



Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z

Using the letter

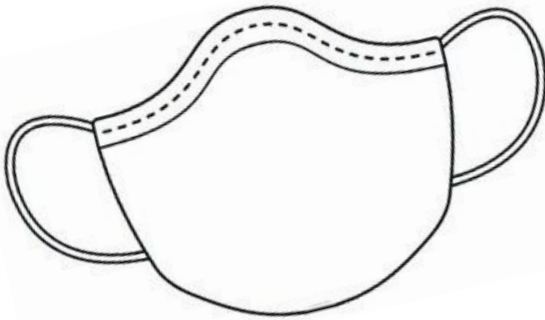


MUSHROOM

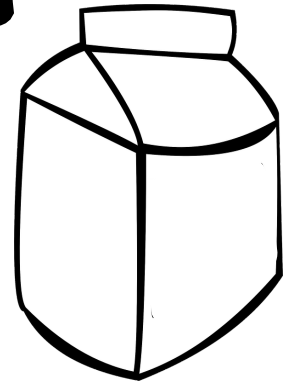


MOUSE

Mm



MASK



MILK

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

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

Mm

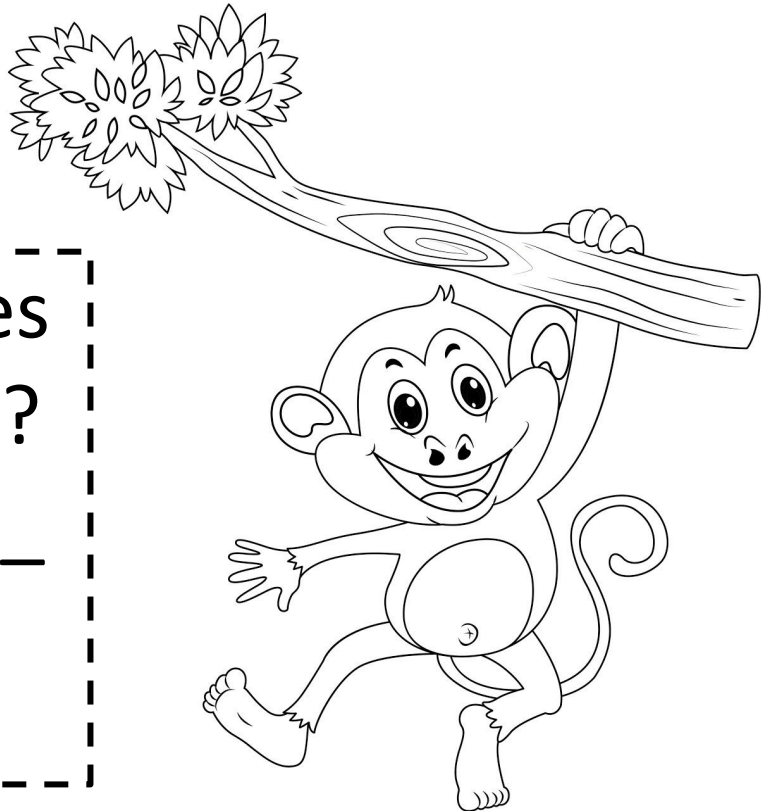
Can you write these words three times?

Me Me

My My

What sound does
a **monkey** make?

Color the
monkey.



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



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Mm

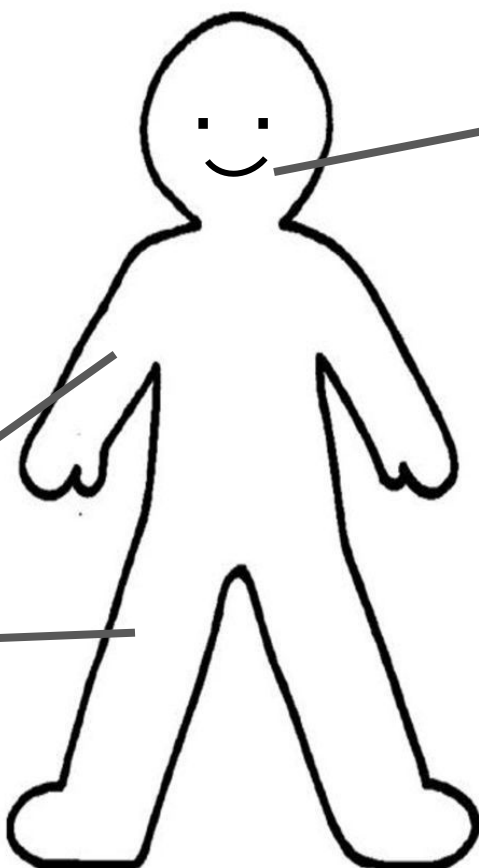


SMED uses the letter **M** to learn parts of the body.

