



Using the letter

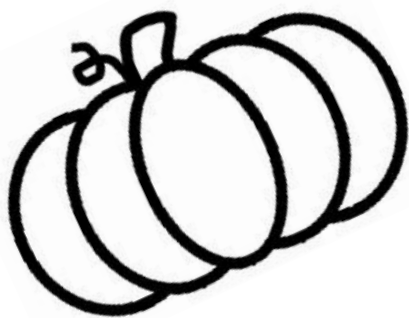


PINE TREE

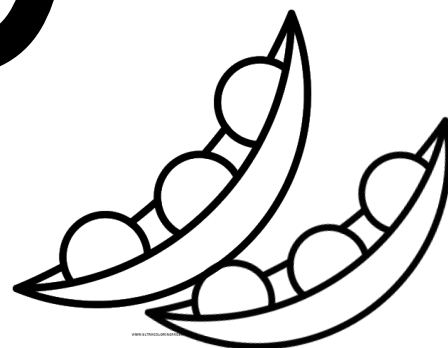


PERSIMMONS

Pp



PUMPKIN



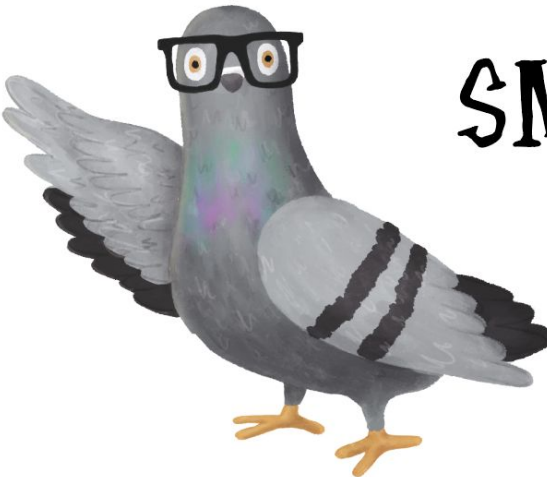
PEAS

to be more healthy





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

Pp

Can you write these words three times?

Put

Put

Play

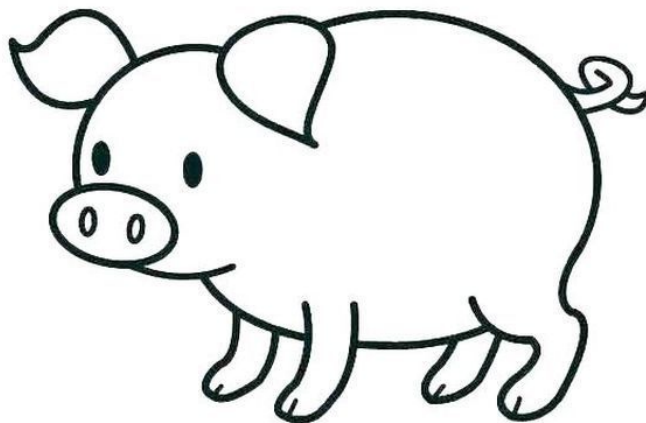
Play

Please

Please

What sound does
a **pig** make?

Color the **pig**.



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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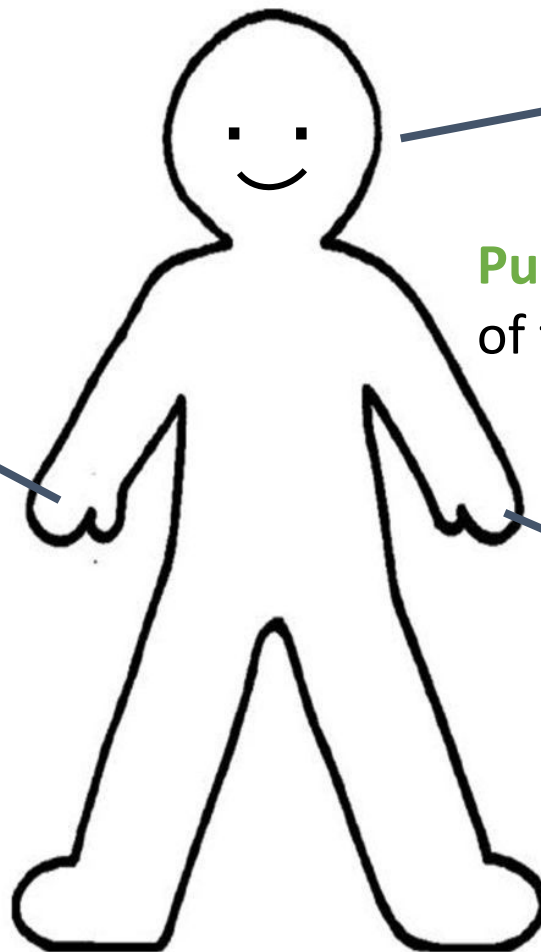
S M E D uses the
letter **P**
to learn
parts of
the body.

