

THE
ABCs
OF
healthy
{KID•S}

**A coloring book with puzzles, crafts
and other activities for the entire family**



**SNOHOMISH
COUNTY** 
HEALTH DEPARTMENT

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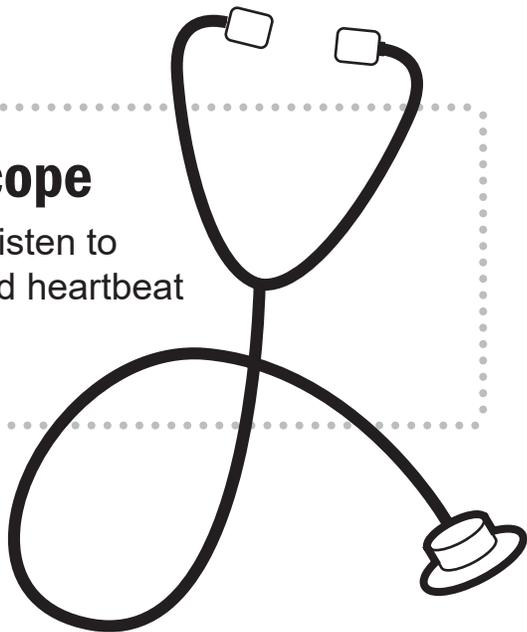
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Tools at the Doctor's Office



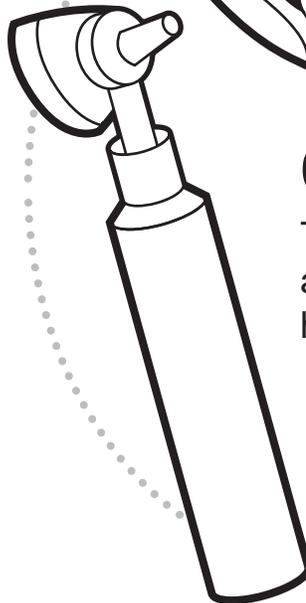
Stethoscope

Tool to help listen to breathing and heartbeat



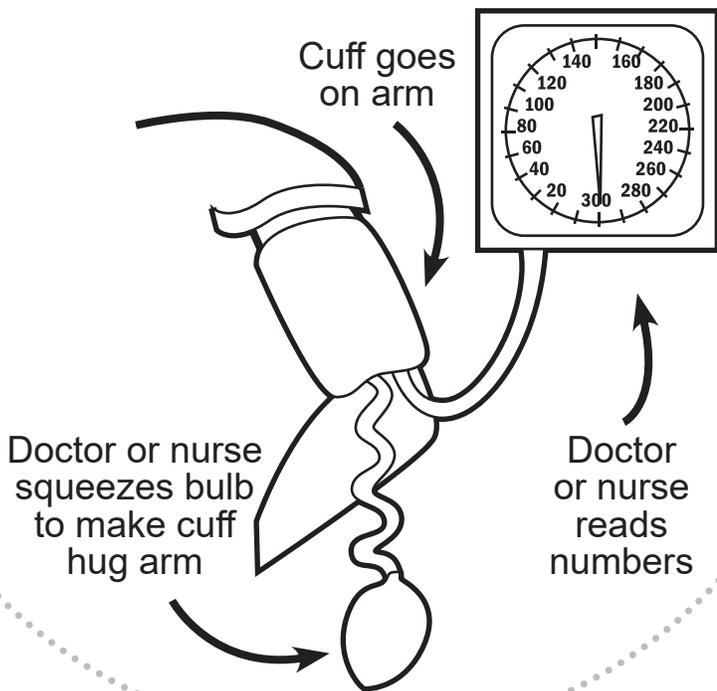
Otoscope

Tool that shines a beam of light to help see into ear



Blood Pressure Cuff

(a.k.a. Sphygmomanometer)



Reflex Hammer

Tool used to tap on knees and test for reflexes





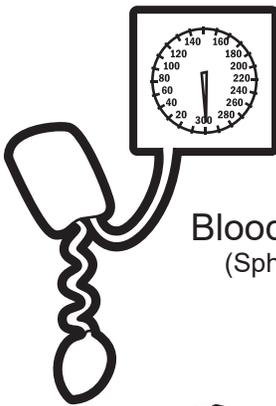
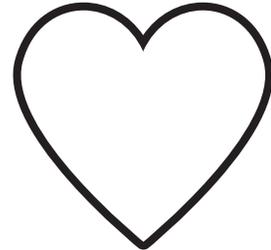
Doctor Tools Matching Game

Draw a line from the tool to the part of the body it's used on:

Otoscope



heart



Blood Pressure Cuff
(Sphygmomanometer)

knee



Stethoscope



ear

Reflex Hammer



arm





Coloring Page



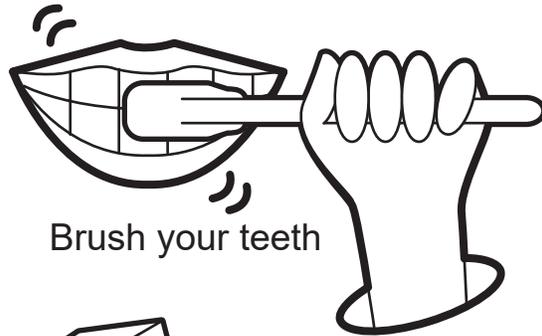


ABC's OF HEALTHY KIDS | B: Brush and Floss

Put the Steps in Order

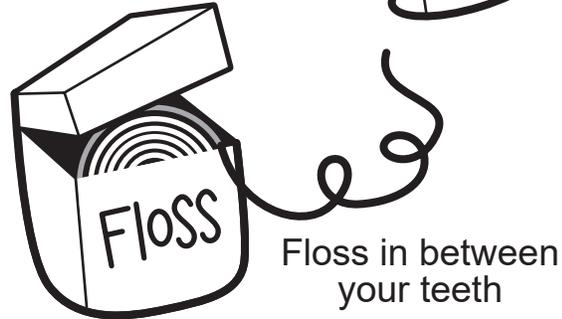
Put the tooth care steps in order by drawing a line between each activity and the corresponding number.

1



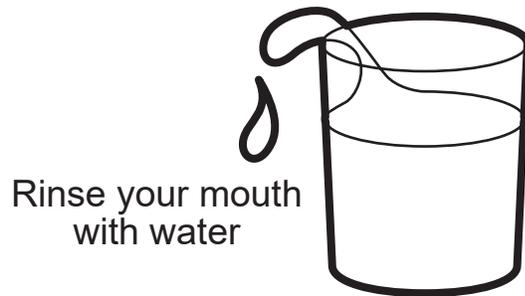
Brush your teeth

2



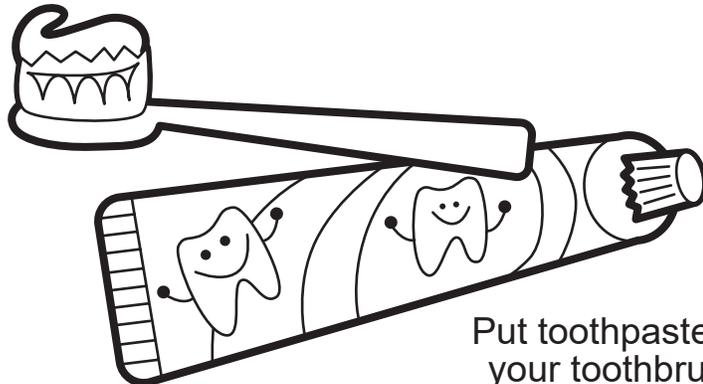
Floss in between your teeth

3



Rinse your mouth with water

4



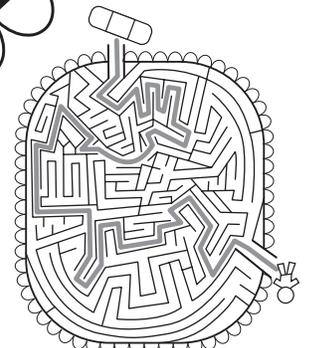
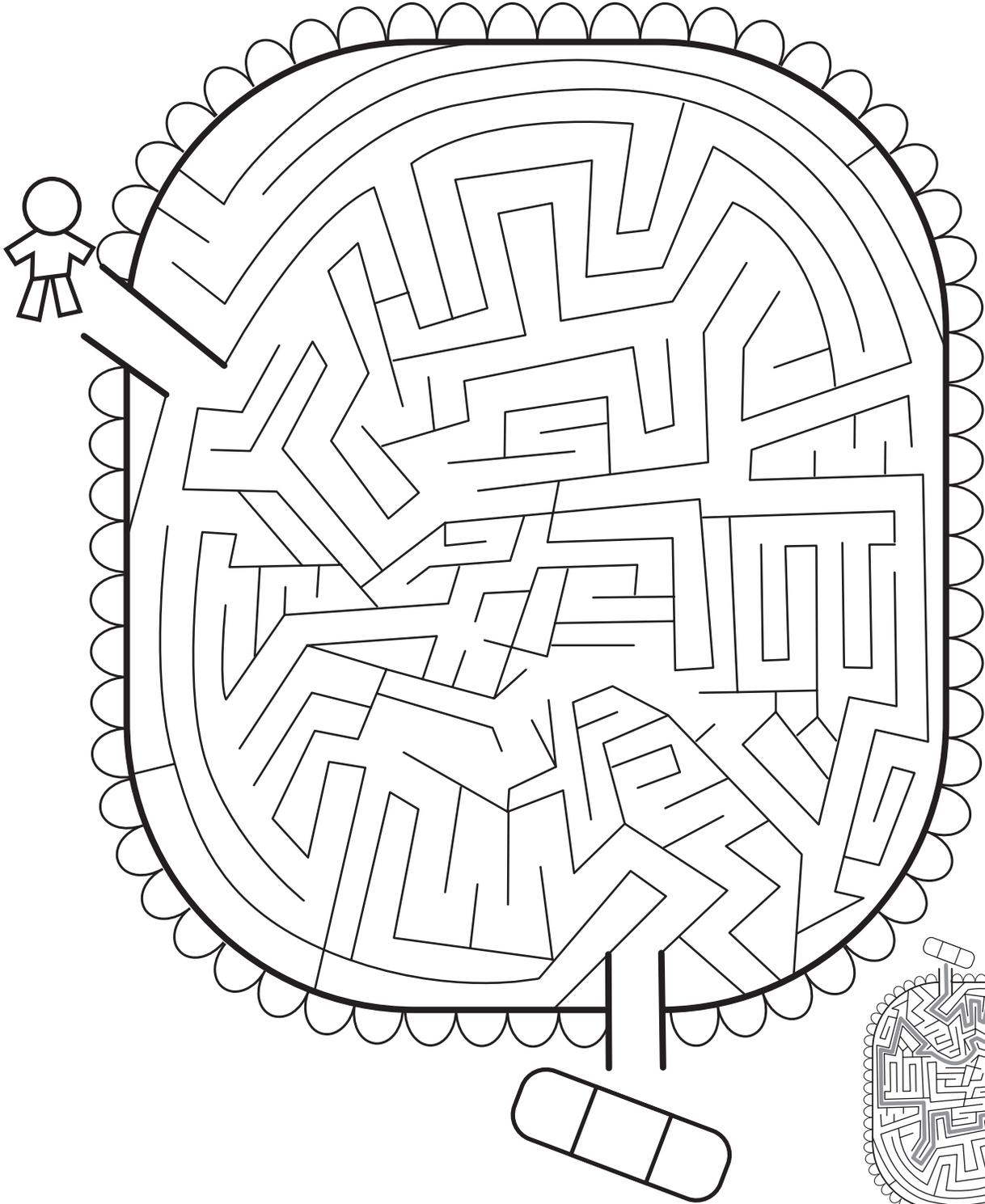
Put toothpaste on your toothbrush

SOLUTION: 1. Floss in between your teeth 2. Put toothpaste on your toothbrush 3. Brush your teeth 4. Rinse your mouth with water



Vaccine Maze

Help the person find the vaccine bandage!



SOLUTION



Vaccine Word Search

Words can be found up/down, left/right, or diagonal

G	Q	Y	Y	O	V	L	E	K	U	L	N	H	K	F
E	Y	Z	J	Q	O	N	C	A	D	D	E	M	C	J
R	O	Q	N	N	I	P	N	W	M	R	U	B	I	M
M	Q	K	R	C	K	J	E	M	H	G	L	C	S	U
S	E	R	I	E	E	S	I	O	L	U	C	H	U	D
V	Q	D	E	V	W	V	C	S	H	Z	X	Z	Z	S
H	E	N	I	Y	A	C	S	K	F	W	R	S	J	N
M	X	R	L	T	S	L	O	R	R	W	S	B	E	P
R	U	Y	H	M	L	V	A	C	C	I	N	E	I	U
S	R	W	A	E	E	F	R	O	A	C	Q	K	H	P
G	C	Z	C	I	A	N	T	X	C	L	A	B	Y	K
Z	O	E	S	Q	N	L	U	R	A	Z	Z	D	C	B
S	K	J	N	L	V	N	T	M	E	E	S	W	K	I
T	G	E	U	N	T	Q	D	H	M	Z	F	P	G	R
A	I	R	E	T	C	A	B	C	Y	I	E	B	Y	E

