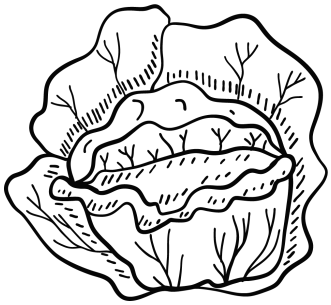
Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z

Using the letter

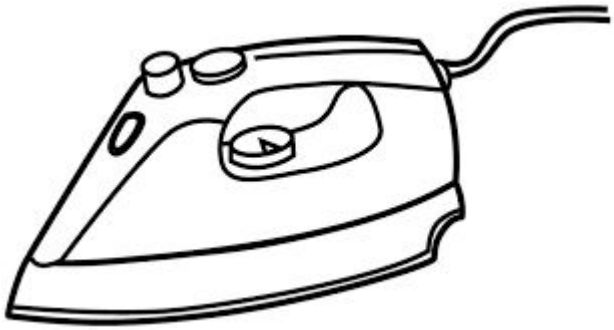
ICE SKATE

Ii



ICEBERG LETTUCE

ICE



IRON

to be more healthy

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

For more activities, visit www.drphc.org

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co

Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z

SMED uses the letter **I** to make his brain healthy by learning words that start with **I**.

Ii

Can you write these sight words 3 times?

It It _____ _____ _____

In In _____ _____ _____

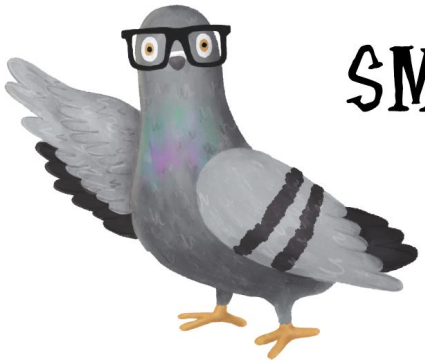
Is Is _____ _____ _____

Color the cat **in** the hat

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

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co

Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z



SMED uses the letter I to learn about parts of the body to make his brain healthy.

Ii

Some **interesting** parts of your body start with the letter **I**.

Intestines: lets your food pass through and digest

Index Finger:
Pointer finger

Iris: colored part of eye

What **is** the color of your **iris**?

_____

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

For more activities, visit www.drphc.org

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co

Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z

Ii

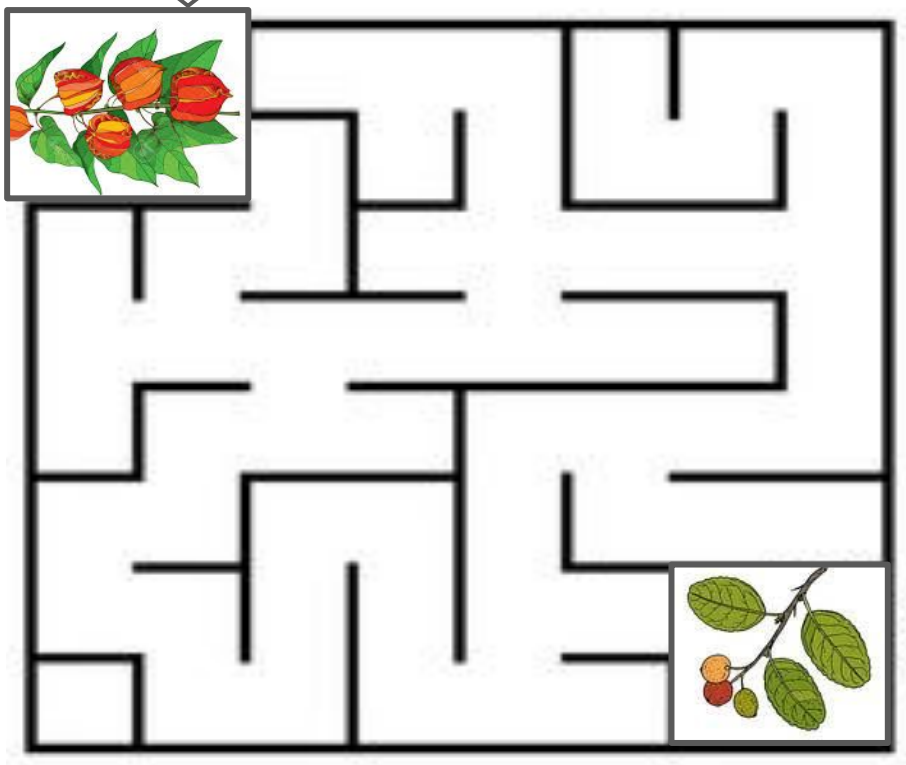
BERRY uses the letter **I** to be healthy by eating healthy fruits.