Pp

The letter **P** is the first letter of many **parts** of your body.



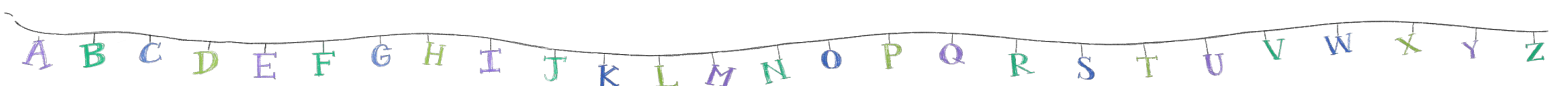
Pinky finger:
the smallest
finger on your
hand



Pupil: black center
of the eye



Palm:
connects all
your fingers





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BERRY uses the letter **P**
to be healthy by
picking yummy
fruits to eat.

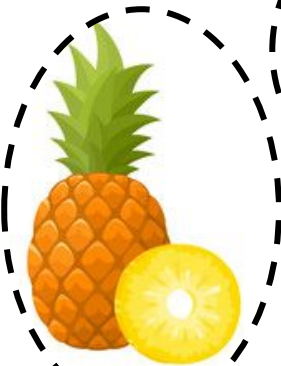
Pp



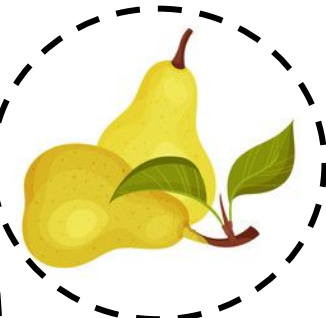
Can you **place** the fruits in the basket the vegetables
that make the **P** sound?



