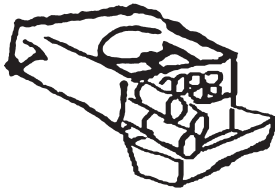
Directions: Have children draw a DO NOT symbol over the things that will harm them and a happy face next to the things that are good for them.

Name _____



Lesson 4

Refuse



Directions: Have children cross out the things that they should refuse.

Name _____



Reading
Skill

Find Cause and Effect

Cause

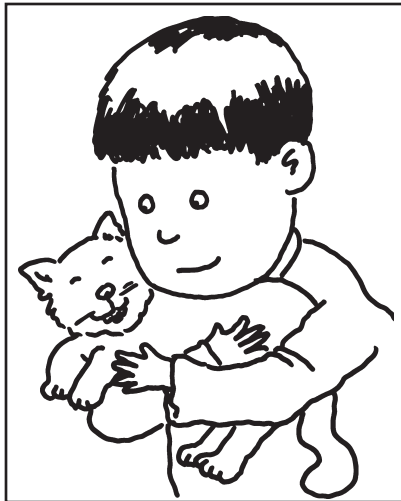
Effect



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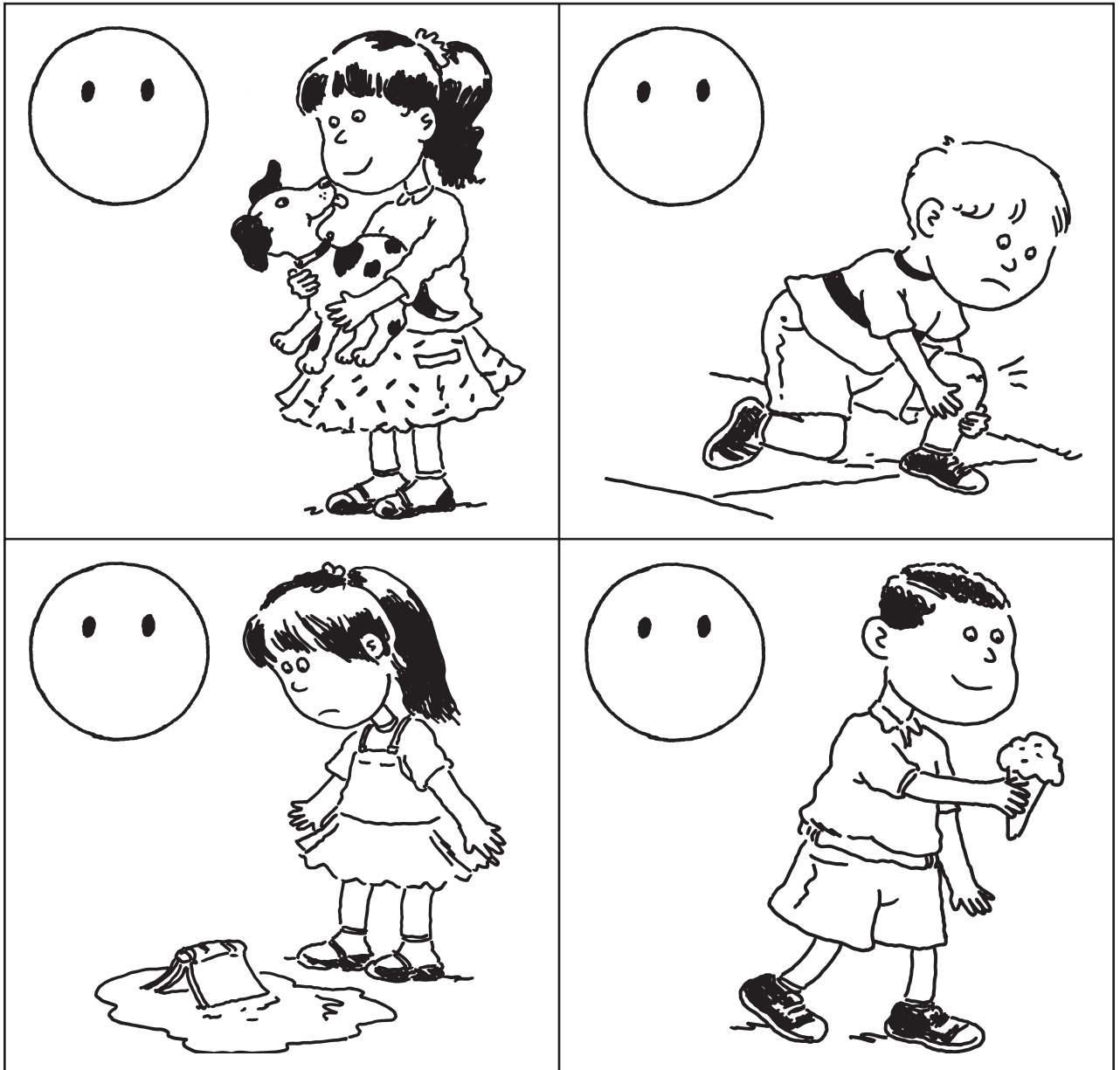
Directions: Have children draw a picture to show one effect of smoking.