bacteria

healthy

science

virus

cell

immune

sick

germs

medicine

vaccine

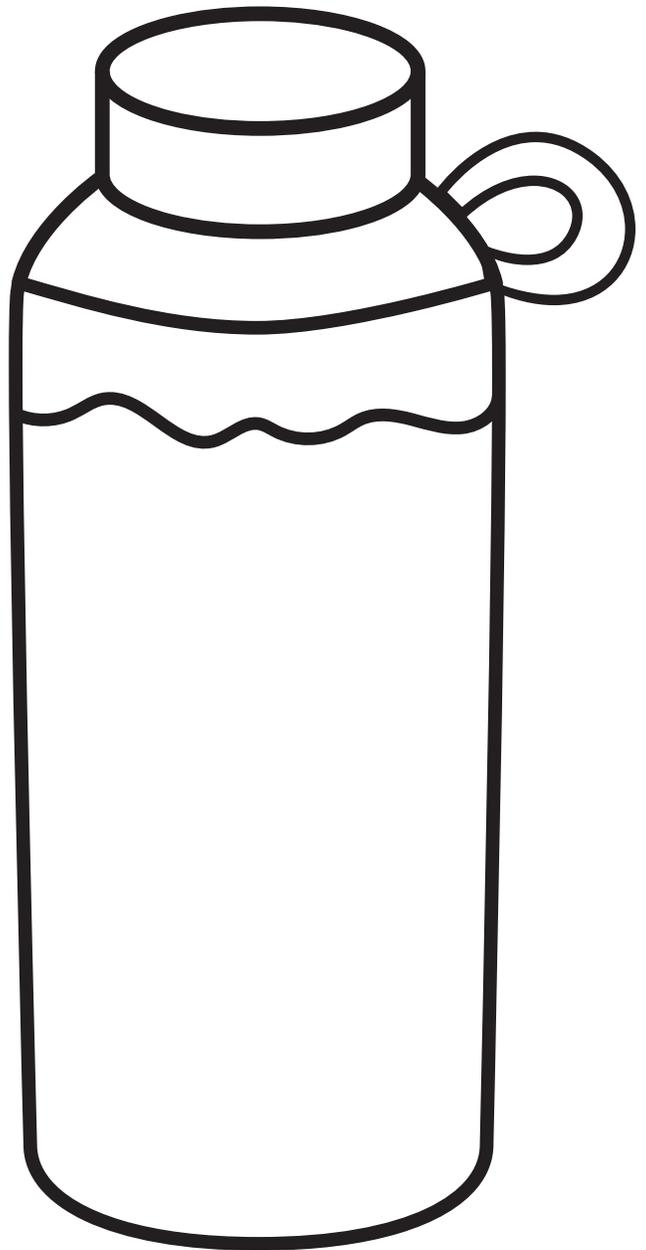
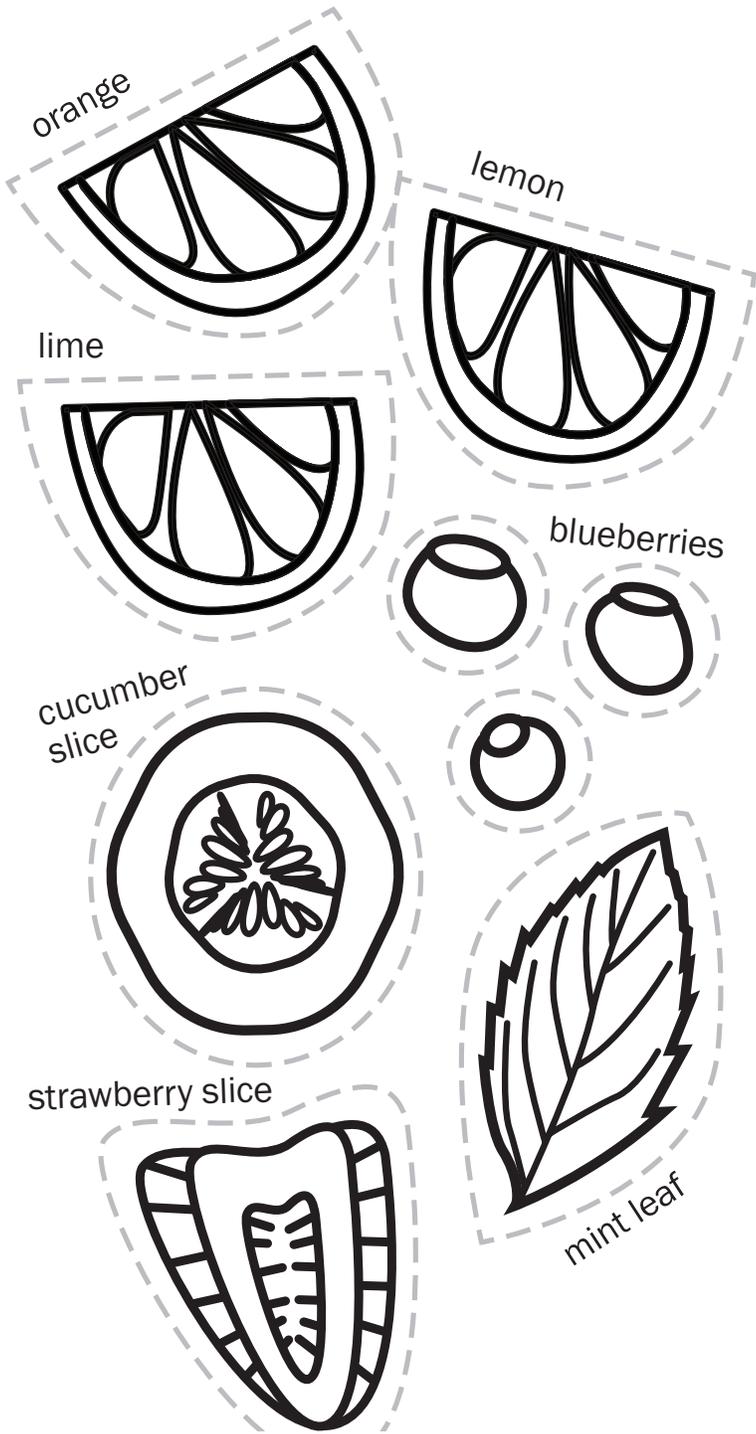


SOLUTIONS



Fancy, Flavored Water

Color, cut out and paste the items you'd like to include in your own water bottle. Adding some fruit or herbs to water can make it easier for you to stay hydrated!

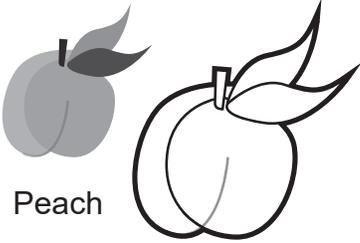


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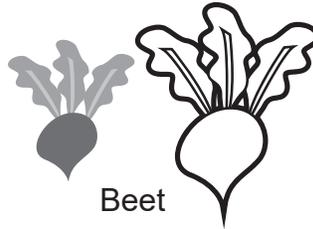


Fruit or Vegetable?

Color each fruit or vegetable below.
On the line next to it, write whether it's a fruit or vegetable.



Peach



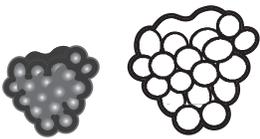
Beet



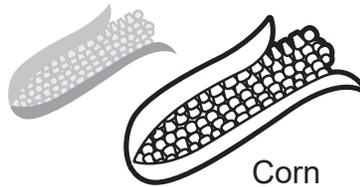
Artichoke



Bananas



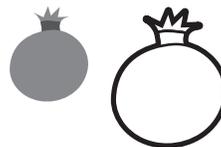
Raspberry



Corn



Squash



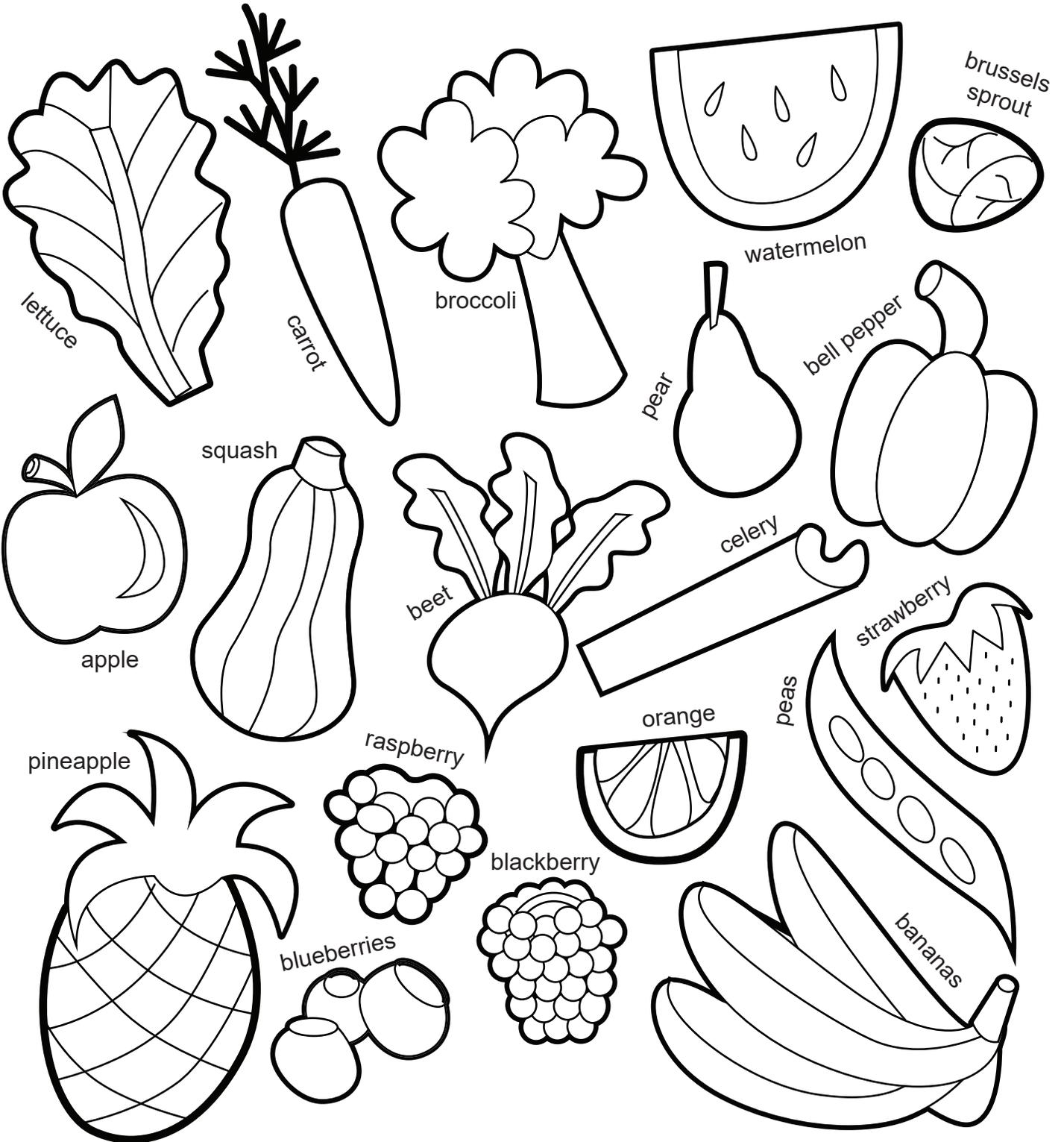
Pomegranate

ANSWERS: Peach = Fruit, Beet = Vegetable, Artichoke = Vegetable, Bananas = Fruit, Raspberry = Fruit, Corn = Vegetable, Squash = Vegetable, Pomegranate = Fruit



Eat the Rainbow

Color each fruit or vegetable below. Eating a wide variety of different colors helps you grow up healthy!





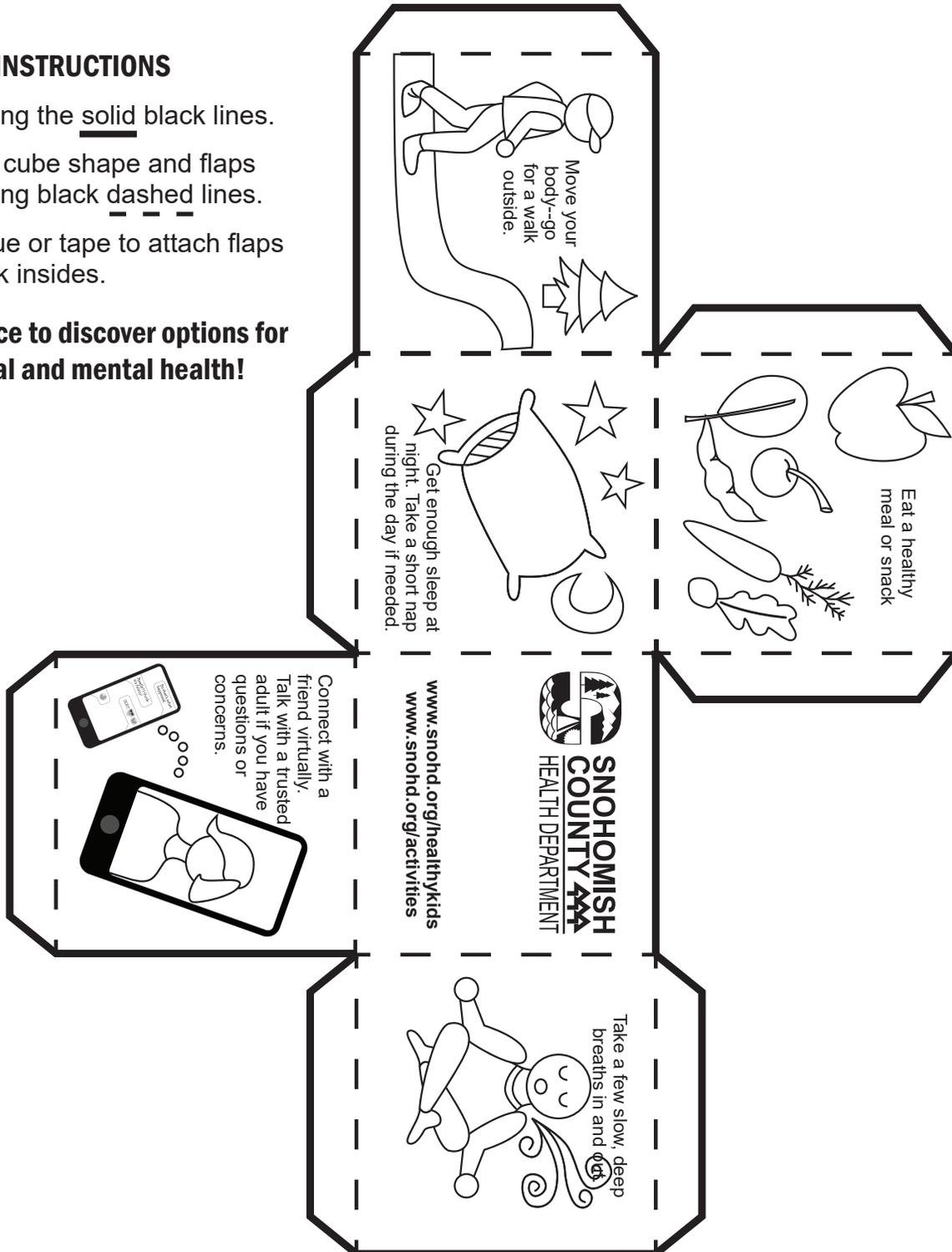
Healthy Options Dice

Create dice using the instructions below.