Peaches



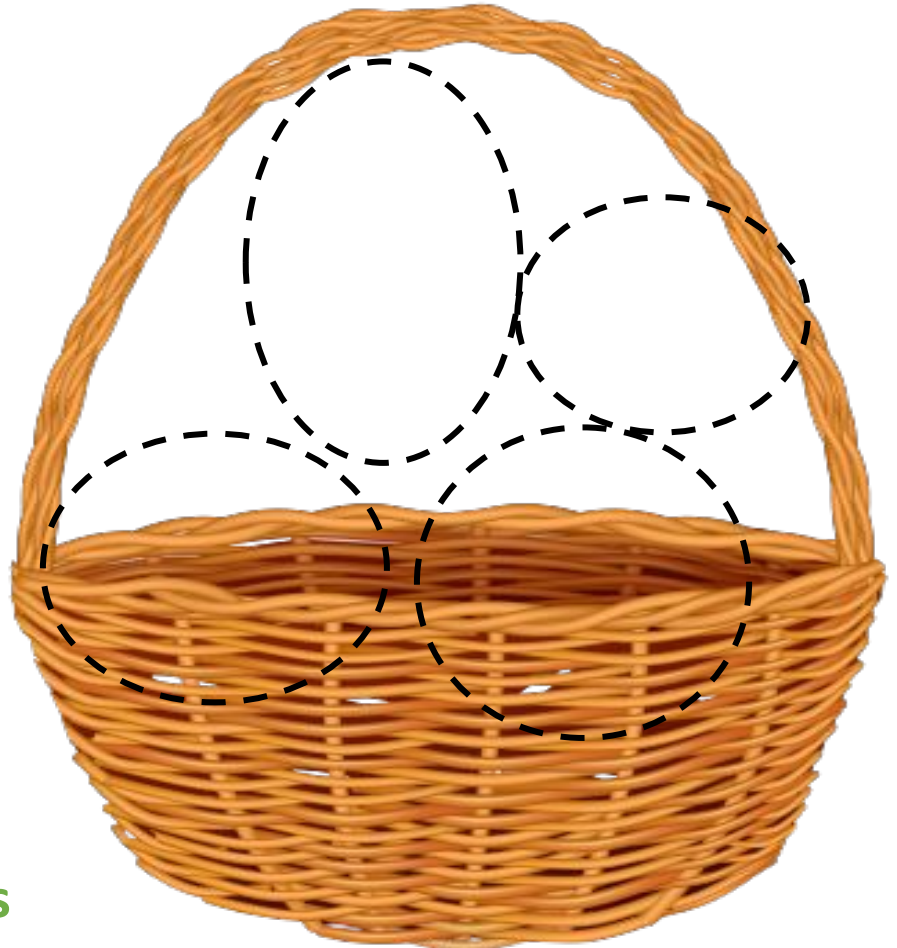
Pineapple



Pears

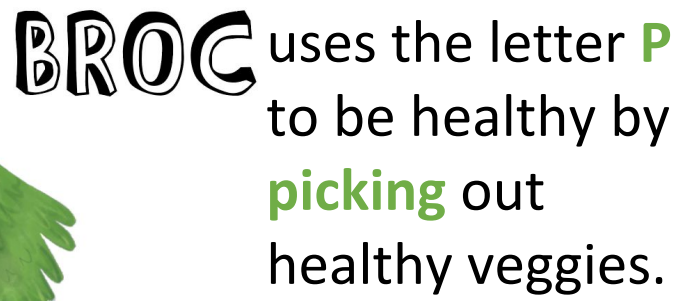


Persimmons



Packed with vitamins, these fruits **protect** you from getting
sick!

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



Parsley



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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BROC also uses the letter **P**
to be healthy by
knowing fun facts
about **pumpkins**.

Pp



Farmers say **pumpkins** are fruits and not vegetables because they have seeds.

Pumpkins are part of the gourd family. Cucumbers, watermelons, zucchini, cantaloupe, and honeydew melons are also gourds.

Pumpkins are 90% water.

Pumpkins are orange but they can also be green, yellow or white.

Circle the orange
and yellow
pumpkins.

Draw a square
around the green
pumpkins.



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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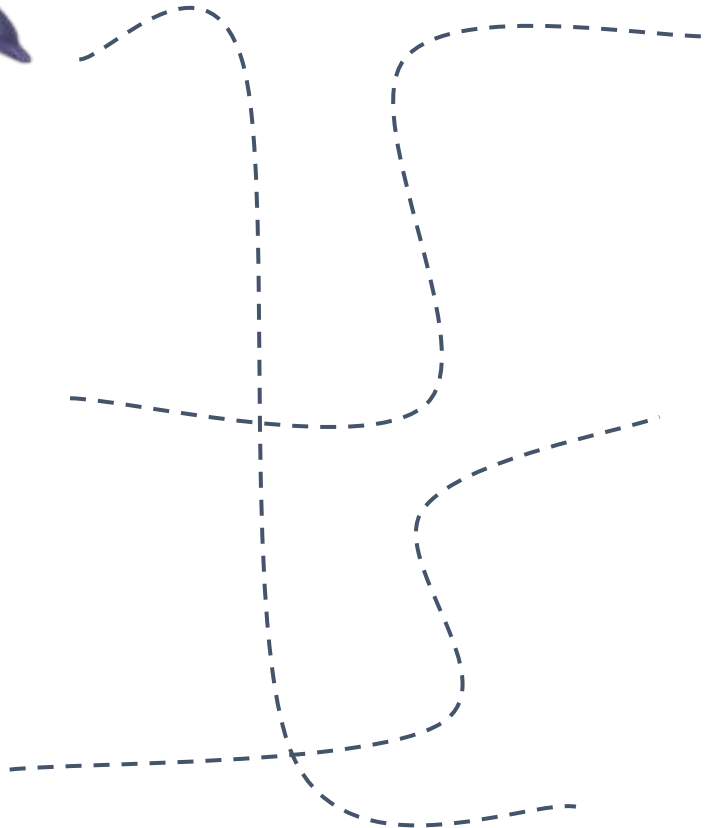


AGUA uses the letter
P to be
healthy by
playing in the
Pacific Ocean.

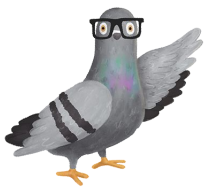
Pp

There are many animals that start with the
letter **P** and **play** in the water.

Match the adult animal to the baby animal.



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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Pp



O uses the letter **P**
to be healthy by
planting flowers
and trees.

He loves to **plant** flowers and trees outside.



