A coloring book with puzzles, crafts and other activities for the entire family
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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)
Cuff goes on arm
Doctor or nurse squeezes bulb to make cuff hug arm
Doctor or nurse reads numbers

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
- Blood Pressure Cuff (Sphygmomanometer)
- Stethoscope
- Reflex Hammer

heart
knee
ear
arm
ABC’s OF HEALTHY KIDS | B: Brush and Floss

Coloring Page

Brush and floss for healthy teeth and gums.
Put the Steps in Order

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

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

bacteria

healthy

science

virus

cell

immune

sick

germs

medicine

vaccine

SOLUTION:

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
ABC’s OF HEALTHY KIDS | D: Drink More Water

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!

- orange
- lemon
- lime
- blueberries
- cucumber slice
- strawberry slice
- mint leaf

D: Drink More Water

Fancy, Flavored Water
This page left blank intentionally.
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.
ABC's OF HEALTHY KIDS | E: Eat Fruits and Vegetables

Eat the Rainbow

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

The sky outside was ________________. _______________ looked at the _______________ and saw it was time for the _______________ children to go to bed. The children were _______________ outside when _______________ called _______________! The children hurried in to the _______________ to see the baby in _______________ crib. There were no _______________ or _______________ in the crib so the baby could sleep safe. The children _______________ the baby goodnight and brushed their teeth _______________.

They could finally go to sleep, dreaming about _______________.

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.
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
- Toy
- Soft, plush toy
- Pillow
- Blanket
- Crib bumpers
- Inclined Seat
- More than one baby in crib
ABC’s OF HEALTHY KIDS | H: Have a Plan (Emergency Preparedness)

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. Don’t forget a manual can opener and utensils!
- 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.
ABC’s OF HEALTHY KIDS | H: Have a Plan (Emergency Preparedness)

Emergency Kit Item Pairs

Color the things on this page. Which item in each pair should go in an Emergency Kit?

Name:_________________________

- Flip-flops
- Sneakers
- Business shirt
- Soda
- Water
- Toothbrush
- Nail polish
- Sweatshirt
- Pants
- Skirt
- Non-perishable food
- Fruit

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

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

**How Many?**

**...In Your Bathroom?**

- Cupboards:______
- Outlets:______

**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.

**Kitchen**

**How Many?**

**...In Your Kitchen?**

- Cupboards:______
- Pots & Pans:______

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

**Living Room**

**How Many?**

**...In Your Living Room?**

- Cabinets:______
- Trip Hazards:______

**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.

**Bedroom**

**How Many?**

**...In Your Bedroom?**

- Smoke Alarms:______
- Outlets:______

**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.
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?

<table>
<thead>
<tr>
<th>Our Three Deep-Breathing Songs</th>
<th>Our Three Songs to Listen to Together</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. __________________________</td>
<td>1. __________________________</td>
</tr>
<tr>
<td>by __________________________</td>
<td>by __________________________</td>
</tr>
<tr>
<td>2. __________________________</td>
<td>2. __________________________</td>
</tr>
<tr>
<td>by __________________________</td>
<td>by __________________________</td>
</tr>
<tr>
<td>3. __________________________</td>
<td>3. __________________________</td>
</tr>
<tr>
<td>by __________________________</td>
<td>by __________________________</td>
</tr>
</tbody>
</table>

**Our _______________ Playlist**

| 1. __________________________ | 1. __________________________        |
| by __________________________ | by __________________________        |
| 2. __________________________ | 2. __________________________        |
| by __________________________ | by __________________________        |
| 3. __________________________ | 3. __________________________        |
| by __________________________ | by __________________________        |

**Our Three Workout Songs**

| 1. __________________________ | 1. __________________________        |
| by __________________________ | by __________________________        |
| 2. __________________________ | 2. __________________________        |
| by __________________________ | by __________________________        |
| 3. __________________________ | 3. __________________________        |
| by __________________________ | by __________________________        |
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
lbealfmmma ___________
ionpso ___________
ngraed ___________
afatl ___________
fmulhar ___________
tuiocan ___________
hozsdraua ___________
ocixt ___________
weerab ___________
nawning ___________

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?

<table>
<thead>
<tr>
<th>Always swim with a buddy</th>
<th>Walk, don’t run, near a pool</th>
<th>Know how to float</th>
<th>Learn First Aid and CPR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Always swim with a buddy</td>
<td>Walk, don’t run, near a pool</td>
<td>Know how to float</td>
<td>Learn First Aid and CPR</td>
</tr>
<tr>
<td><a href="http://www.safekids.org/watersafety">www.safekids.org/watersafety</a></td>
<td><a href="http://www.snohd.org">www.snohd.org</a></td>
<td>Pools should be fully fenced</td>
<td>Wear a lifejacket when boating</td>
</tr>
<tr>
<td><a href="http://www.safekids.org/watersafety">www.safekids.org/watersafety</a></td>
<td><a href="http://www.snohd.org">www.snohd.org</a></td>
<td>Pools should be fully fenced</td>
<td>Wear a lifejacket when boating</td>
</tr>
</tbody>
</table>

- 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
- Wear a lifejacket when boating
- Pools should be fully fenced
- Know how to float
This page left blank intentionally.
ABC’s OF HEALTHY KIDS | L: Learn to Swim

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

Always have an adult “water watcher”

Barriers

Barriers to water—fences and locked doors

Classes

Classes for swimming, first aid and CPR
ABC’s OF HEALTHY KIDS | M: Move Your Body

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

SOLUTION:

ABC’s OF HEALTHY KIDS: www.snohd.org/healthykids • www.snohd.org/activities • 27
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.
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.
This page left blank intentionally.
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.