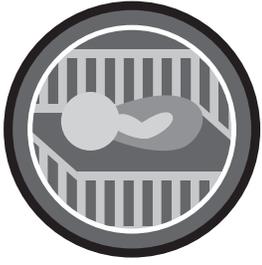
INSTRUCTIONS

1. Cut along the solid black lines.
2. Create cube shape and flaps by folding black dashed lines.
3. Use glue or tape to attach flaps to blank insides.

Roll the dice to discover options for physical and mental health!



This page left blank intentionally.



Safe Sleep Silly Story

Hide the bottom half of this page. Fill in words of your choice on the top half. When you are done, unhide the page and copy your words to the spaces on the bottom.

Have fun reading your silly story aloud!

MY WORDS

Color _____

First name _____

Noun _____

Last name _____

Verb ending in -ing _____

First name _____

Exclamation _____

Noun _____

His, her or their pronoun _____

Type of toy, plural _____

Soft squishy item, plural _____

Verb ending in -ed _____

Adverb _____

Place _____

Noun: Person, place or thing

Verb: Action word

Adverb: Modifies a verb, ends in -ly

Safe Sleep at Bedtime

Make sure babies are sleeping safely by putting them to sleep on their back and alone in a crib or bassinet with a flat surface.

The sky outside was _____ . _____ looked at the
Color First name

_____ and saw it was time for the _____ children to go
Noun Last name

to bed. The children were _____ outside when _____
Verb ending in -ing First name

called _____ ! The children hurried in to the _____
Exclamation Noun

to see the baby in _____ crib. There were no _____
His, her or their pronoun Type of toy, plural

or _____ in the crib so the baby could sleep safe. The children
Soft squishy item, plural

_____ the baby goodnight and brushed their teeth _____ .
Past-tense verb Adverb

They could finally go to sleep, dreaming about _____ .
Place



Safe Sleep Cheat Sheet

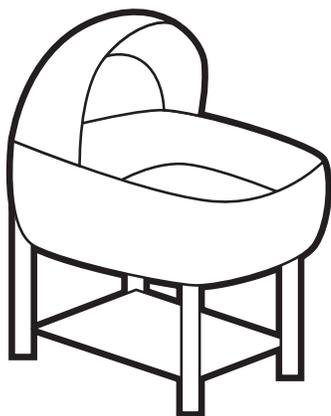
Make sure babies are sleeping safely by putting them to sleep on their back and alone in a crib or bassinet with a flat surface.

Yes ✓



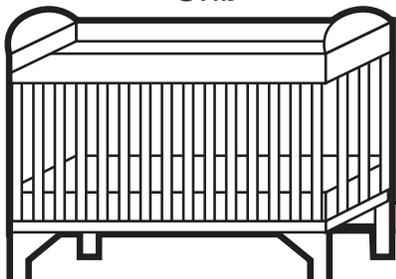
Flat surface

Baby is alone



Bassinet

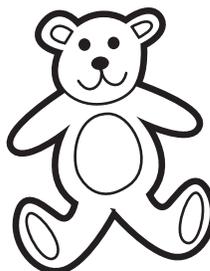
Crib



No ❌



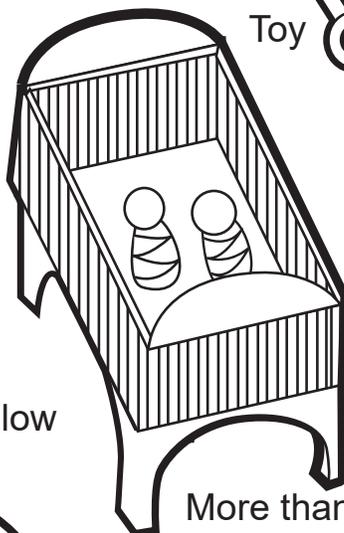
Inclined surface



Soft, plush toy



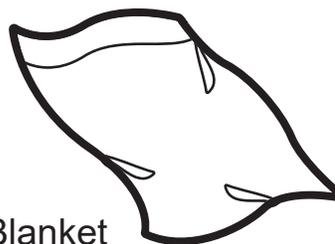
Toy



More than one baby in crib



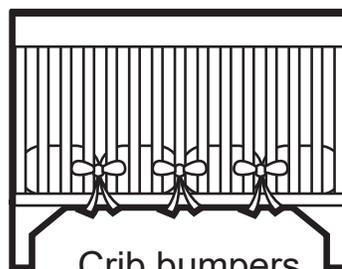
Pillow



Blanket



Inclined Seat



Crib bumpers



Creating an Emergency Kit

For more information about Emergency Preparedness, visit:
www.snohd.org • www.snohomishcountywa.gov • www.ready.gov

Date: _____

Remember:

You should have enough emergency supplies to last 3 days for each person without outside help. Periodically check your supplies to make sure they are functional and not expired. Add specific items for family pets and members of your household who have special needs.

Food

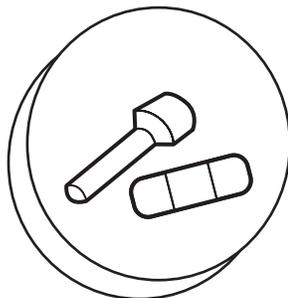
- CANNED OR PACKAGED NON-PERISHABLE, READY-TO-EAT FOOD**—nothing that needs to be refrigerated or cooked.



- WATER**—1 gallon of water per person, per day

Safety

- FIRST AID KIT**—Including a well-fitting mask for each family member to protect against dust and smoke.
- FLASHLIGHT**—Don't forget extra batteries!
- HAND- OR BATTERY-POWERED RADIO**—For NOAA weather alerts and local emergency broadcast information.



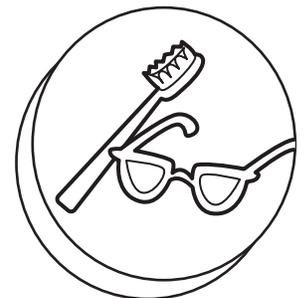
Comfort

- THINK WARMTH & VERSATILITY**—Clothing you can wear in layers, adding or subtracting as needed. Have a warm blanket, sturdy shoes, and a waterproof tarp. Include a comfort item for each child, such as a stuffed toy or special blanket.



Personal Care

- TOILETRIES**—Toothbrush and toothpaste, etc.
- MEDICINE**—Over-the-counter medicines, prescriptions, extra pair of glasses, etc.
- ACTIVITIES**—Books, puzzles and/or art supplies to keep occupied. No video games or anything that requires electricity.



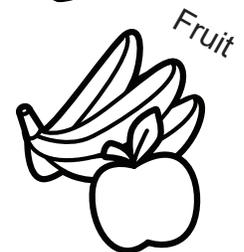
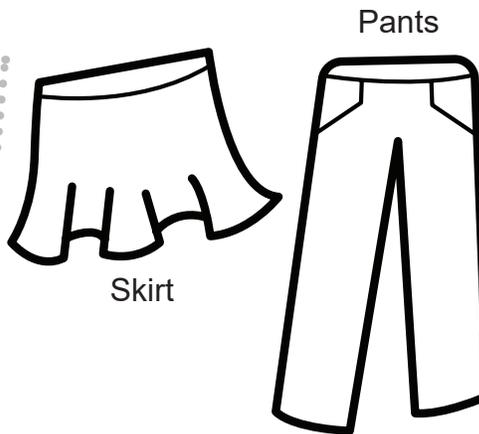
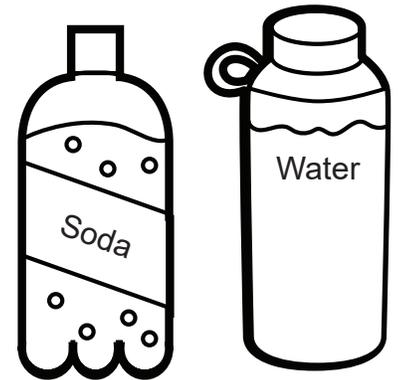
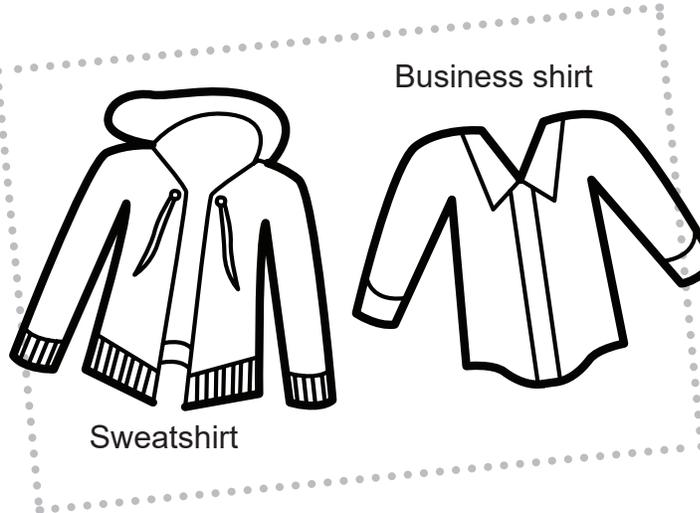


Emergency Kit Item Pairs

Color the things on this page.

Which item in each pair should go in an Emergency Kit?

Name: _____



REMEMBER extra supplies, food and medications for family pets and members of your household who have special needs.

ANSWERS: Sneakers, Sweatshirt, Water, Toothbrush, Pants, Non-perishable food



Clear Your Clutter

Prevent slips, trips and falls by keeping the floor free of tripping hazards. How can you help prevent falls in your house?

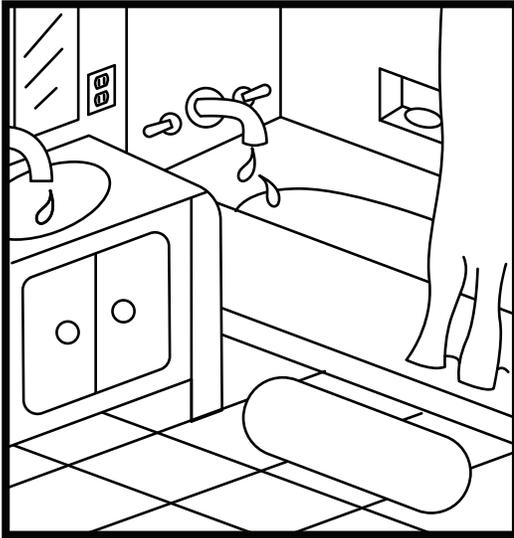




What's in the Room?

Color the pictures below, and count the number of things in each room. Have a grown-up help you count the things where you live!

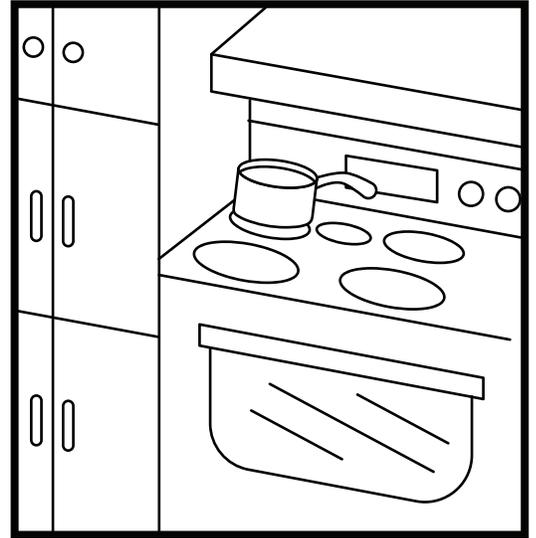
Bathroom



GROWN-UPS: Consider a non-skid mat if the floor is slippery. Also check the temperature of your water heater and make sure it is set no higher than 140° F.

HOW MANY? **...IN YOUR BATHROOM?**
Cupboards: _____ Cupboards: _____
Outlets: _____ Outlets: _____

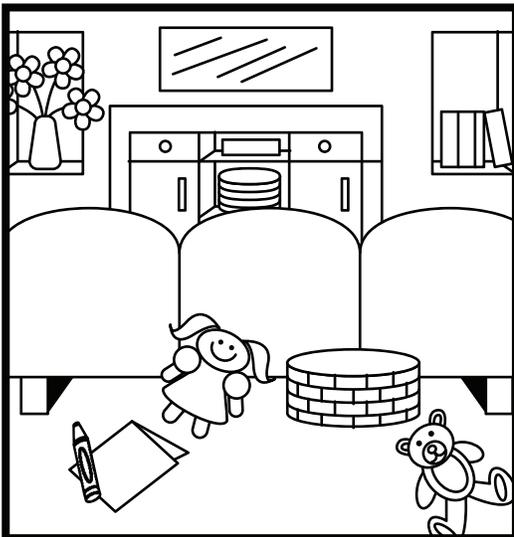
Kitchen



GROWN-UPS: When cooking, make sure handles of pots and pans don't stick out where children can accidentally pull them off the stove.

HOW MANY? **...IN YOUR KITCHEN?**
Cupboards: _____ Cupboards: _____
Pots & Pans: _____ Pots & Pans: _____

Living Room



GROWN-UPS: TVs and cabinets should be securely attached to the wall so they won't fall over. Keep clutter to a minimum to avoid trips and falls. If you live in an older home and have a young child, check for lead paint.

HOW MANY? **...IN YOUR LIVING ROOM?**
Cabinets: _____ Cabinets: _____
Trip Hazards: _____ Trip Hazards: _____

Bedroom



GROWN-UPS: Cords from window blinds should be out of reach of little hands, and windows should have locks to prevent falls. Carbon monoxide detectors may be plugged into outlets but have battery backup.