You Are Special

A large, empty rectangular box with a black border, intended for children to draw a picture showing one way they are special.

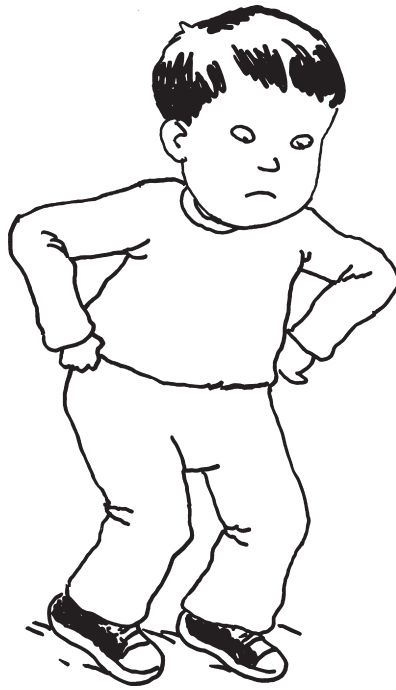
Directions: Tell children that each picture shows one way the boy is special. Have children draw a picture in the large box to show one way they are special.

You Have Feelings



Directions: Have children complete a happy face for the children who would have happy feelings. Have them complete a sad face for those who would have sad feelings.

Change Your Feelings



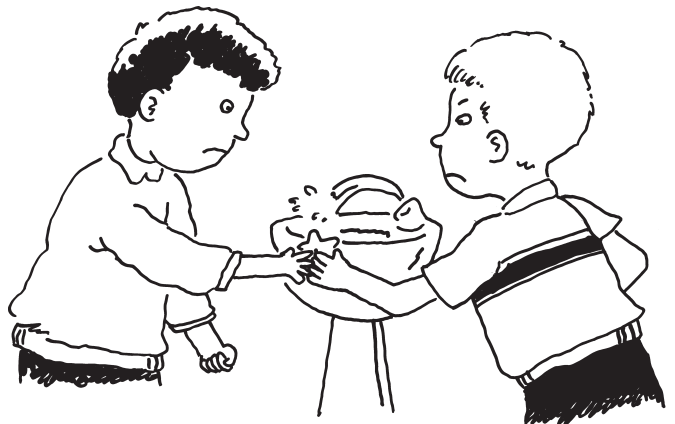
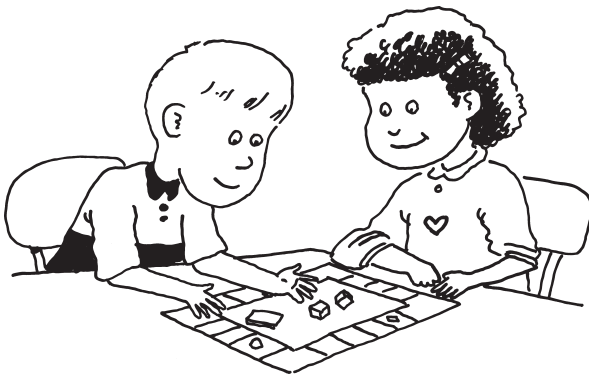
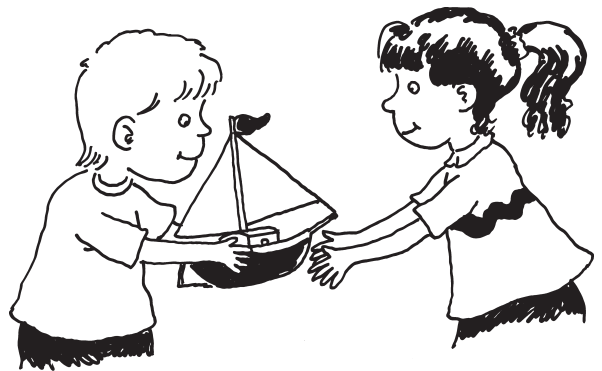
Directions: Have children identify how the child in the center is feeling. Then have them draw lines from the child to the ways he could change his bad feeling to a good feeling.