Many parts of your body start with the letter **M**.



Muscles: are all over your body and keep your body strong



Mouth: allows you to chew and digest your food



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



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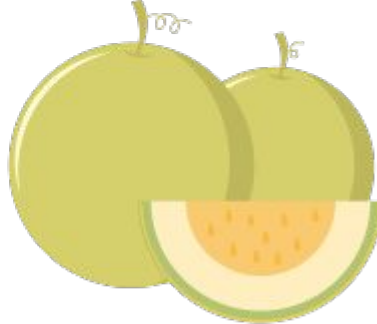
Mm



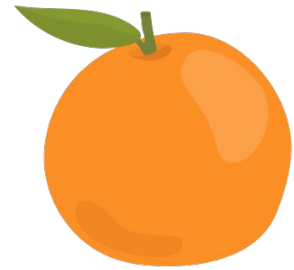
BERRY uses the
letter **M** to
be healthy
by **munching**
on fruits like:



MANGO



MELON



MANDARINS

These fruits are **magnificent** for your health. They are filled with **minerals** that are great for your immune system, hair and skin.

Draw your favorite fruit that starts with an **M.**

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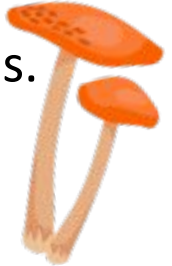
Mm



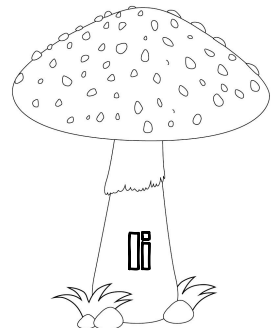
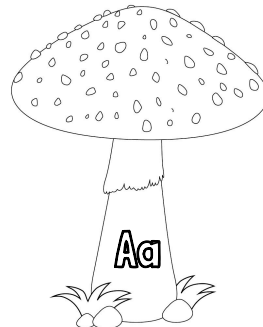
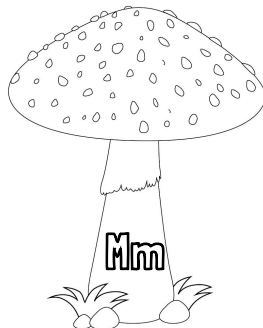
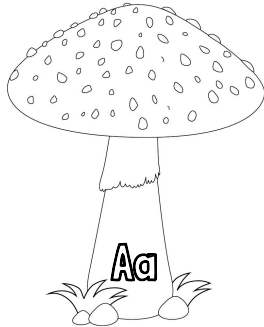
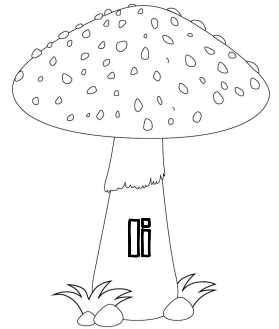
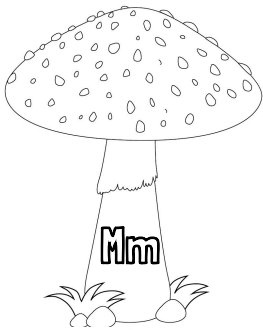
BROC uses the letter **M** to be healthy by eating vegetables.

Mushrooms make your bones strong.

Mushrooms come in **many** shapes and sizes.



Color the **mushrooms** with the letter **Mm**.



Mushrooms that grow in the yard are not safe to eat and are poisonous. **Mushrooms** from the store are safe to eat.

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

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WARNER uses the letter **M** to stay safe by never touching or taking **medications** without the supervision of a trusted adult..

Mm

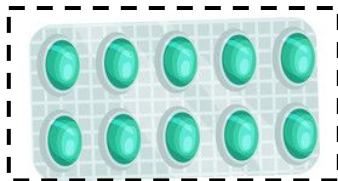
Medications can be harmful if they are used without permission from a trusted adult. They sometimes look like candy but are not.



Cut and glue the items that are medications.

