

POWERFUL PROJECT

AGES 4-7

MARCH
2015

HEALTH

FIRST & LAST NAME: _____

Health means: "My body is strong, my brain is sharp and I feel good!" We are making healthy choices when we eat nutritious, healthy foods. We are making healthy choices when we drink enough water each day and get enough sleep each night. We are also making healthy choices when we brush our teeth, take a bath and exercise our bodies. Do you make healthy choices? Look through the "search and find." Can you find the healthy examples of good nutrition, exercise, hygiene, hydration and sleep shown in the strip to the right of the picture? Find all 10! Can you do it? Go for it!