Name _____



Lesson 4

Resolve Conflicts



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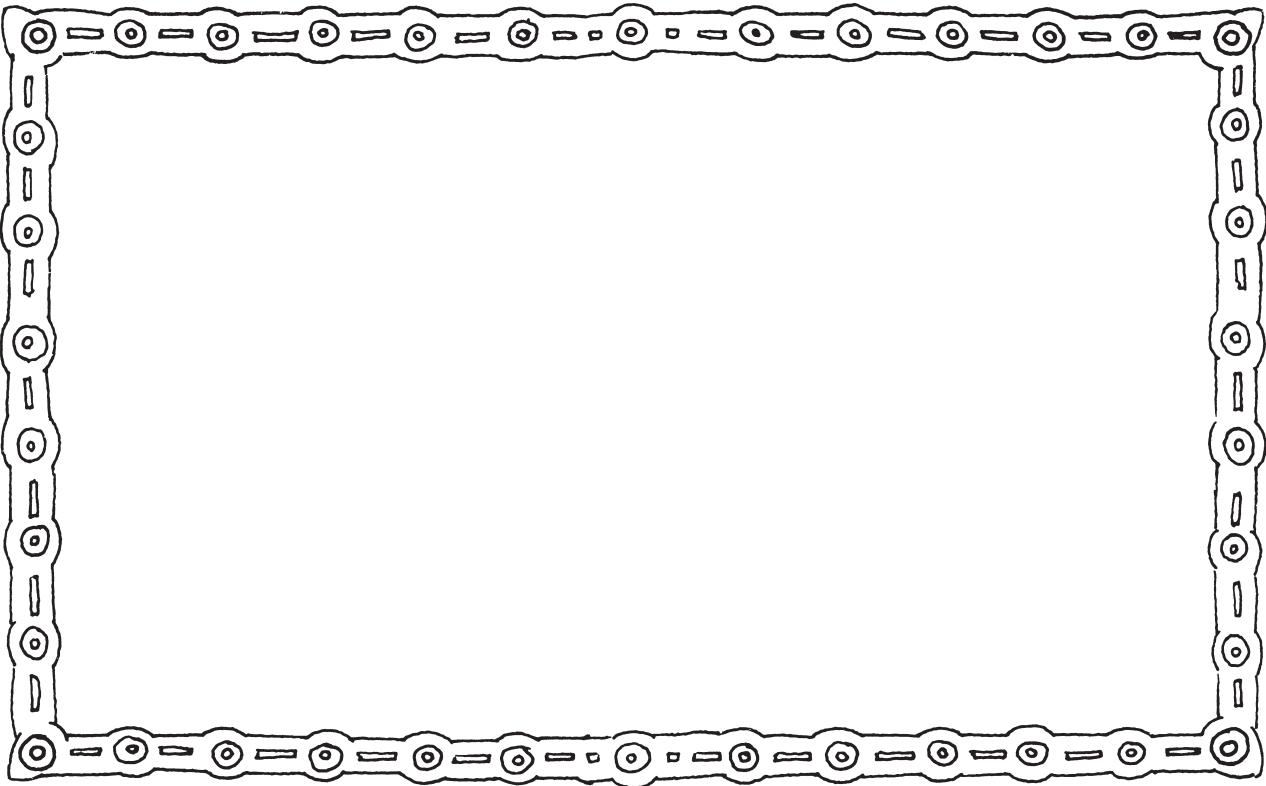
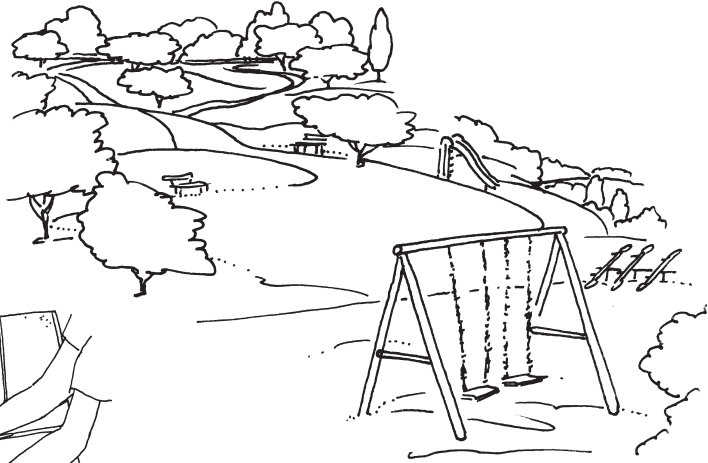
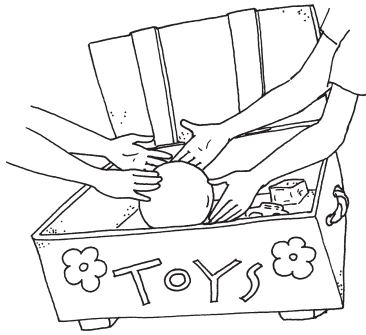
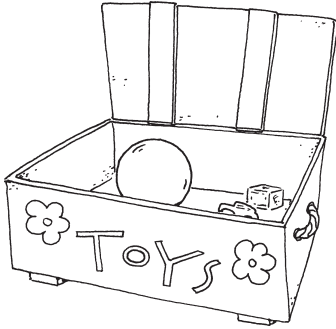
Directions: Have children circle the pictures that show children getting along. Have them cross out the picture of children not getting along.