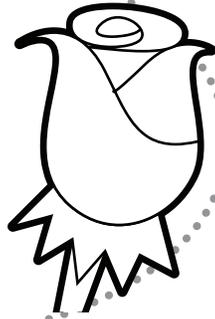
HOW MANY? **...IN YOUR BEDROOM?**
Smoke Alarms: _____ Smoke Alarms: _____
Outlets: _____ Outlets: _____



Deep Breathing Guide

Get the whole family in the habit of deep breathing to help with stress. Here's a kid-friendly guide to help you practice.

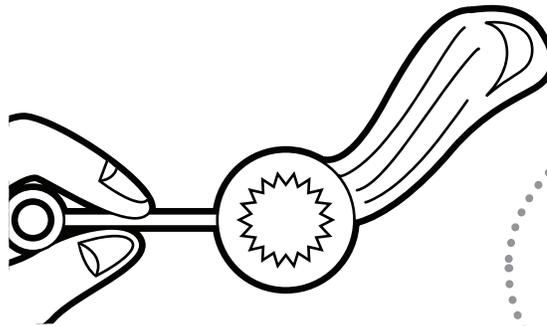
- 1.** Pretend you are smelling a rose. Breathe in deep and slow through your nose.



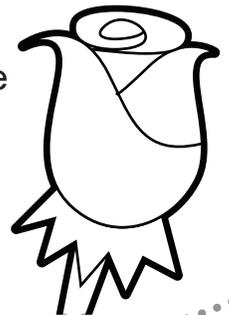
- 2.** Hold your breath like you are underwater. Count to five.



- 3.** Now pretend you are blowing bubbles. Breathe out with a gentle, steady breath so you don't pop them!



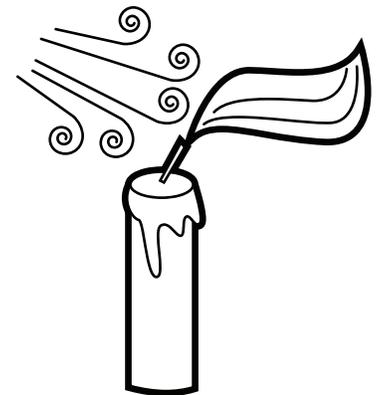
- 4.** Smell the rose again. Long, deep breath.



- 5.** Back underwater! Hold for 5.



- 6.** Pretend you are blowing out a candle. Focus and blow the air out with a hard, focused breath.



Repeat steps 1-6 as desired.



My Family's Playlists

Listening to music is one way people set the tone for themselves, whether winding down or revving up. What are your go-to songs?

Our Three **Deep-Breathing** Songs

Our Three Songs **to Listen to Together**

1. _____
by _____

2. _____
by _____

3. _____
by _____



1. _____
by _____

2. _____
by _____

3. _____
by _____

Our _____ Playlist

1. _____
by _____

2. _____
by _____

3. _____
by _____



Our Three **Workout** Songs

1. _____
by _____

2. _____
by _____

3. _____
by _____





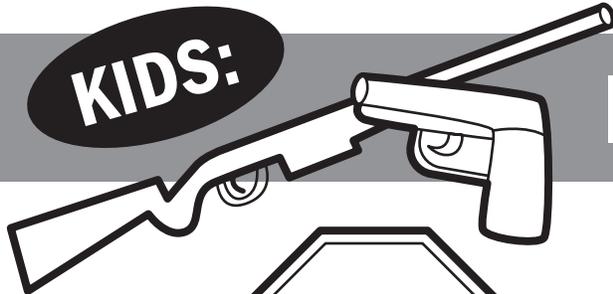
ABC's OF HEALTHY KIDS | K: Keep Things Locked Up

Gun Safety Coloring Page

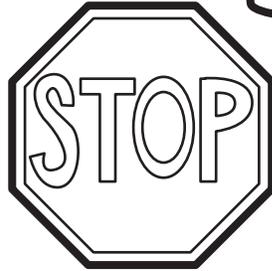
Color the page and have a grown up read the directions for what to do if you find a gun.

KIDS:

If you find a gun...



1.



STOP

2.



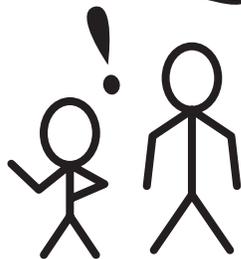
Don't touch

3.



Get away

4.



Tell a grown up

PARENTS: Children are naturally curious. ALL guns should be kept locked and unloaded, with ammunition locked in a separate place. For more information on gun safety, visit www.snohd.org/392/LOK-IT-UP



Scrambled Poison Words

Unscramble the poison words. When you're finished with each word, cross it off in the list. An example is done for you.

UNSCRAMBLED WORDS:

beware

~~caustic~~

caution

danger

fatal

flammable

harmful

hazardous

poison

toxic

warning

iscuact caustic

lbealfmma _____

ionpso _____

ngraed _____

afatl _____

fmulhar _____

tuioan _____

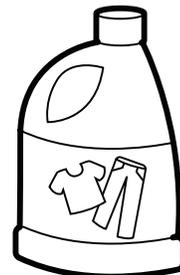
hozsdraua _____

ocixt _____

weerab _____

nawnirg _____

Products with these words on their labels should be locked up out of the reach of children.
For more poison prevention resources, visit www.wapc.org.





Water Safety Memory Game

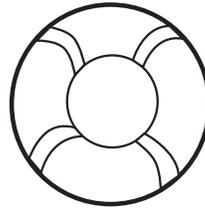
Cut along the dotted lines to create your own Water Safety Memory Game. How quickly can you match all 8 pairs?



Always swim with a buddy



Walk, don't run, near a pool



Know how to float



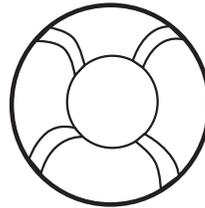
Learn First Aid and CPR



Always swim with a buddy



Walk, don't run, near a pool



Know how to float



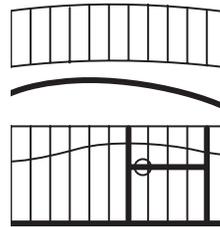
Learn First Aid and CPR



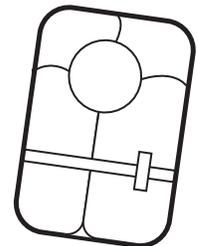
Have a grown-up water watcher

www.safekids.org/watersafety

www.snohd.org



Pools should be fully fenced



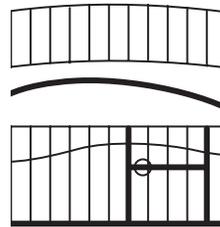
Wear a lifejacket when boating



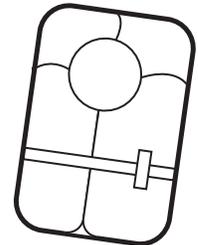
Have a grown-up water watcher

www.safekids.org/watersafety

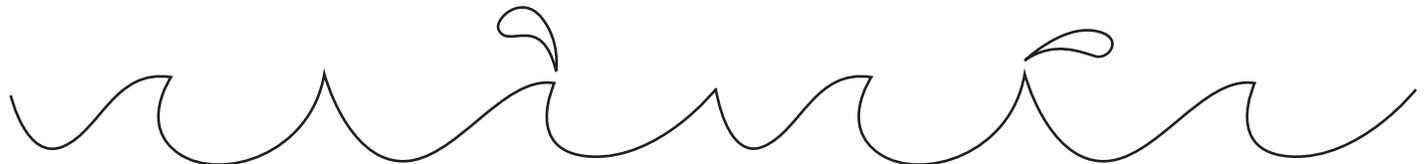
www.snohd.org



Pools should be fully fenced



Wear a lifejacket when boating



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Water Safety Coloring Page

Trace the letters and color in the ABC's of water safety: Adult supervision, barriers to water, and classes for swimming.

Adult Supervision

Adult Supervision

Always have an adult "water watcher"

Barriers

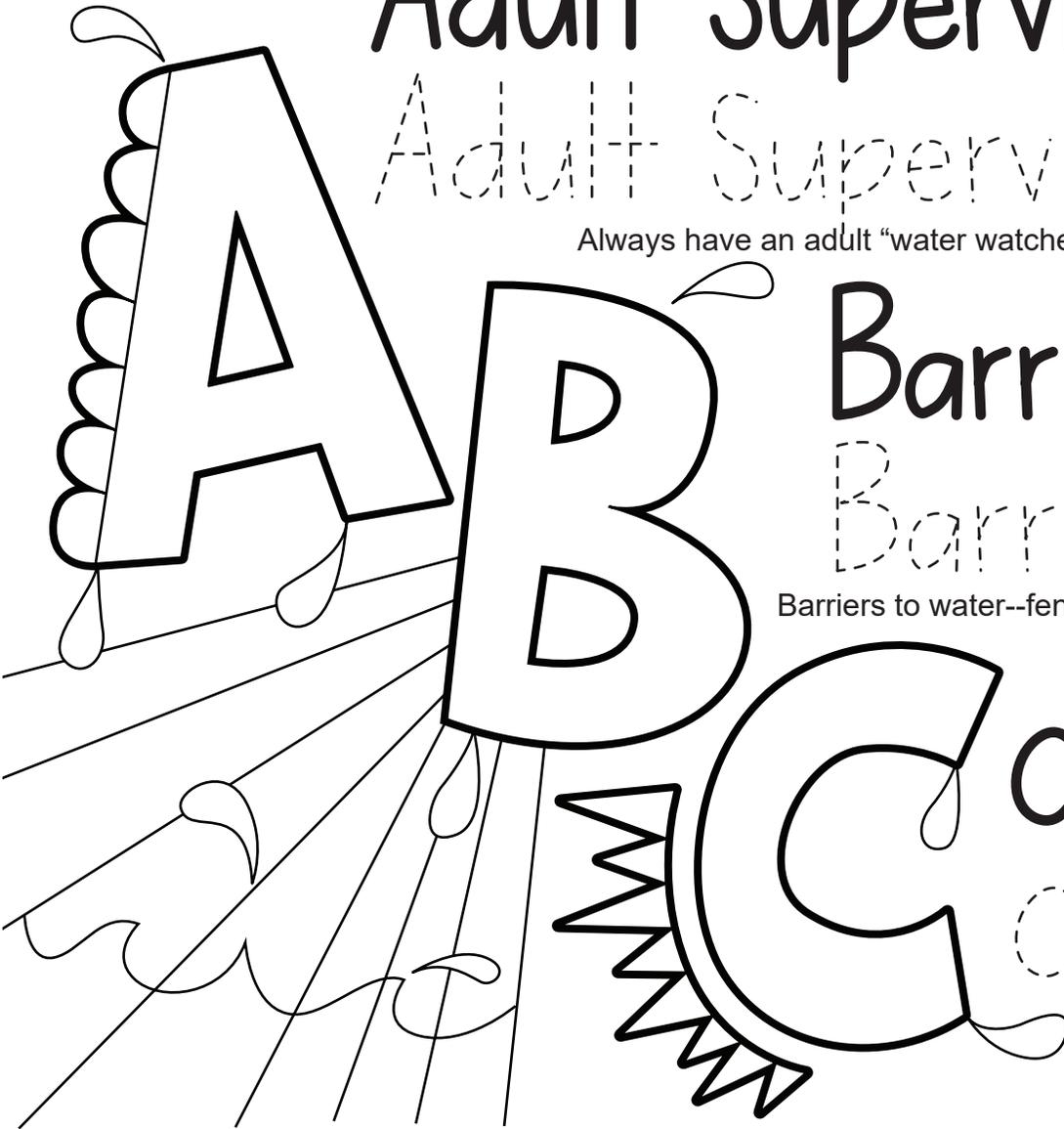
Barriers

Barriers to water--fences and locked doors

Classes

Classes

Classes for swimming, first aid and CPR





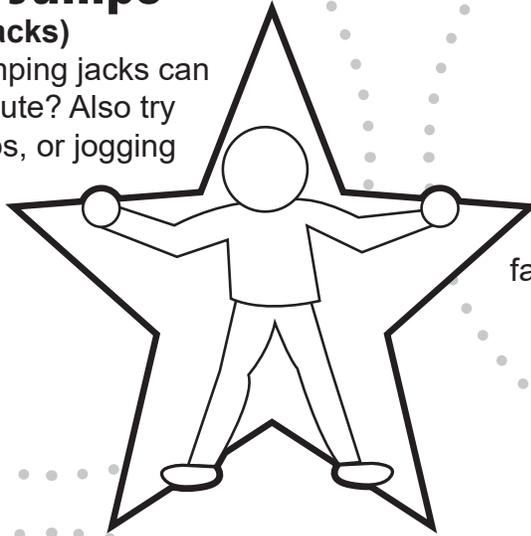
Mini Circuit Training

Try the activities in each circle. Make sure you have an exercise buddy and a water bottle with water to drink.*

Star Jumps

(Jumping Jacks)

How many jumping jacks can you do in 1 minute? Also try sit-ups, push-ups, or jogging in place.

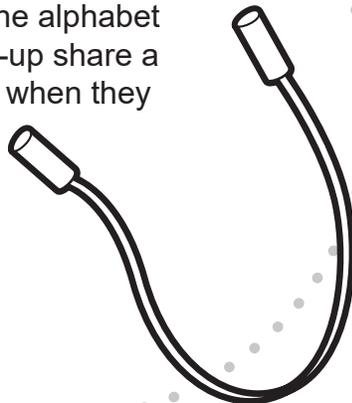


Dancing

Dance to your favorite music. Create a dance routine to your favorite song and show your family.