Medications

NOT Medications



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

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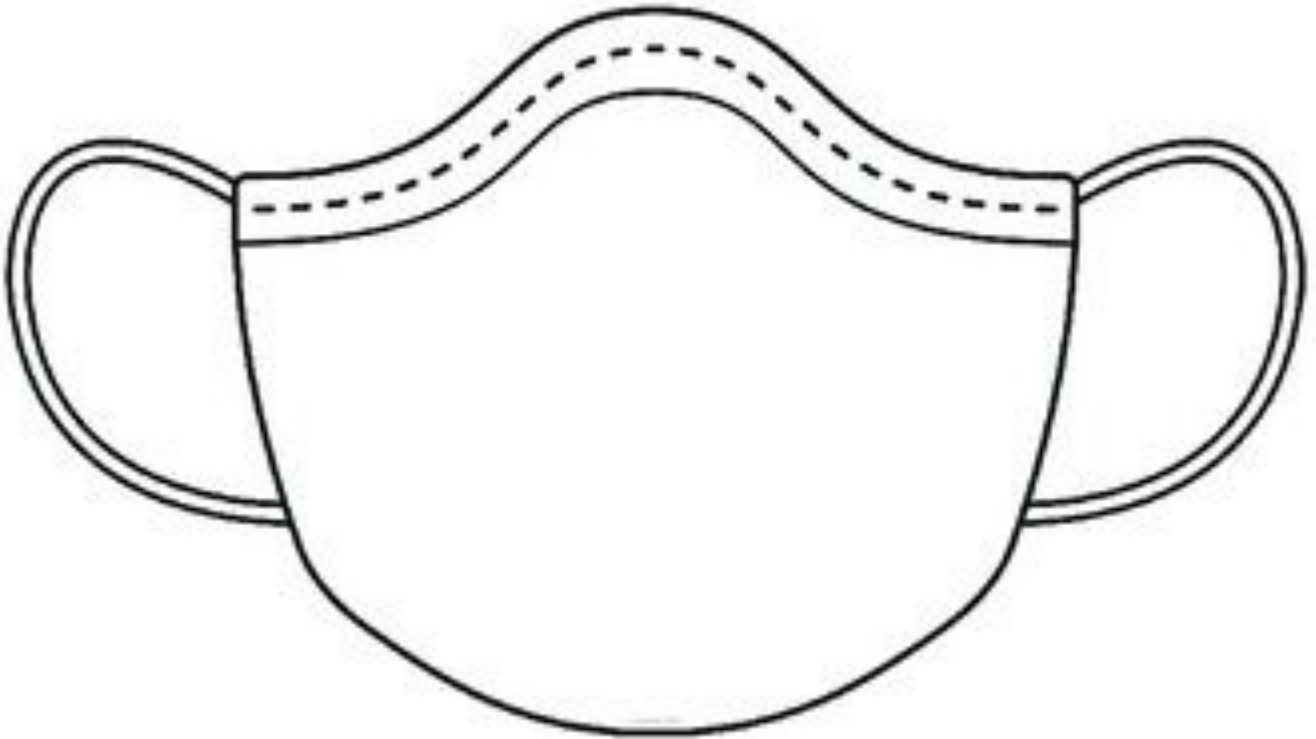


WARNER uses the letter **M**
to stay healthy by
wearing a **mask**
when he is sick.

Mm

Masks reduce your
likelihood of spreading
germs to others.

Decorate your mask.



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

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Mm

O uses the letter **M** to be healthy by **making** crafts like **mud** pies in nature.

Let's **make mud** pie with O!