Name _____



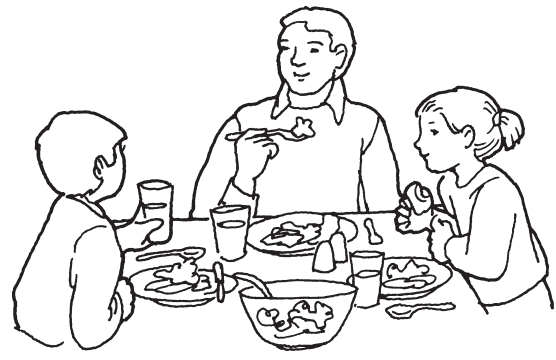
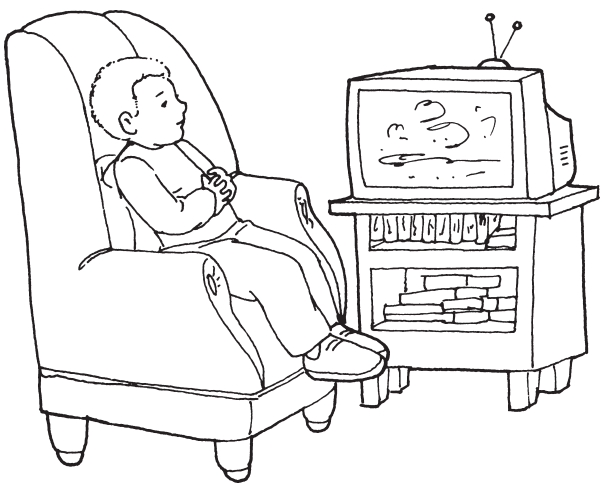
**Reading
Skill**

Make Predictions



Directions: Have children look at the three pictures. Then have them draw a picture to show what will probably happen next.

Your Family



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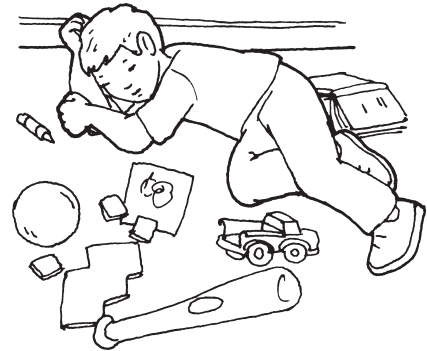
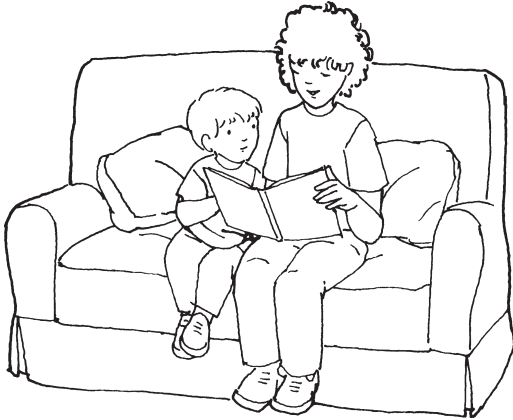
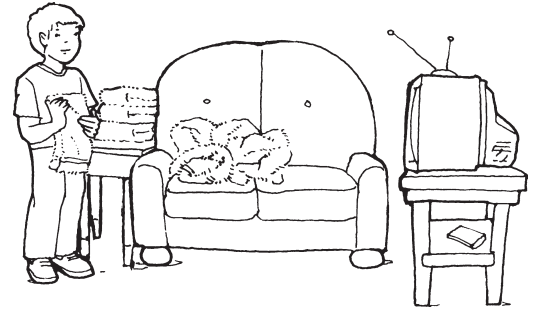
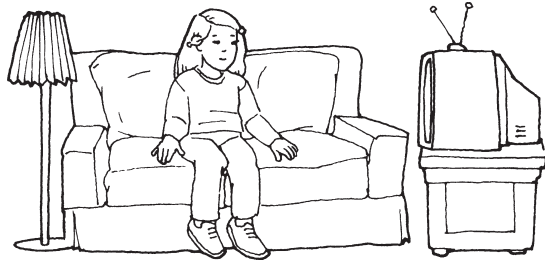
Directions: Have children color the pictures that show a family.

Honesty



Directions: Have children color the first picture and then color the story ending that shows honesty.