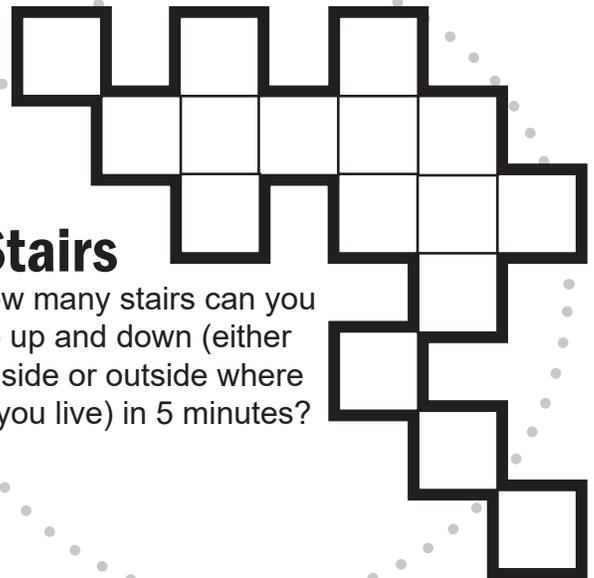
Jumping Rope

How many jumps can you do in a row? Say the alphabet or have a grown-up share a rhyme they used when they were little.



Stairs

How many stairs can you go up and down (either inside or outside where you live) in 5 minutes?



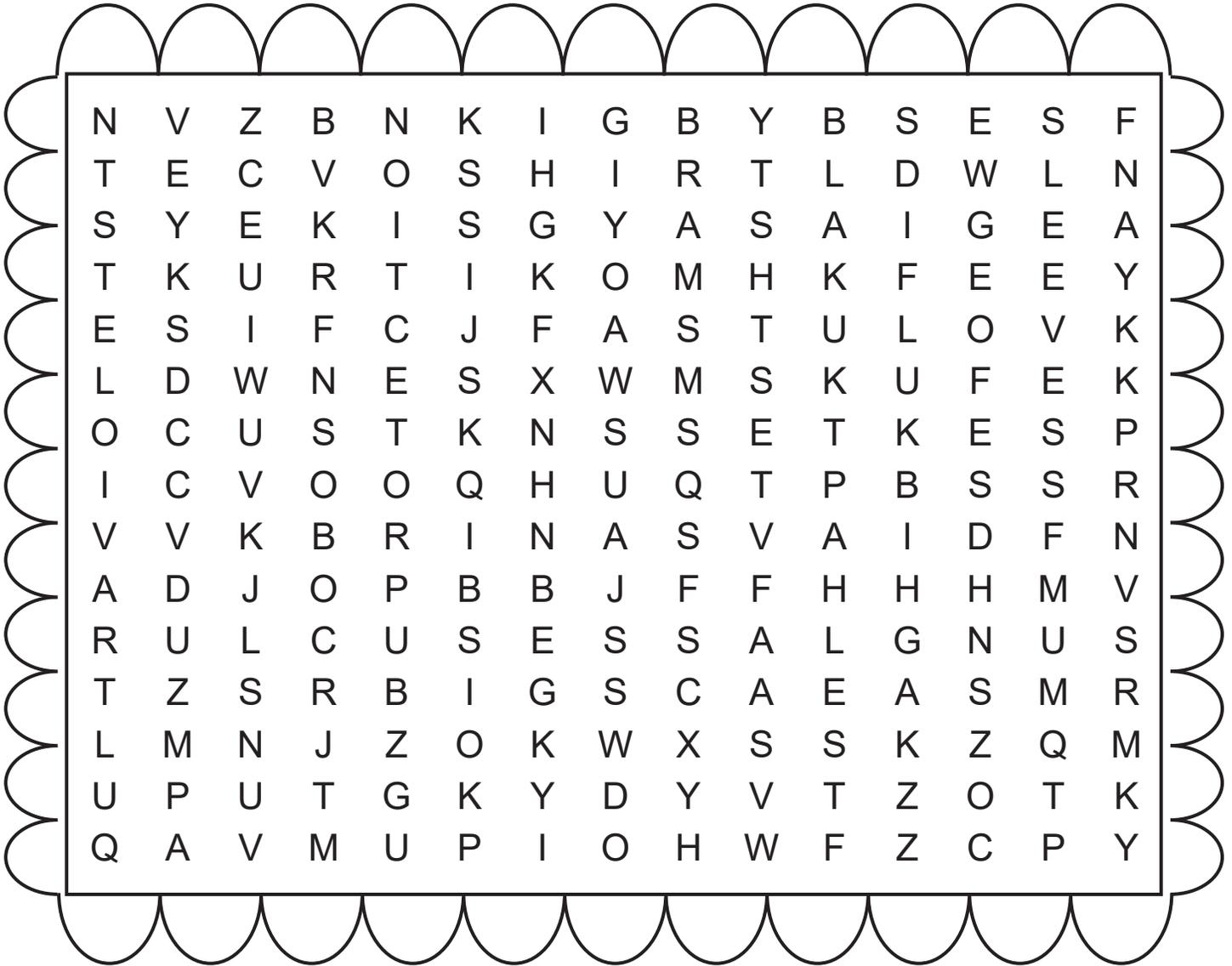
*Not all exercises are suitable for everyone. These activities are meant to be suggestions, not medical advice. Consult with your healthcare provider before starting an exercise program.



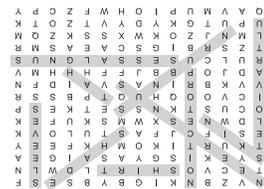
ABC's OF HEALTHY KIDS | N: No Sunburns Allowed

Sun Safety Word Search

Words can be found up/down, left/right, or diagonal



hat ultraviolet sunglasses sunscreen
 shirt protection shade
 sunburn skin sleeves



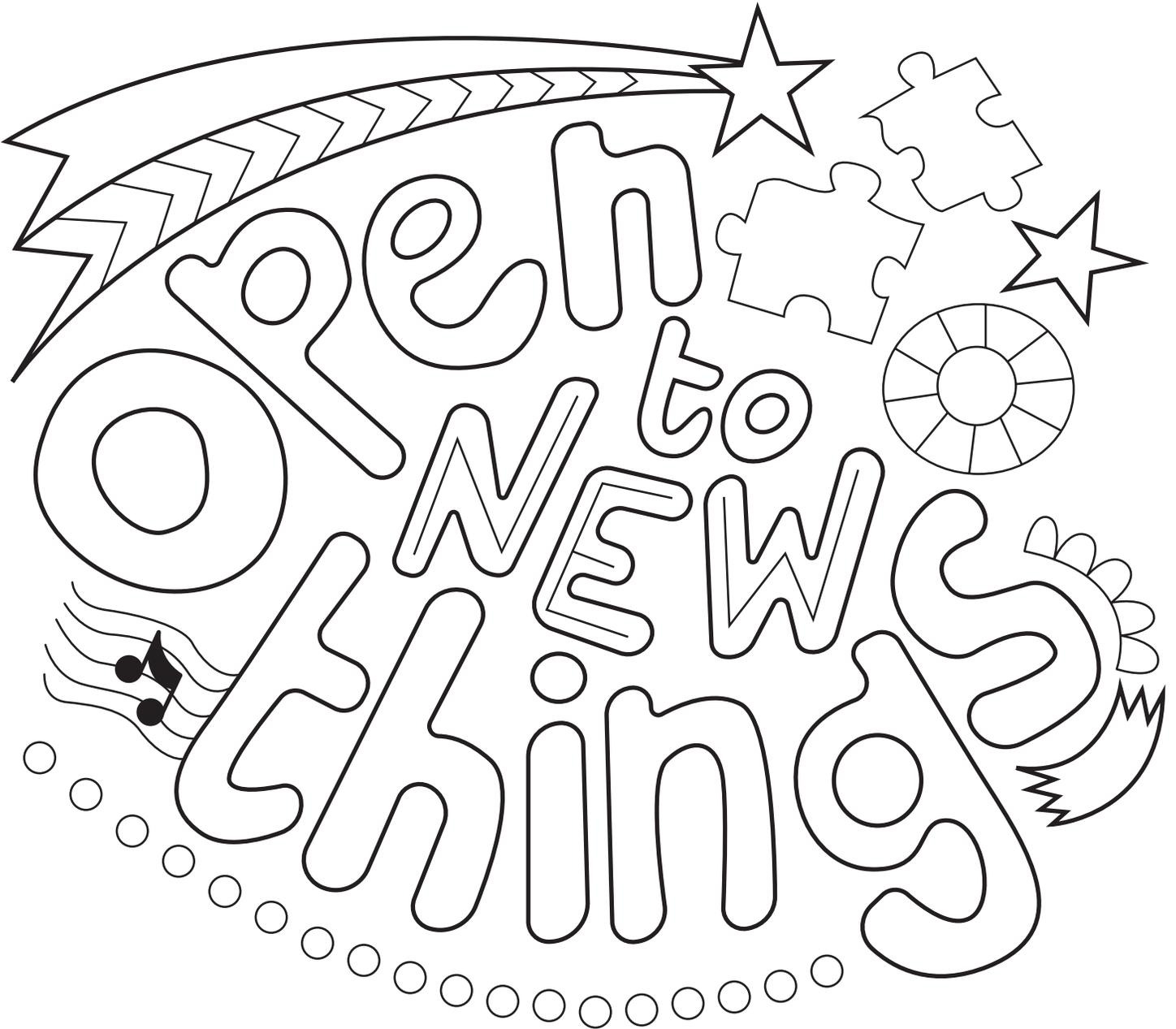
:NOITUTOS



ABC's OF HEALTHY KIDS | O: Open to New Things

Coloring Page

Trying new things helps your brain grow.
What new experiences have you tried lately?

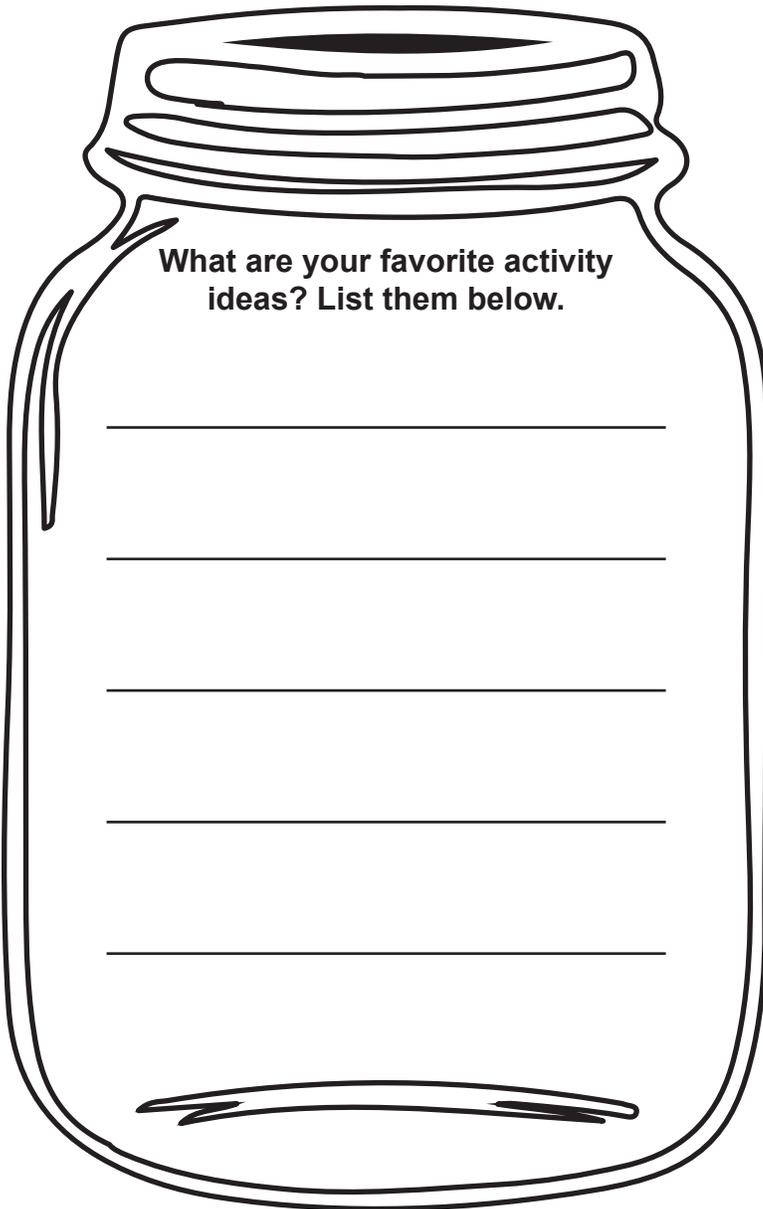


When we have a new experience, our brain develops new neural pathways (connections). Learning new things can help improve skills like concentration and problem solving. People who seek new experiences generally live healthier, happier lives.



Experience Jar

Cut out the new experience ideas on the right, fold each one and put them in a jar. Draw one when you'd like to try a new activity.



- Work on a jigsaw puzzle.
- Try drawing or sketching—even stick figures or abstract shapes!
- Listen to new types of music, including music from other countries.
- Learn to count to ten in another language.
- Try a new food.
- Plant some fragrant flowers in your garden or an indoor container.
- Try eating, writing or brushing your teeth with the hand you don't normally use.
- Solve crosswords, sudoku puzzles or a memory card game.
- Learn a new skill and teach it to someone else.

When we have a new experience, our brain develops new neural pathways (connections). Learning new things can help improve skills like concentration and problem solving. People who seek new experiences generally live healthier, happier lives.

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Creating a First Aid Kit

Keep your First Aid Kit in an easily accessible water-resistant container. Contents should be refreshed and kept up-to-date.

Wound Care

- Antibiotic cream
- Hydrogen peroxide
- Bandages
- Elastic wrap bandages
- Gauze pads
- Petroleum jelly
- Disposable gloves
- Medical tape
- Tweezers
- Cotton balls
- Cotton swabs

Stop the Itch

- Hydrocortisone cream
- Allergy medication/
Antihistamine
- Insect repellent

Hot or Cold?