Pansies



Poppies

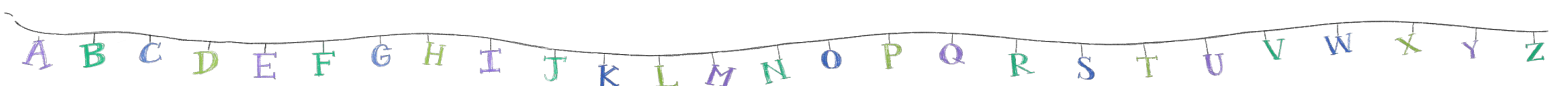


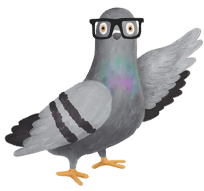
Peonies



Pine Trees

What would you like to **plant**? Write or draw below.





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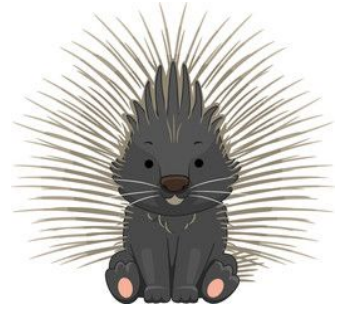
Pp



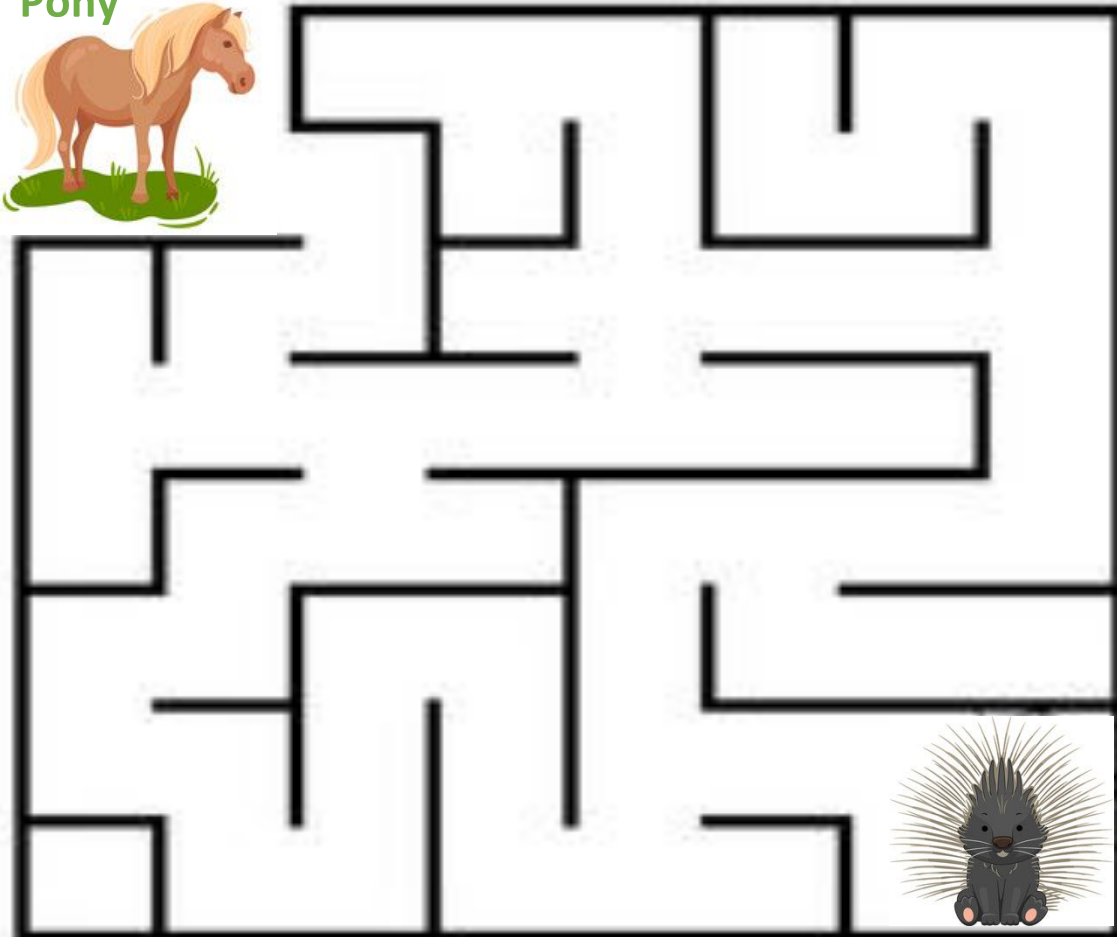
O also uses the letter **P** to be healthy by **peaking** at animals that start with the letter **P**.