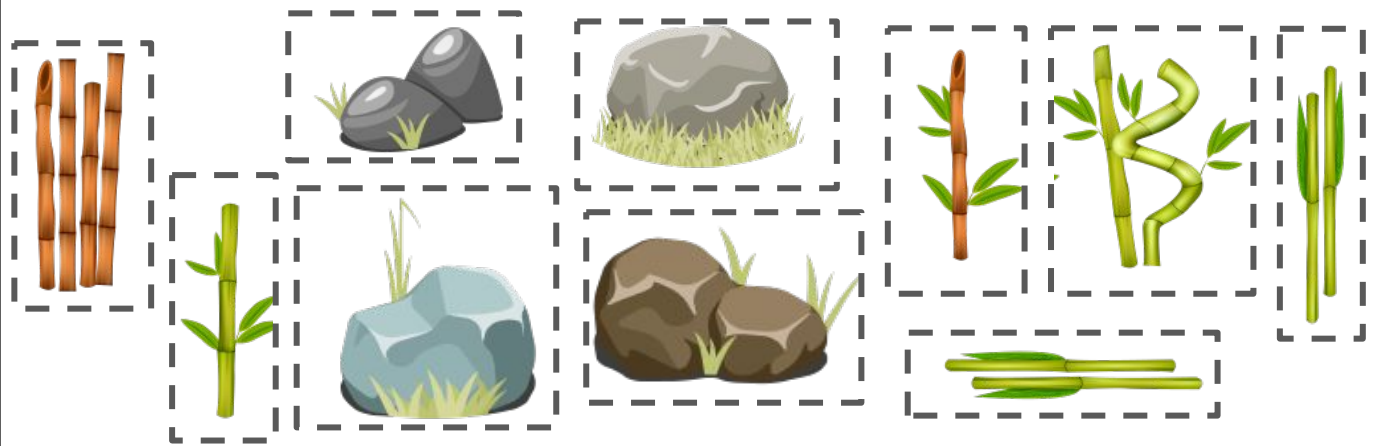


Step 1: Collect twigs, rocks, and sticks

Step 2: Dig a hole in the ground. Add water to the dirt to **make** it **mushy**.

Step 3: Decorate the pie with what what you find in nature.

Can you help O decorate his **mud** pie? Cut and glue.



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

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Pathy uses the letter **M** to be healthy by **making** **magical** wishes with her friends.

Mm



Together, they take a **moment** to wish for something **magical** that can happen when they grow up.

Draw something **magical you wish to happen when you grow up.**

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



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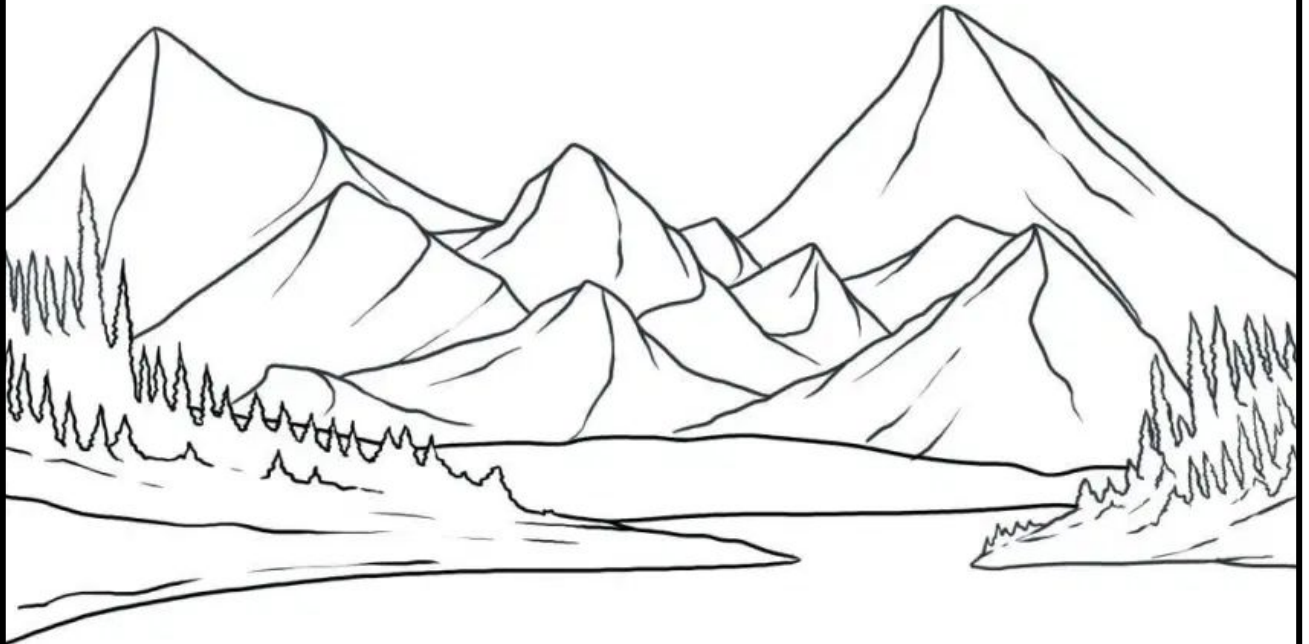
AGUA uses the letter **M** to stay healthy by drinking water from the **mountains**.

Mm

Water from the **mountains** is very refreshing.

Count the **mountains**. Answer: _____

Color the picture.



Answer: 9

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

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Mm



Sport

uses the letter **M** to be active by playing **miniature golf**, **martial arts**, and **mountain biking**.



Martial Arts

Mountain Bike

Miniature Golf

Match the picture to the activity

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

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Mm



Sport

also uses the letter
M to be active by
making moves.

Let's **march** in place 10 times



Let's do 20 **mountain** climbers



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

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Spoon

has a recipe that start
with the letter **M** for
you to **munch** on.