- Heating pad
- Ice pack
- Digital thermometer

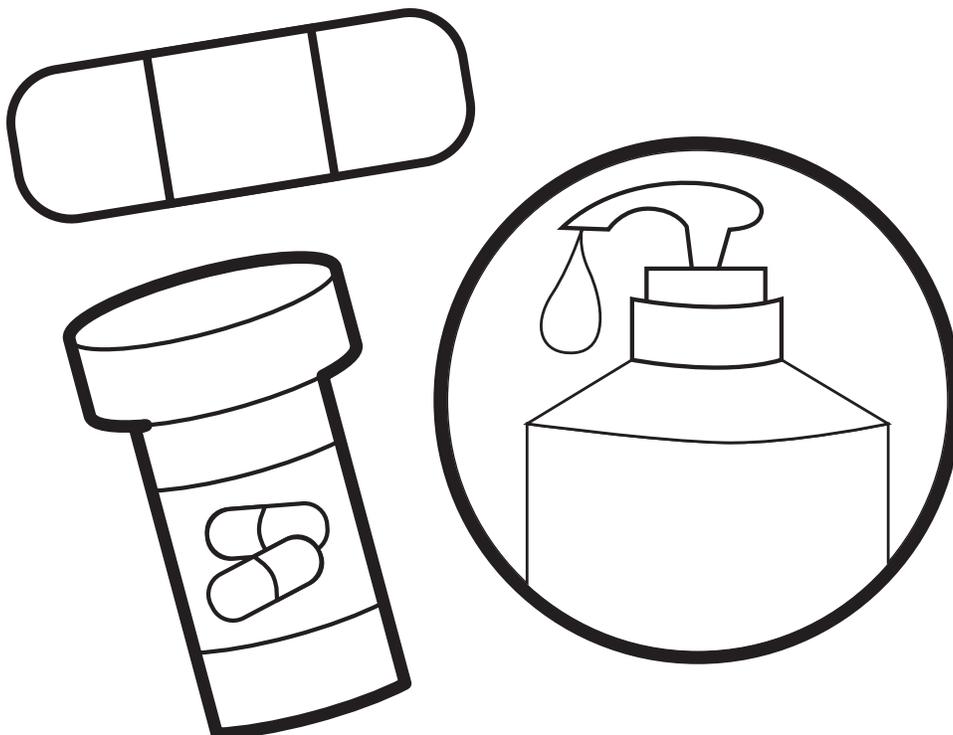
Keeping Clean

- Antiseptic wipes
- Rubbing alcohol
- Hand sanitizer

Misc. Meds

- Pain reliever/Fever
reducer (e.g. Ibuprofen
and Acetaminophen)
- Nausea treatment
- Antacid
- Cough drops

Date: _____





My Questions This Week

We're all naturally curious. Use this journal page to record daily questions or things you'd like to learn, and the answers you find.

M

Question _____
Answer(s) _____

T

Question _____
Answer(s) _____

W

Question _____
Answer(s) _____

R

Question _____
Answer(s) _____

F

Question _____
Answer(s) _____

Sa

Question _____
Answer(s) _____

Su

Question _____
Answer(s) _____



The Scientific Method

Science starts with asking questions. Here is a blank worksheet for you to use the scientific method yourself!

1.
Ask a
Question

My question is: _____

My subject is: _____
The information is: _____

2.
Gather
Information

3.
Form a
Hypothesis

A **hypothesis** is an educated guess of an answer. My hypothesis is:

How will I test my hypothesis?

4.
Test the
Hypothesis

5.
Analyze and
Share Results

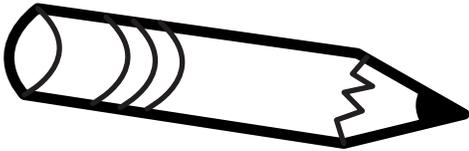
My results are: _____

My results mean: _____

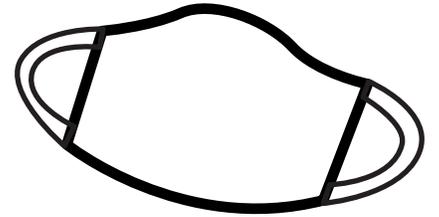


Backpack Matching Activity

Color in the objects. Then, draw a line from each object to the matching word. What's in your backpack?



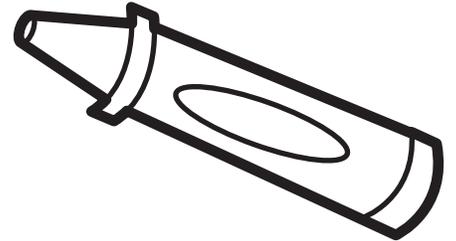
eraser



mask



pencil

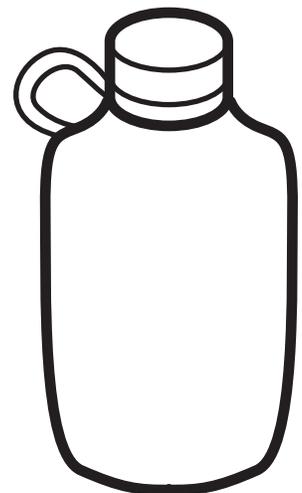


water bottle

hand sanitizer



notebook



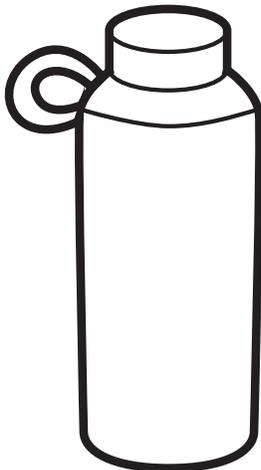
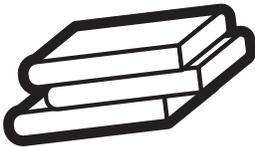
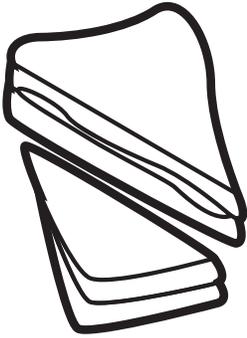
crayon





Lunchbox Matching Activity

Color in the objects. Then, draw a line from each object to the matching word. What's in your lunchbox?



water bottle

broccoli

cheese

string cheese

carrot

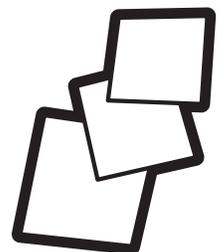
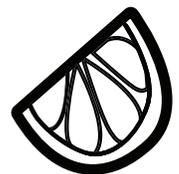
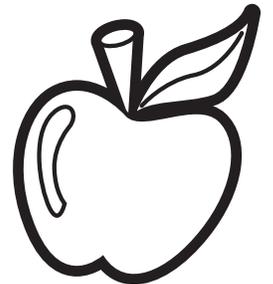
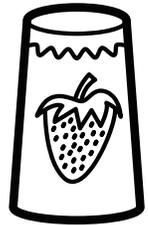
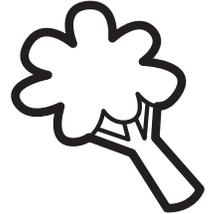
crackers

orange

apple

sandwich

yogurt





Social Media Contract

Please review this social media contract as a family. There may be other contract options for your family's specific needs that can be found by searching online.

Date: _____

I will ask permission to:

- join/download social media apps _____
child's initials
- post pictures of myself, family and friends on social media _____
child's initials

I won't post anything that:

- is illegal—punishable by law _____
child's initials
- I wouldn't want a teacher or parent/guardian to see _____
child's initials
- I could regret in the future, like posts made when I'm angry _____
child's initials

I won't cyberbully

- I will let my parents/guardians know if I'm the victim of online bullying _____
child's initials
- I will tell my parents/guardians if I encounter anything suspicious, illegal, dangerous, or anything that makes me feel uncomfortable. _____ Other trusted adults I can talk to are:
child's initials

PARENTS:

- I will not overreact if my child tells me about a problem they are having on the internet. We'll work together to solve the problem and prevent it from happening again.

_____ parent initials

I won't "friend"/connect with strangers.

_____ child's initials

I won't hide or delete messages, photos or apps or download software to do so.

_____ child's initials

I won't touch or look at my phone when it's dangerous to do so (like when driving, riding a bike, walking, etc)

_____ child's initials

My parents/guardians can:

- inspect my phone and apps at any time and may use parental controls _____
child's initials
- have access to all my social media, email and device passwords _____
(I will not share these passwords with anyone else) child's initials
- make rules I will follow about time limits and maintaining academic standards (keeping my grades up). _____
child's initials

I will always answer calls or texts from my parents/guardians.

_____ child's initials

CONSEQUENCES of breaking this contract:

_____ child's initials

_____ child's initials

_____ child's initials



Doorknob Decor

Here is a tool you can use to let your family know when you are open to having conversations.

INSTRUCTIONS

1. Cut along the dotted line.
2. Fold in half and glue together.
3. Punch hole through small circle at top.
4. Loop yarn, string or rubber band(s) through the hole and hang from doorknob.

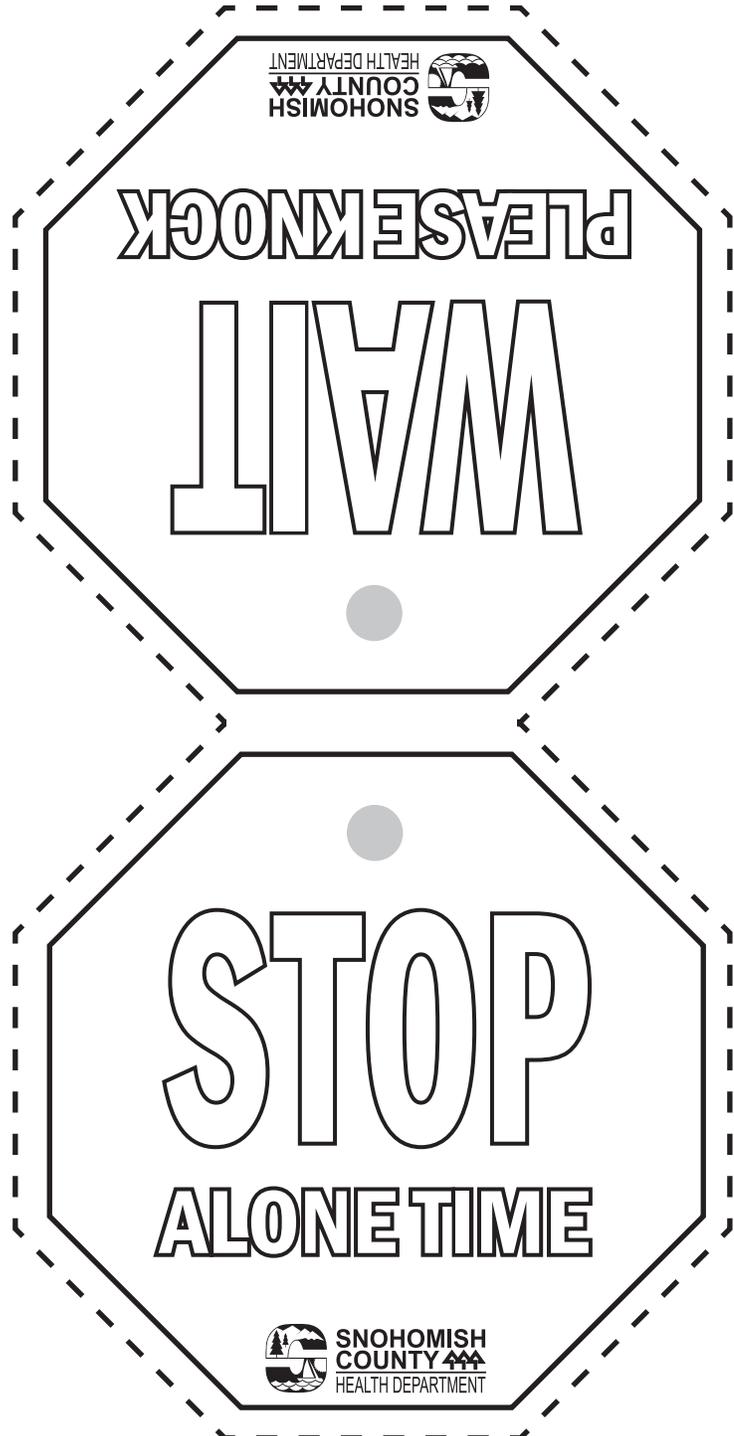
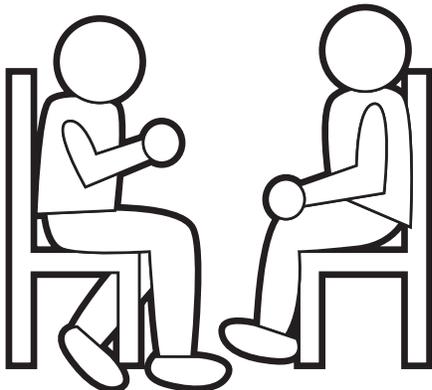
Flip to let others know your mood!

STOP means:

I'm tired or frustrated and need some time to myself to rest or calm down. Please don't bother me.

WAIT means:

I'm open to conversations with others. Please knock on my door first.



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Coloring Page





Managing Stress

Color in the shapes and try some of these activities that can help manage stress. Which ones work best for you?

Belly Breathing

Breathe in through your nose all the way down from your belly. Hold your breath for 4 seconds, then slowly breathe out. Repeat as often as desired.

NAME THAT FEELING...

Sit in the silence if you're not sure how you feel. Try to notice if there are physical symptoms in your body which might help you name and express your emotions.

Make a GLITTERJAR

Fill a jar with 2 parts water and 1 part glycerin (if you'd like the glitter to float longer, add more glycerin). Add 2 drops of dish soap. Add glitter and, if you like, food coloring. Glue around rim of water-tight lid, seal and let set. Enjoy!

balance

Activities with freetime

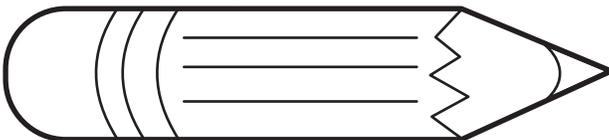
BE patient with yourself

get OUTSIDE

KNOW that it's OK to

- ...scribble instead of color. **Things don't have to be perfect.**
- ...yell into a pillow.
- ...vent in a healthy, appropriate way!

JOURNAL





Crossword Puzzle

Use the clues below to figure out the words.
Are you and your family up-to-date on vaccinations?