These fruits have Vitamin C which makes your **immune** system stay strong and healthy.

Indian plums: taste like cherries

Inca berries: are both sweet and sour

Can you help the **Inca** berries find the **Indian** plums?



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

For more activities, visit www.drphc.org

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co

Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z

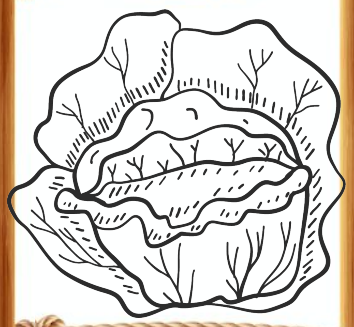
Ii

BROC uses the letter I to be healthy by enjoying Iceberg lettuce.

Iceberg lettuce keeps you hydrated because it has a lot of water. It also has fiber which keeps your tummy full.

Help Broc climb the rope ladder to get to the Iceberg lettuce by circling the letter Ii. Then color.

Ii	Ss	Aa	Ii	Ss
Tt	Ii	Ii	Tt	Ii



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

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co

Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z

Spoon *has some delicious recipes that start with the letter I.*

Chocolate Almond Butter "N"ice-cream

Ingredients:

- **4 frozen bananas**

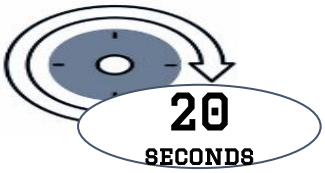
- **½ cup frozen (pitted) cherries**

- **⅓ cup almond butter**

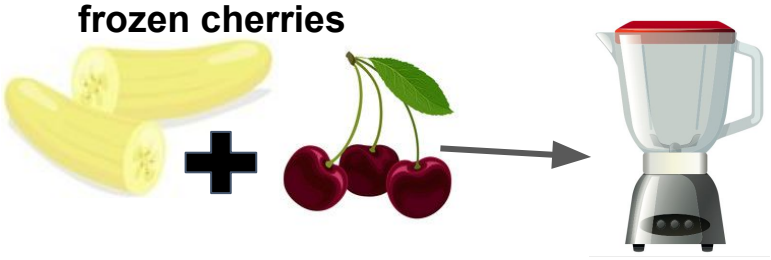
- **¼ cup cocoa powder, unsweetened**

Instructions:

1. **Wash your hands with soap and warm water before preparing**

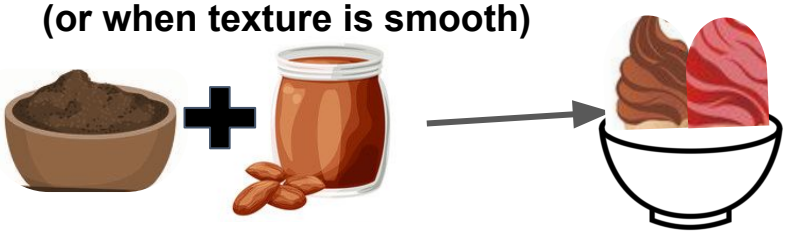


2. **Easily break frozen bananas in half and place them in blender with the frozen cherries**



3. **Carefully blend for about 1 minute**

4. **Add the almond butter and cocoa powder and blend for another minute, (or when texture is smooth)**



5. **Enjoy!**

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

For more activities, visit www.drphc.org

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co

Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z

Ii

Sport uses the letter **I** to be active by playing these **interesting** activities.