Be a Helper



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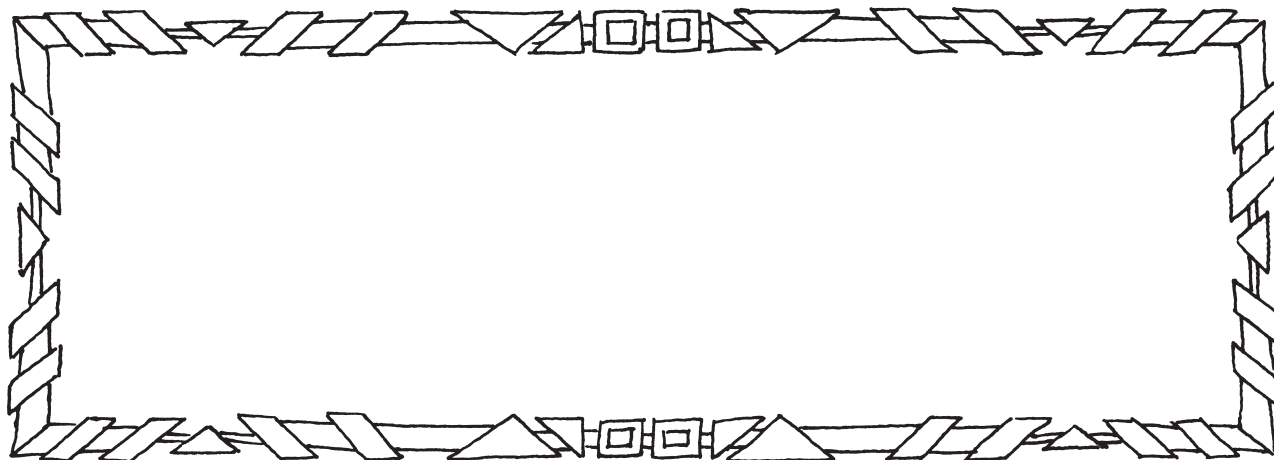
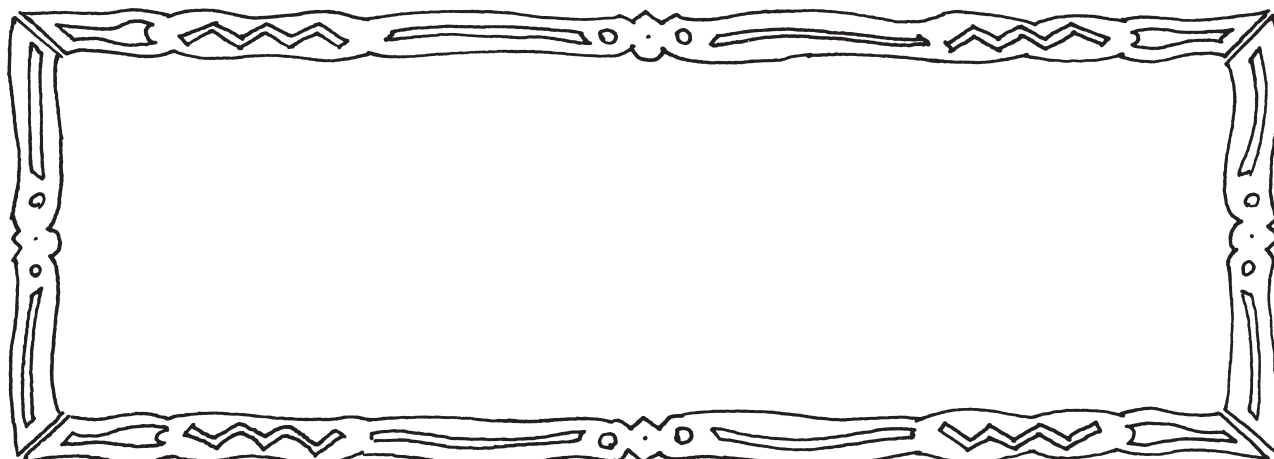
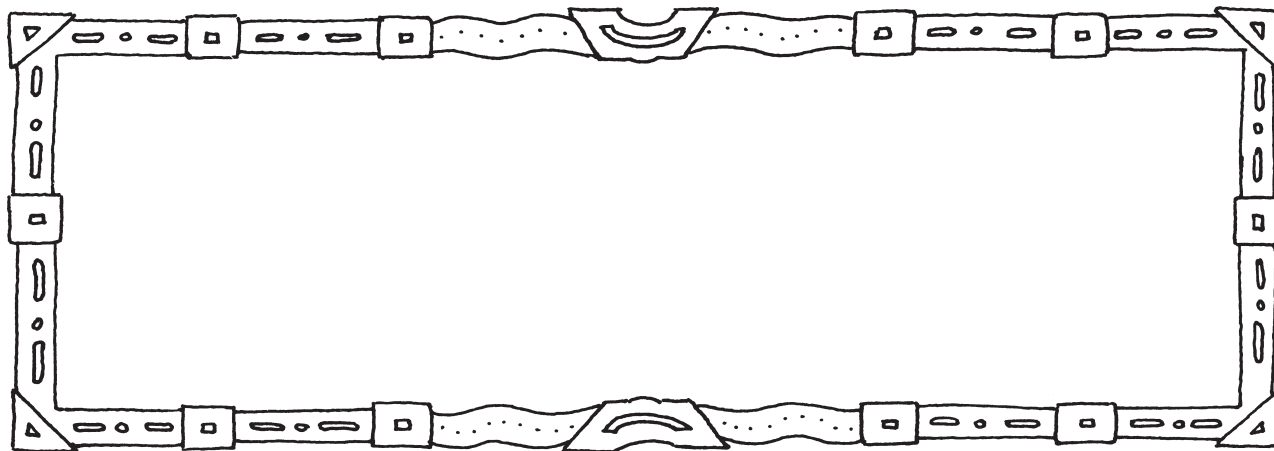
Directions: Have children color the pictures that show children being helpers.