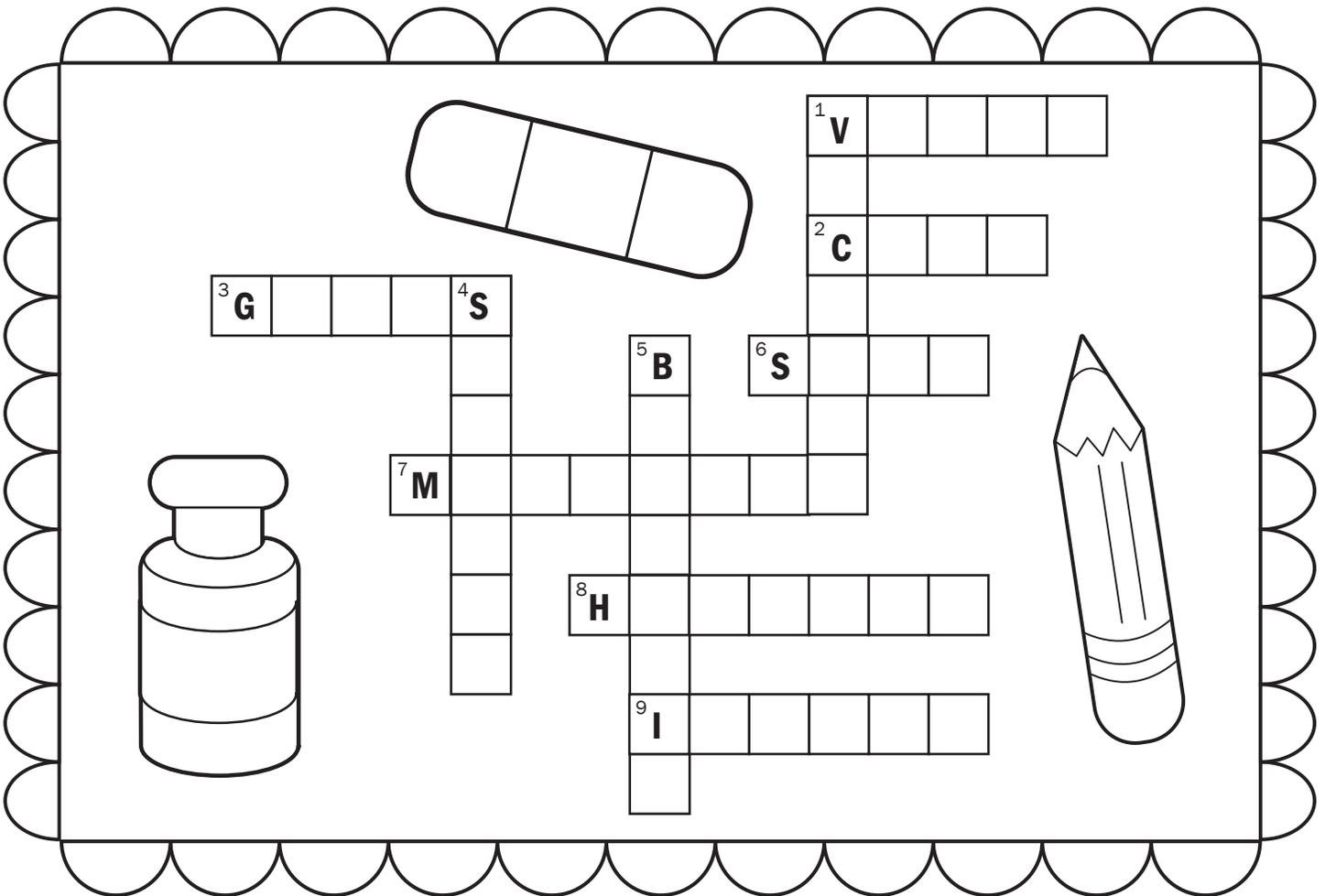
ACROSS

1. A type of germ that can make you sick
2. Smallest part of a living organism
3. Tiny organisms that can cause disease
6. Feel unwell. "I feel ____"
7. A drug used to treat a disease, pain or other symptom

8. Defined by the World Health Organization as "a state of complete physical, mental and social well-being"
9. To be protected from something

DOWN

1. Shot that teaches your body how to fight illness
4. An organized body of knowledge on a particular subject
5. Tiny little organisms that are everywhere around us

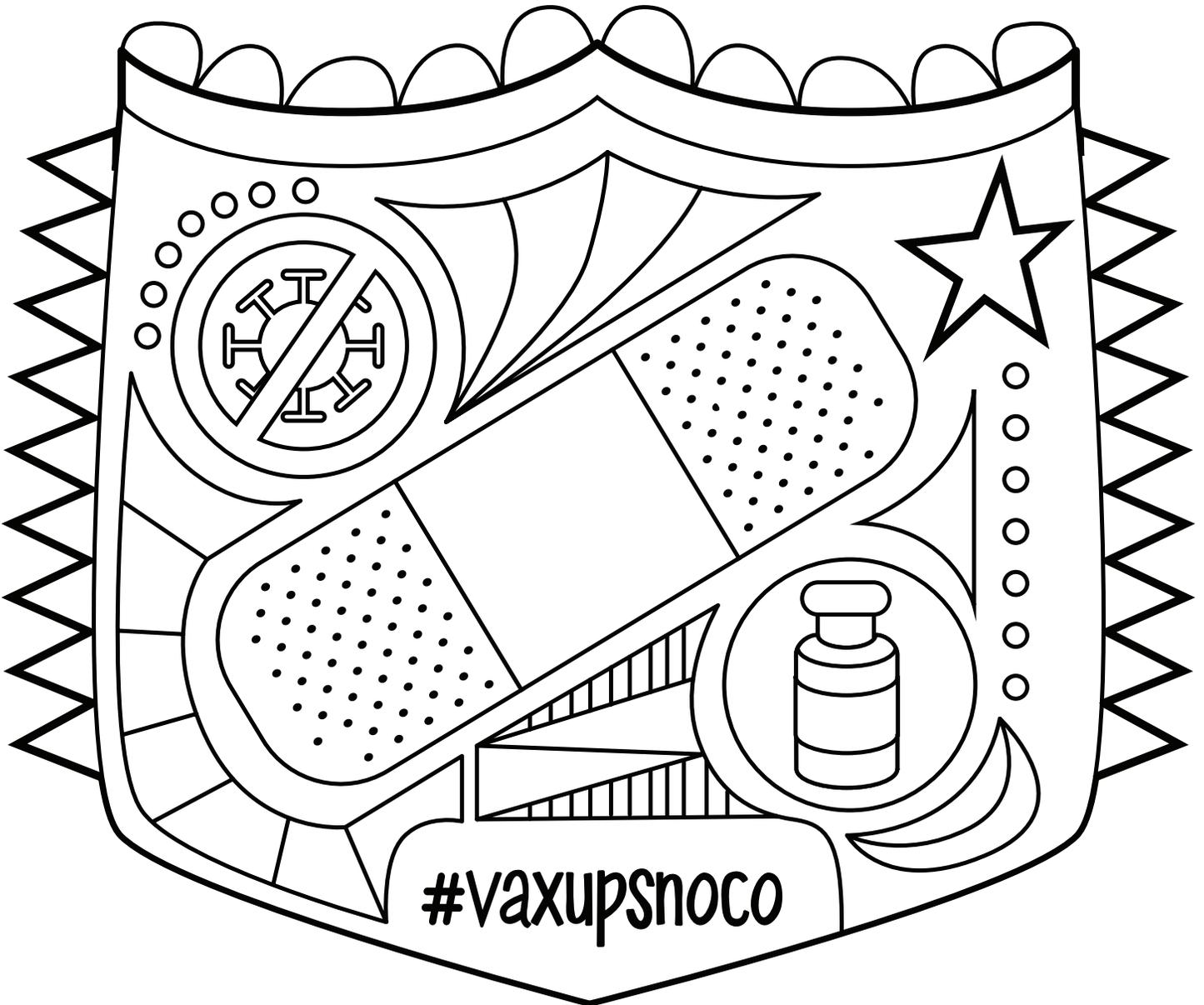


SOLUTIONS:
Across: 1. Virus, 2. Cell, 3. Germs, 6. Sick, 7. Medicine, 8. Healthy, 9. Immune.
Down: 1. Vaccine, 4. Science, 5. Bacteria.



Coloring Page

Color the shield below. Parents: Find recommended vaccine schedules online at www.snohd.org/177/immunizations.

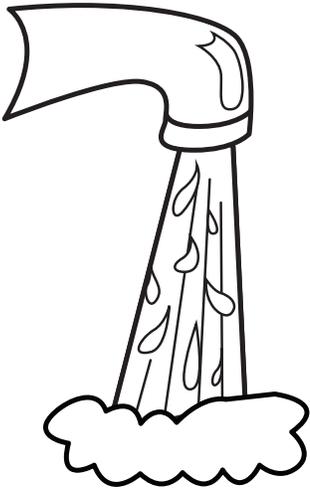




Hand Washing Steps

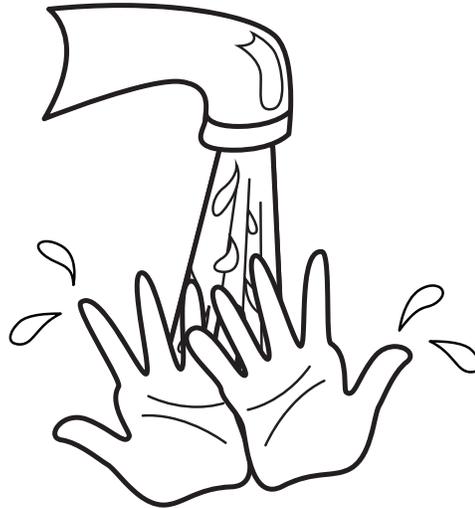
Color in the pictures below, then read the steps to learn how to wash your hands.

1



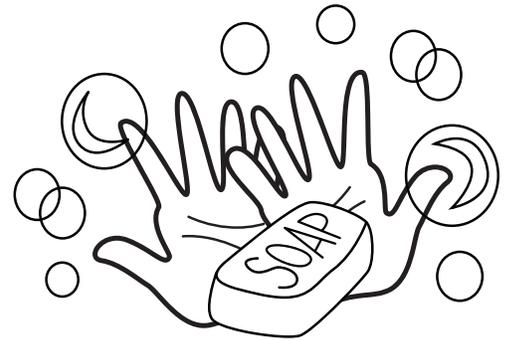
Turn on warm water

2



Get hands wet

3



Use soap to make lather; rub soapy hands together while singing your ABC's

4



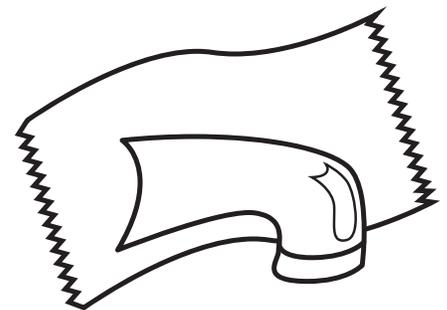
Rinse soap off

5



Dry off hands

6



Use paper towel to turn water off



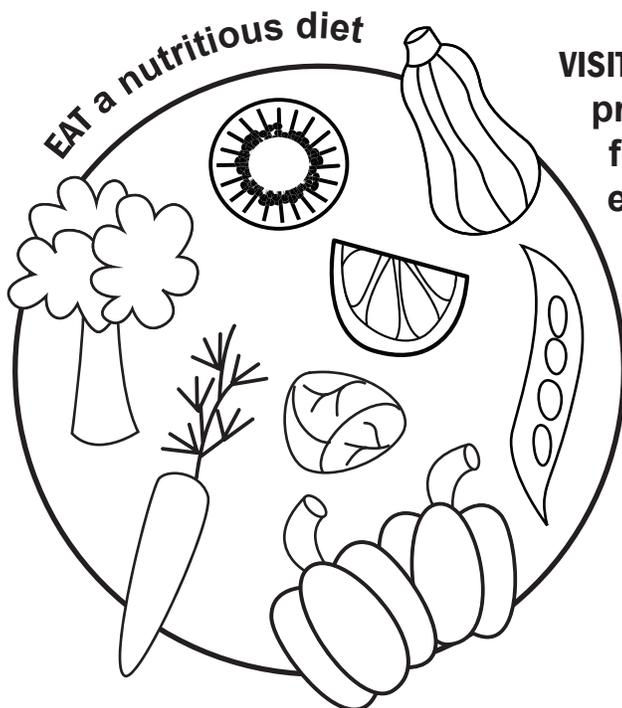
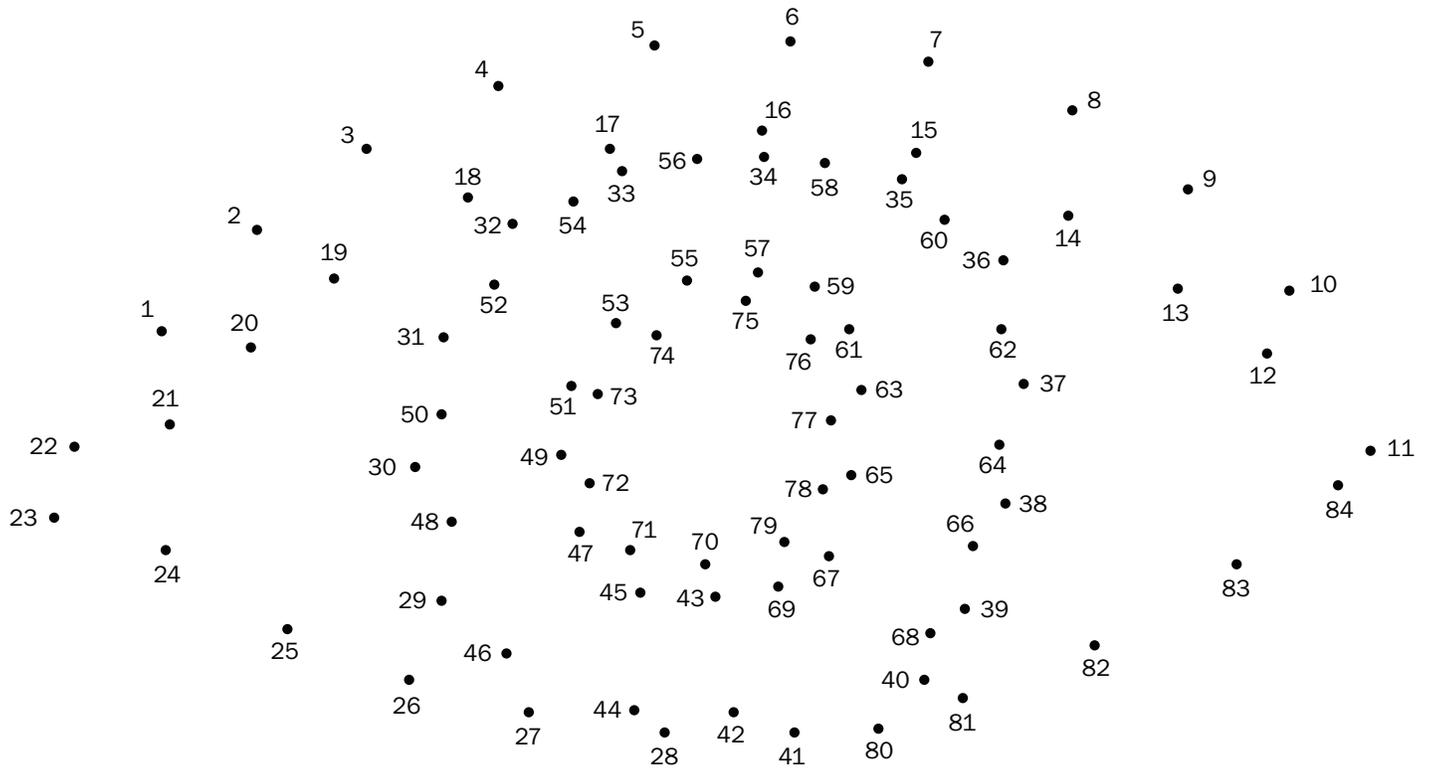
Coloring Page