Can you match the picture and the word?

Inchworms

Ice **Hockey**

Ice **Skating**

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

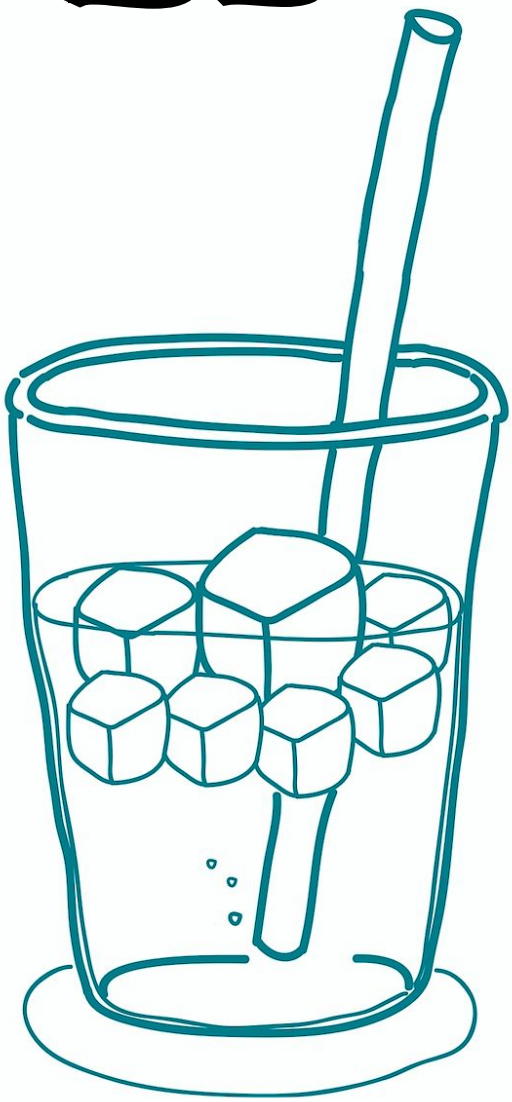
For more activities, visit www.drphc.org

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co

Aa

AGUA

uses the letter **I** to be healthy by drinking a lot of **ice** water to stay hydrated.



How many ice cubes are in the glass?

_____

Answer:7

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co

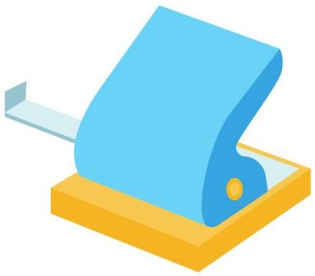
Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z

Ii

WARNER uses the letter **I** to be safe by not touching hot **iron**.

Warner wants you to know that **items** made of **iron** get hot very quickly.

Can you circle the items made of iron that ARE safe for you touch?