Name _____



Reading
Skill

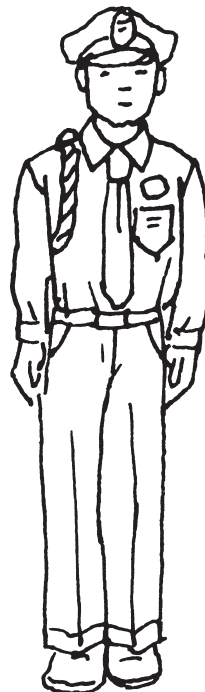
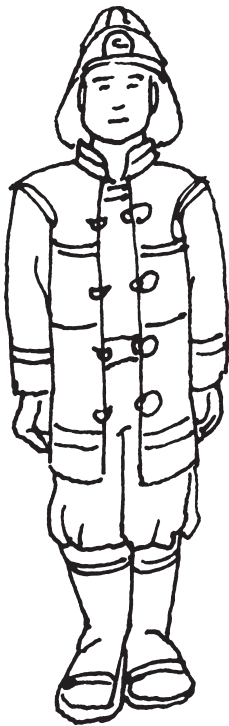
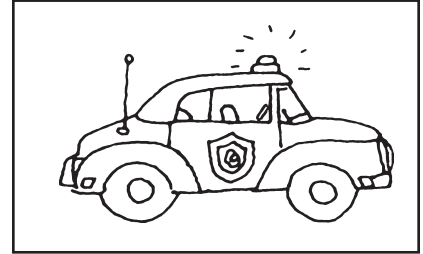
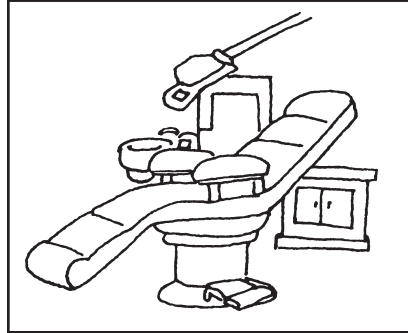
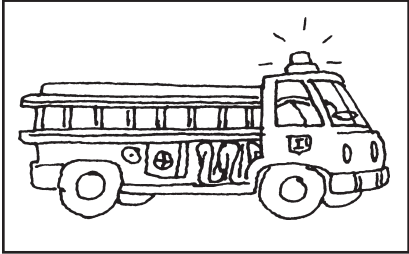
Recall and Retell



Directions: Have children recall a favorite story. Then have them draw three events from the story in order. Finally, have them use the pictures to retell the story to a partner.