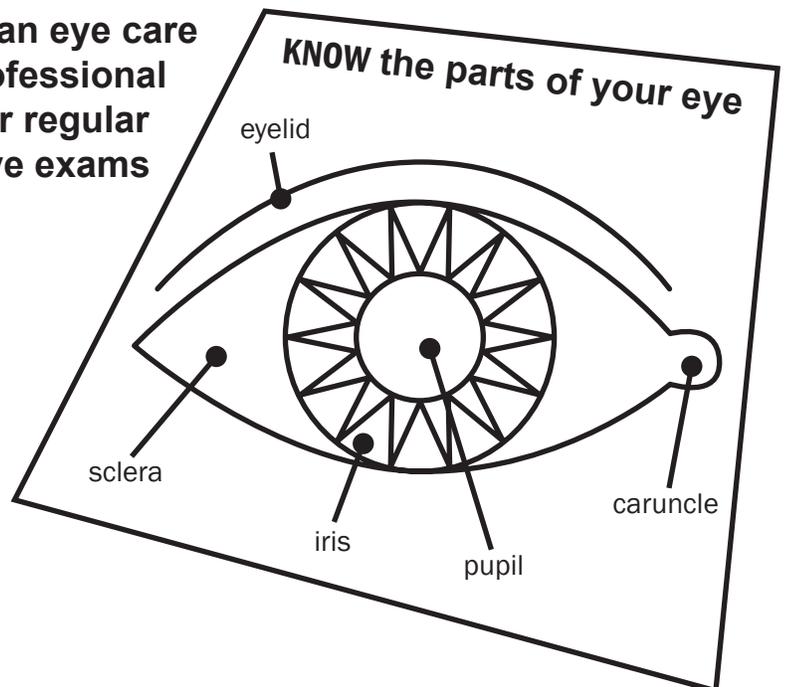


Connect the Dots Activity

Connect the dots in order from 1 to 84 to reveal a picture.
What can you do to take care of your eyes?



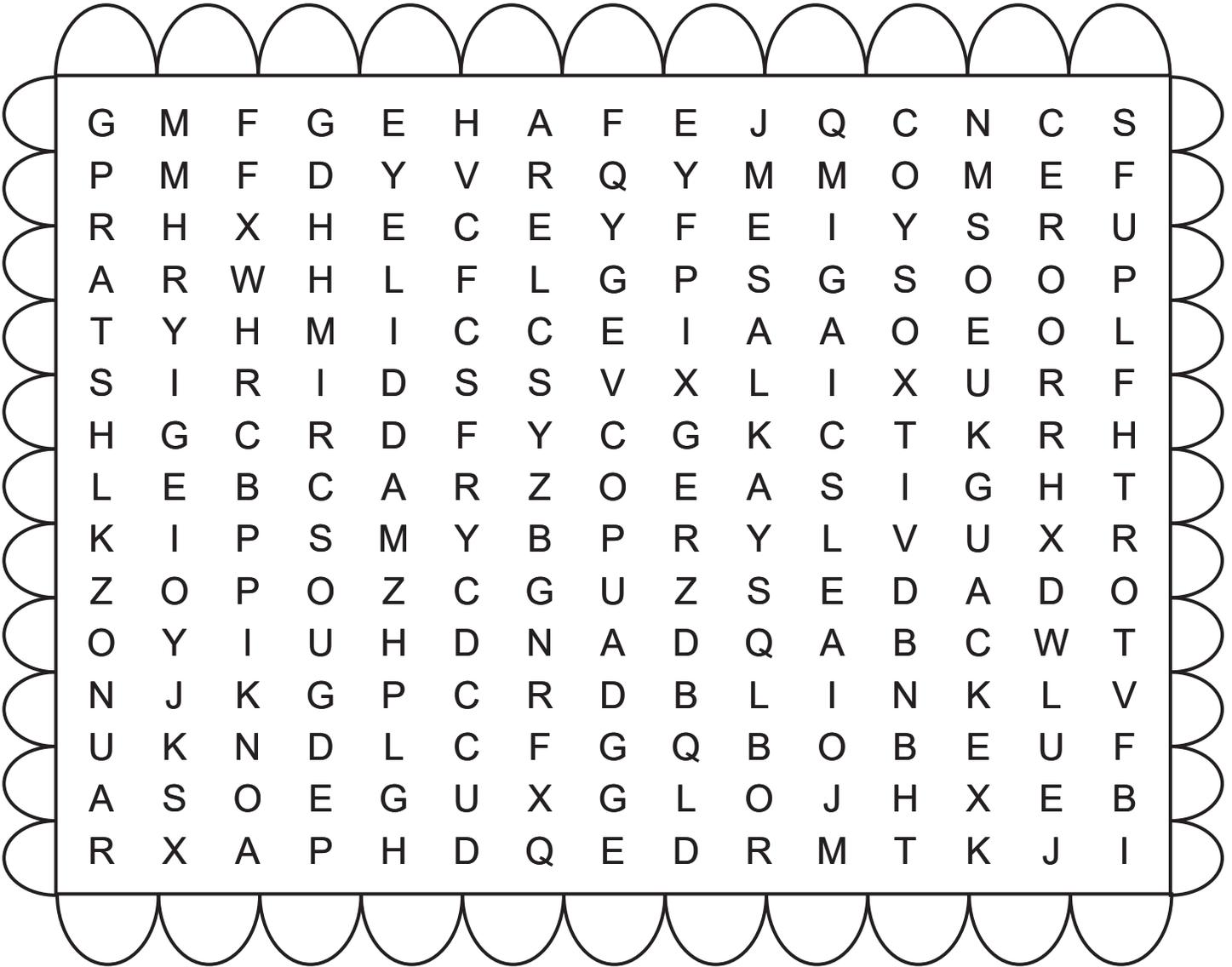
VISIT an eye care professional for regular eye exams





Vision Word Search

Words can be found up/down, left/right, or diagonal

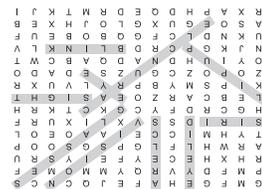


blink
caruncle
eye

eyelid
glasses
iris

pupil
sclera
sight

vision



SOLUTIONS



An Acrostic About Me

An Acrostic is a poem where the first letter of each line spells out a word. Write your name below, one letter per line. Then pick a word for each letter from the list and write it next to the letter.

Example:

S *Smiling*

I AM...

- A aware, awesome, active, amazing
- B bright, brave, brilliant
- C clever, courageous, confident, cheerful
- D daring, dazzling, dependable, diligent
- E eager, excellent, extraordinary
- F funny, friendly, faithful, fantastic
- G generous, gentle, giving
- H happy, honest, hilarious, healthy
- I imaginative, impressive, interesting
- J joyful, jolly, jazzy, just
- K kind, keen, knowing
- L loving, lucky, loyal
- M magnetic, marvelous, mighty
- N natural, nice, neat
- O observant, optimistic, original
- P positive, polite, passionate
- Q quality, quintessential, qualified, quick
- R rare, refreshing, relaxed
- S smart, smiling, shy
- T tough, talented, tenacious, thankful
- U unique, upbeat, uncommon
- V valuable, vibrant, victorious
- W warm, welcoming, wise, witty, whole
- X excited, expert, exciting
- Y youthful, yippee, yummy
- Z zesty, zany, zippy



Fun Facts About Me

Complete the sentences for healthy self-esteem reminders!
Kids who have positive self-esteem are more motivated
to keep trying and asking for help when needed.

My friends think I'm awesome because...

My classmates say I'm great at...

Me

My name

One unique thing about me is...

Something I'm really proud of is...



Sleepytime Story Page

Fill in the blanks in the bedtime story below, then color and draw pictures for your story. You can leave this as a single page, or cut along the dotted lines and staple the pages together to make a book.

The Sleepy Adventures of Lullaby

By: _____

Once upon a time, there was a _____ named Lullaby who lived in _____.

Every night before bed, Lullaby brushed teeth and took a bubble bath, then went to bed with a favorite toy _____.

One night, the toy went missing!

The only way to save it was to go on an adventure to _____.

To get there, Lullaby climbed over _____, swam through _____, and walked all the way to _____.

Along the way, Lullaby met a _____ and a _____, who helped _____.

Finally, Lullaby found the toy.

After a long adventure, everyone felt tired. It was way past bedtime!

That night, Lullaby dreamed about _____.

THE END



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ABC's OF HEALTHY KIDS | Z: Zzz (Healthy Sleep Habits)

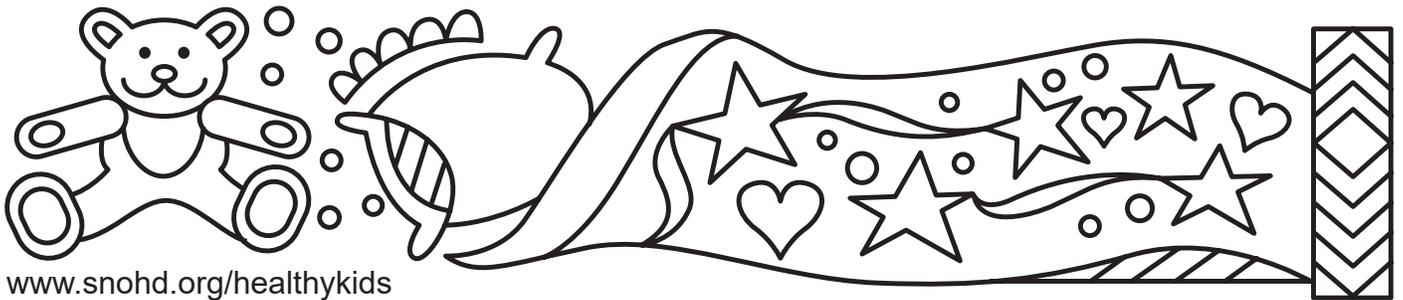
Bedtime Bookmarks

Color the bookmarks below and cut them out along the dotted lines. To make them stronger, cover them with clear packing tape.

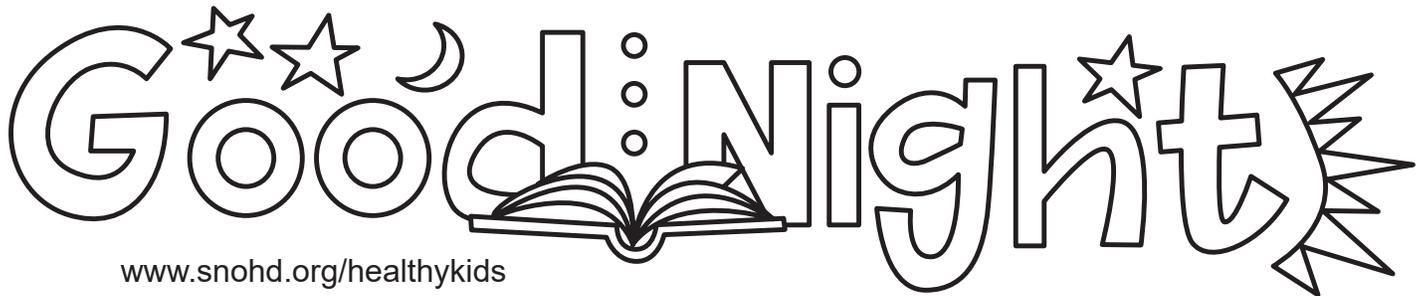
What are your favorite stories to read before bed?



www.snohd.org/healthykids



www.snohd.org/healthykids



www.snohd.org/healthykids



www.snohd.org/healthykids

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Do you know the ABC's for Strong, Healthy Kids?

Visit www.snohd.org/healthykids to find blogs and more activities about each letter. Additional resources and videos can be found here:



FACEBOOK

[www.fb.com/
SnohomishHealth](http://www.fb.com/SnohomishHealth)



INSTAGRAM

@snohd



TWITTER

@snohd



TikTok

TIKTOK

@snohd1

Are you and your kids up-to-date on COVID vaccines and other immunizations? Vaccination is a safe, effective way to reduce severe illness. Talk to your doctor about your immunization needs. Visit www.snohd.org/covidvaccine for more information.

#vaxupsnoco



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