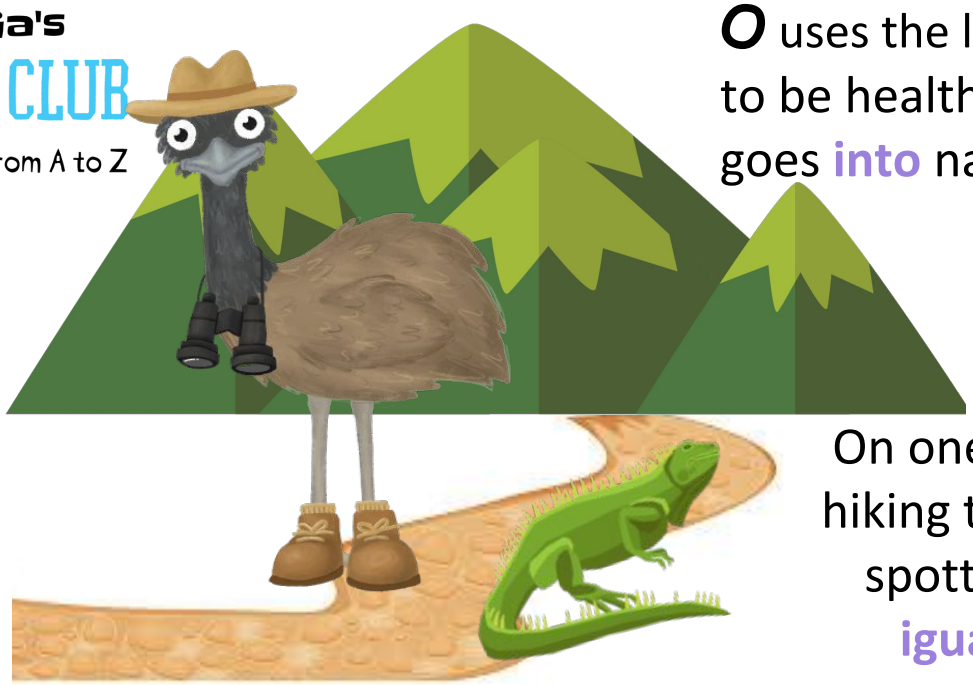
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

For more activities, visit www.drphc.org

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co

Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z

Oi

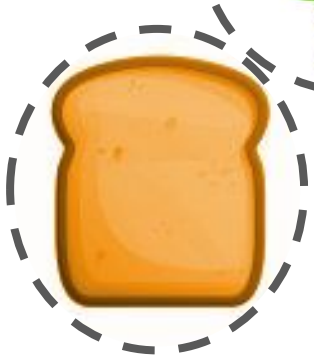


O uses the letter **I** to be healthy when goes **into** nature.

On one of ***O's*** hiking trips, he spotted an **iguana**.

Iguanas eat fruit, vegetables, and flowers. Their favorite foods are dark leafy greens such as broccoli, kale, cabbage.

Cut and glue the Iguanas 3 favorite foods into the circles:



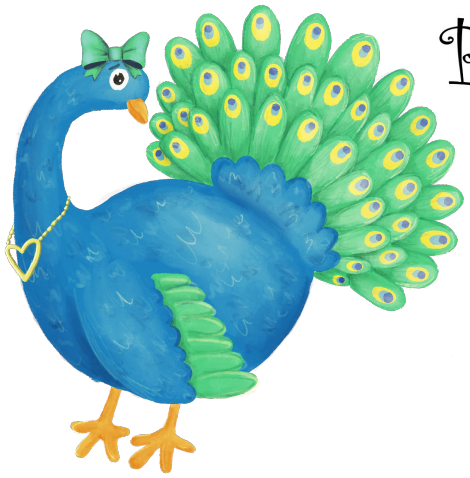
1 2 3

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

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co

Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z

Ii



Pathy uses the letter I to be healthy by inviting her family to spend time with her.

She likes to play I-Spy with her family.

She also likes to play with musical instruments.

I-Spy a bell. Can you spy it? Color it in.

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

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co

Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z

Zz

Z uses the letter **I** to be healthy by **improving** her sleeping routine.

Z thinks **it is important** for you to go to sleep early.

What time do you go to sleep each night?
Write the numbers on this alarm clock.