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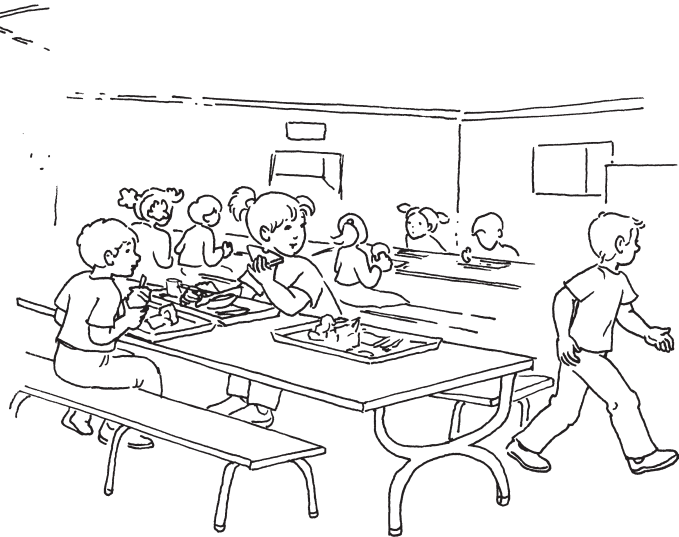
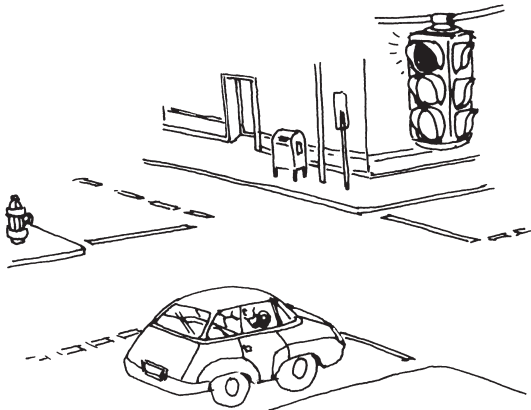
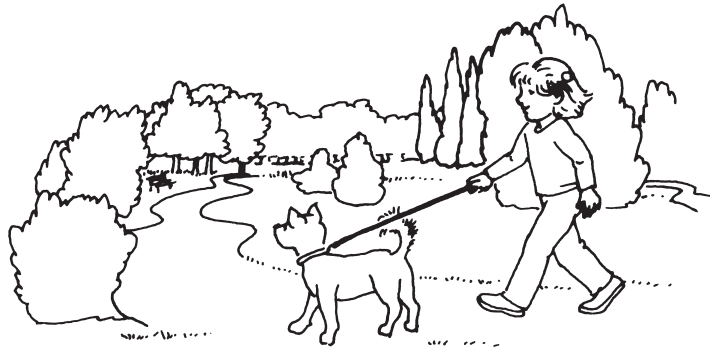
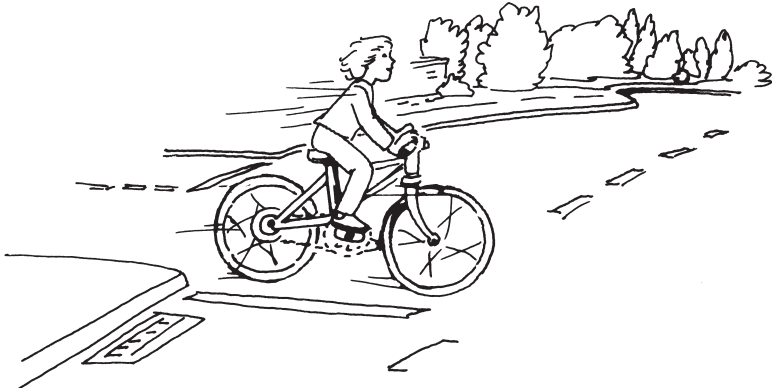
Community Helpers



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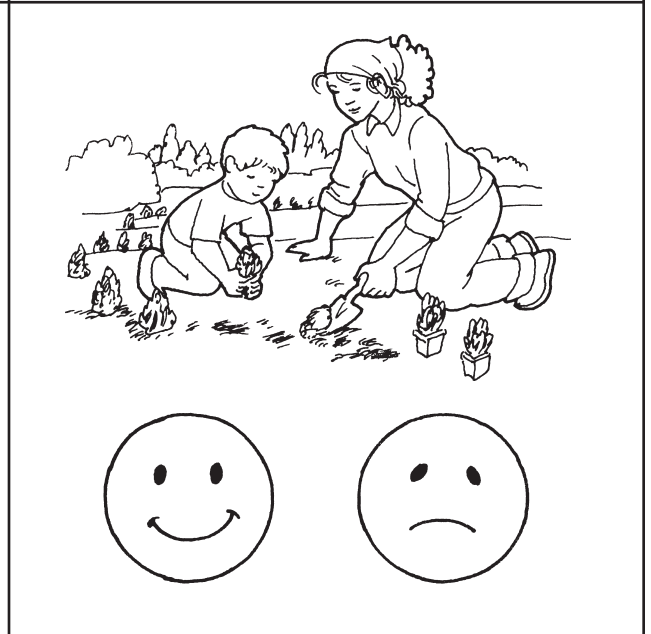
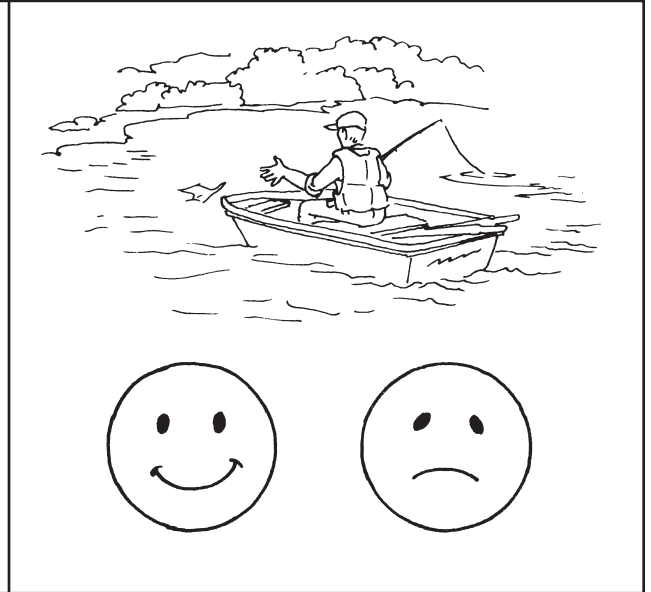
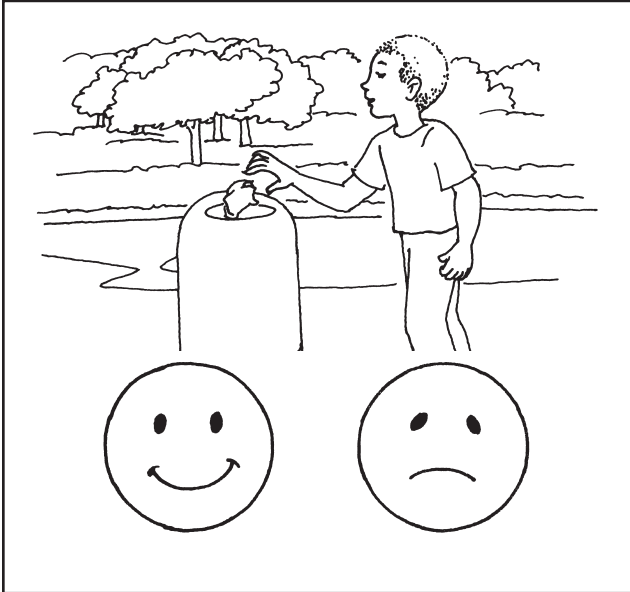
Directions: Have children draw lines to match the community helpers to something they work with.