<table>
<thead>
<tr>
<th>Wound Care</th>
<th>Stop the Itch</th>
<th>Keeping Clean</th>
<th>Misc. Meds</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Antibiotic cream</td>
<td>• Hydrocortisone cream</td>
<td>• Antiseptic wipes</td>
<td>• Pain reliever/Fever reducer</td>
</tr>
<tr>
<td>• Hydrogen peroxide</td>
<td>• Allergy medication/</td>
<td>• Rubbing alcohol</td>
<td>(e.g. Ibuprofen and Acetaminophen)</td>
</tr>
<tr>
<td>• Bandages</td>
<td>• Antihistamine</td>
<td>• Hand sanitizer</td>
<td>• Nausea treatment</td>
</tr>
<tr>
<td>• Elastic wrap bandages</td>
<td>• Insect repellant</td>
<td></td>
<td>• Antacid</td>
</tr>
<tr>
<td>• Gauze pads</td>
<td></td>
<td></td>
<td>• Cough drops</td>
</tr>
<tr>
<td>• Petroleum jelly</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Disposable gloves</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Medical tape</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Tweezers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Cotton balls</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Cotton swabs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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 repellant

- **Keeping Clean**
  - Antiseptic wipes
  - Rubbing alcohol
  - Hand sanitizer

- **Misc. Meds**
  - Pain reliever/Fever reducer (e.g. Ibuprofen and Acetaminophen)
  - Nausea treatment
  - Antacid
  - Cough drops
ABC’s OF HEALTHY KIDS | Q: Questions are Healthy

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.

Question ________________________________
Answer(s) __________________________________________________
_________________________________________________________________

Question ________________________________
Answer(s) __________________________________________________
_________________________________________________________________

Question ________________________________
Answer(s) __________________________________________________
_________________________________________________________________

Question ________________________________
Answer(s) __________________________________________________
_________________________________________________________________

Question ________________________________
Answer(s) __________________________________________________
_________________________________________________________________

Question ________________________________
Answer(s) __________________________________________________
_________________________________________________________________

Question ________________________________
Answer(s) __________________________________________________
_________________________________________________________________
# The Scientific Method

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

<table>
<thead>
<tr>
<th>Step</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Ask a Question</td>
</tr>
<tr>
<td>2.</td>
<td>Gather Information</td>
</tr>
<tr>
<td>3.</td>
<td>Form a Hypothesis</td>
</tr>
<tr>
<td>4.</td>
<td>Test the Hypothesis</td>
</tr>
<tr>
<td>5.</td>
<td>Analyze and Share Results</td>
</tr>
</tbody>
</table>

1. **My question is:**
   
   ______________________________________
   ______________________________________
   ______________________________________

2. **My subject is:**
   
   ______________________________________
   The information is:____________________
   ______________________________________

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

4. **How will I test my hypothesis?**
   
   ______________________________________
   ______________________________________
   ______________________________________

5. **My results are:**
   
   ______________________________________
   ______________________________________
   My results mean:_____________________
   ______________________________________
ABC's OF HEALTHY KIDS | R: Ready for School

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
ABC’s OF HEALTHY KIDS | S: Social Media Smarts

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 ________________________
• post pictures of myself, family and friends on social media ________________________

I won’t post anything that:

• is illegal—punishable by law ________________________
• I wouldn’t want a teacher or parent/guardian to see ________________________
• I could regret in the future, like posts made when I’m angry ________________________

I won’t cyberbully

• I will let my parents/guardians know if I’m the victim of online bullying ________________________
• 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:

I won’t “friend”/connect with strangers.

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

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

My parents/guardians can:

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

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

CONSEQUENCES of breaking this contract:

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

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  
____________ parent initials  
____________ parent initials  
____________ parent initials  
____________ parent initials  
____________ parent initials  
____________ parent initials  
____________ parent initials  
____________ parent initials  
____________ parent initials  
____________ parent initials
**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.
This page left blank intentionally.
let's take care of each other
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 GLITTER JAR**

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**
ABC’s OF HEALTHY KIDS | V: Vaccinate

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:
ABC’s OF HEALTHY KIDS | V: Vaccinate

Coloring Page

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

#vaxupsnoco
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
W: Wash Your Hands

Coloring Page

wash

your

hands

ABC’s OF HEALTHY KIDS | W: Wash Your Hands

EAT a nutritious diet
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?

1. Know the parts of your eye
   - pupil
   - iris
   - caruncle
   - eyelid
   - sclera

2. Eat a nutritious diet

3. Visit an eye care professional for regular eye exams
Vision Word Search

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

**SOLUTION:**

```
blink
caruncle
eye
eyelid
glasses
iris
pupil
sclera
sight
vision
```
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:

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

I AM...
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...

Something I’m really proud of is...

One unique thing about me is...

My name
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

ABCs OF HEALTHY KIDS: www.snohd.org/healthykids • www.snohd.org/activities • 49
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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?

Sweet Dreams

www.snohd.org/healthykids

Good Night

www.snohd.org/healthykids

Let’s read before bed

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

INSTAGRAM
@snohd

TWITTER
@snohd

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.