Mango Chia Pudding

INGREDIENTS:

- 1.5 cups fresh Mango, cubed



- 1/2 cup Chia Seeds

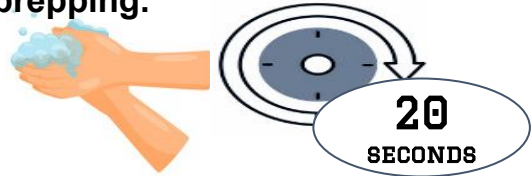


- 2 cups coconut milk



INSTRUCTIONS:

1) Wash hands with soap and warm water before prepping.



2) With the help of an adult, add half of the mango to the blender and make into a purée.



3) Add chia seeds, coconut milk, and puréed mango to a mixing bowl and whisk together.



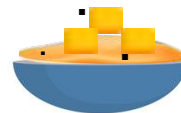
4) Then mix in the chopped mango; Save a few chunks for topping.



5) Put into the fridge for 15 minutes and then take out to stir, then add back for another 15 minutes.



6) Top with extra mango & 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

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Mm

The **moon**
lets our
minds find
peace and
quiet.



Z uses the
letter **M** to
stay
healthy by
gazing at
moon.

Can you see the **moon**? It's full. When it's full, owls say "hoot" and coyotes howl. Circle all of the animals you see around the **moon**.



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

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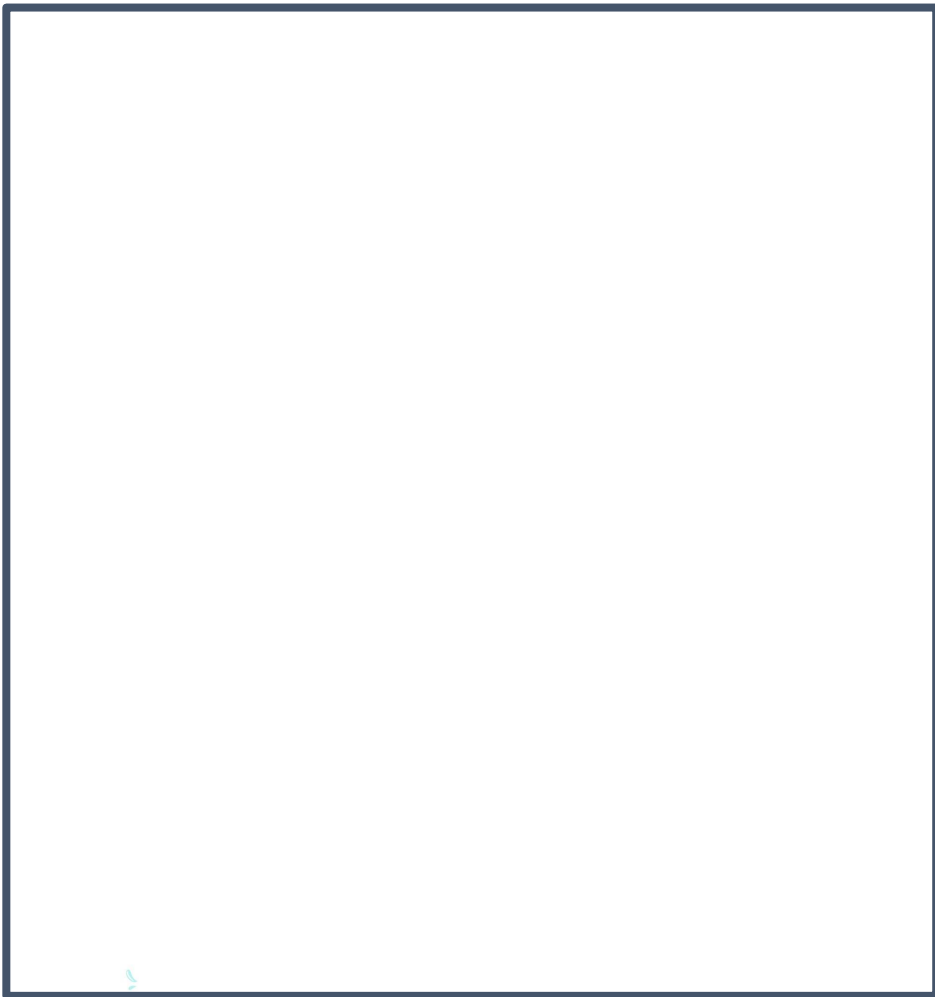
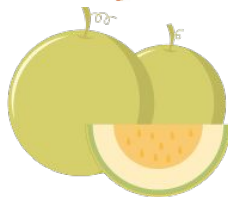


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Mm

Can you draw a picture
of how you're going to
use the letter **M** 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