Citizenship



Directions: Have children color the pictures that show people being good citizens by following rules.

A Healthful Environment



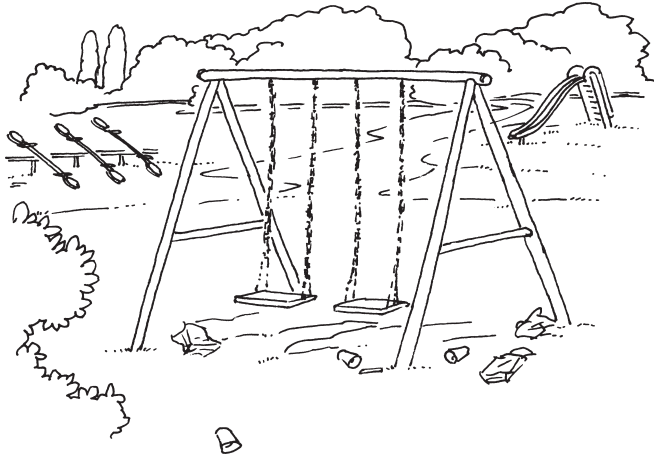
Directions: Have children color the happy face below pictures that show people taking care of the environment. Have them color the unhappy face below pictures that show people not taking care of the environment.

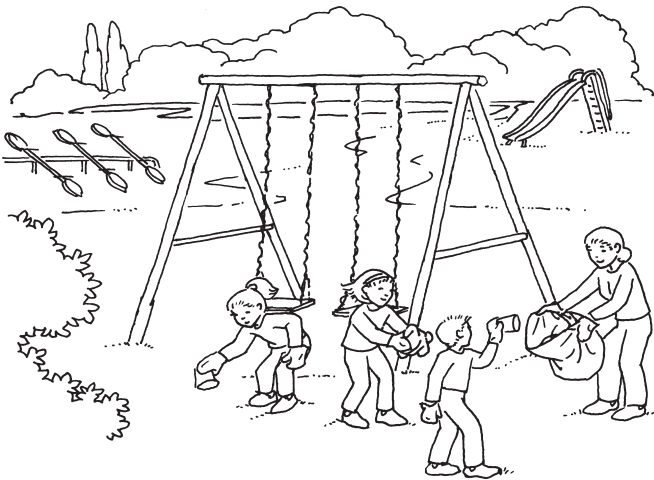
Name _____

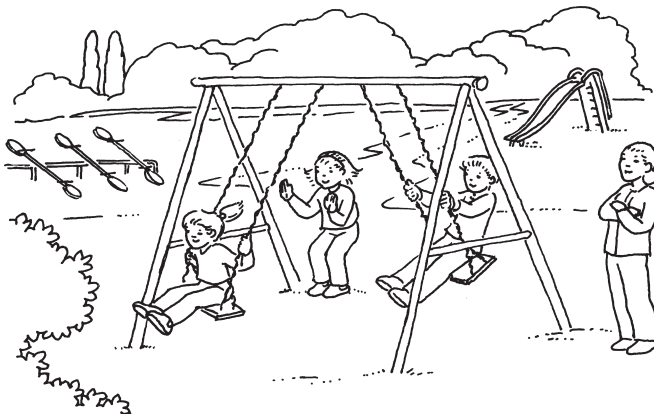


**Reading
Skill**

Sequence







Directions: Have children number the pictures 1, 2, and 3 to show the sequence of the story.