To help herself fall asleep, she practices breathing techniques and makes sure to **inhale** and exhale slowly. Try this below:

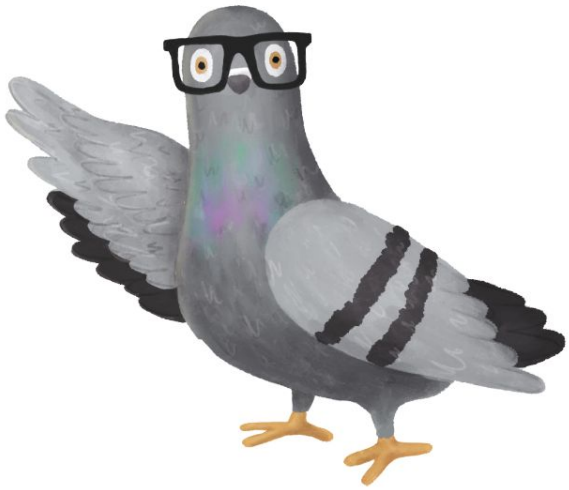
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

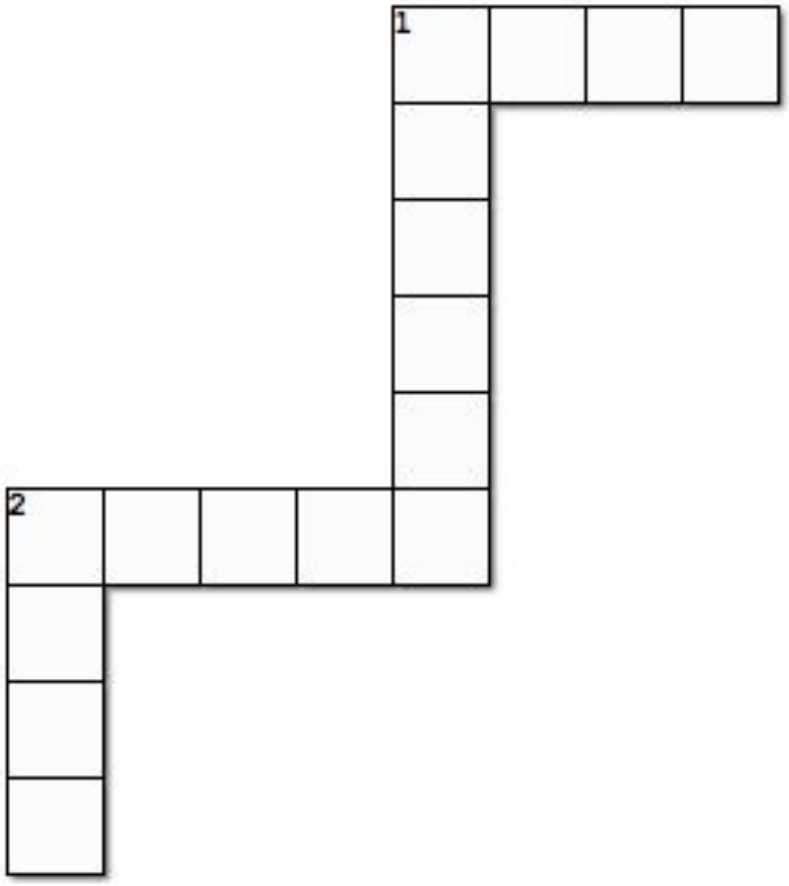
For more activities, visit www.drphc.org

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co

Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z

Complete the crossword with SMED





Across:

1.

Iron

Down:

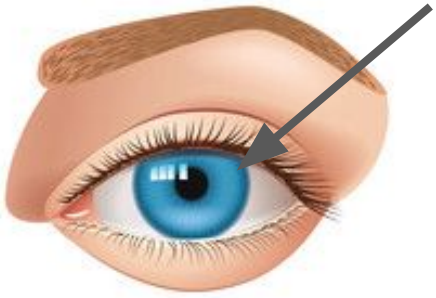
2.

Water

1.

Iguana

2.



Iris

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

For more activities, visit www.drphc.org

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co

Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z

Ii

Can you draw a picture of how you're going to use the letter I to be more healthy?

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

For more activities, visit www.drphc.org

ILLUSTRATION CREDITS:
Designed by Freepik www.freepik.co