He has seen **ponies** and **porcupines** in nature.



Pony



Can you help the **Pony** gallop to the **porcupine** ?

Porcupine

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 uses the letter **P** to be healthy by **preparing** meals with foods that start with the letter **P**.

Pp

He uses **paprika** and **pepper** to season his food.

Spices **provide** both nutrition and flavor.

Roasted **Pumpkin** Seeds

INGREDIENTS:

- 1 cup Pumpkin seeds



- 2 tablespoons olive oil



- 1 teaspoon paprika

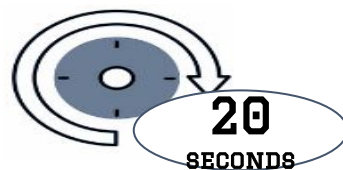


- 1 teaspoon pepper



INSTRUCTIONS:

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



2. Mix all ingredients in a bowl.



3. Spread seasoned seeds on baking sheet.



4. Roast for about 30 minutes or until golden and 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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Spoon has some
delicious
recipes that
start with the
letter **P**.



Pp

Peaches with Cottage Cheese

Ingredients:

- 3 ripe peaches (halved and take pit out)



- ½ cup cottage cheese



- 2 teaspoon ground cinnamon

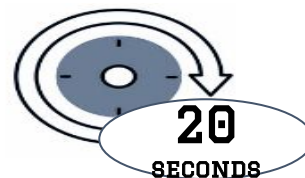


- ¼ cup pecans, roasted



Instructions:

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



2. Carefully slice peaches with parent supervision.



3. Top with cottage cheese, cinnamon and pecans.



4. Enjoy!

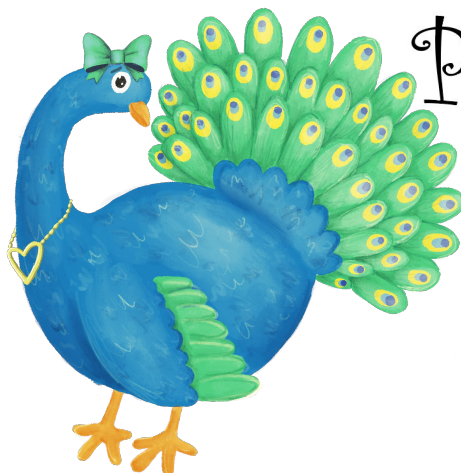




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Pp



Pathy uses the letter
P to be healthy
by doing her
three **P**'s.

Participating in class

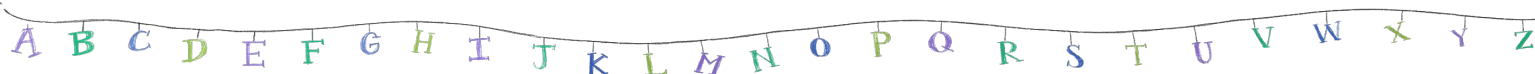


Paying attention to others

Playing with friends



Draw a picture of you **practicing** one of your three **P**'s.





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WARNER uses the letter **P**
to stay safe by
learning from
trusted adults

like:

PHARMACISTS;

They help **people** when
they need **pills**. They
make sure **people** get a
safe amount.

Pp



Never take or share **pills**
without **permission** from
a trusted adult.



Help the **Pharmacist** **circle** items that are safe for sharing.



Pills



Markers



Pens



Toys



Toothbrush

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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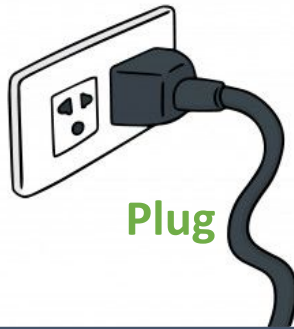


WARNER

also uses the letter **P** to be healthy by never **playing** with unsafe items.

Pp

Never touch or **play** with **plugs** or **pins** if you don't have an adult's **permission**.

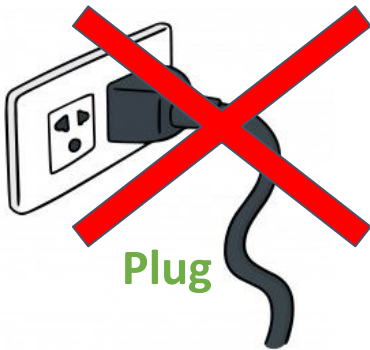


Plug



Pin

Draw an 'X' through items you can't **play** with if you don't have **permission**.



Plug



Pencil



Pillows



Peonies



Pin

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

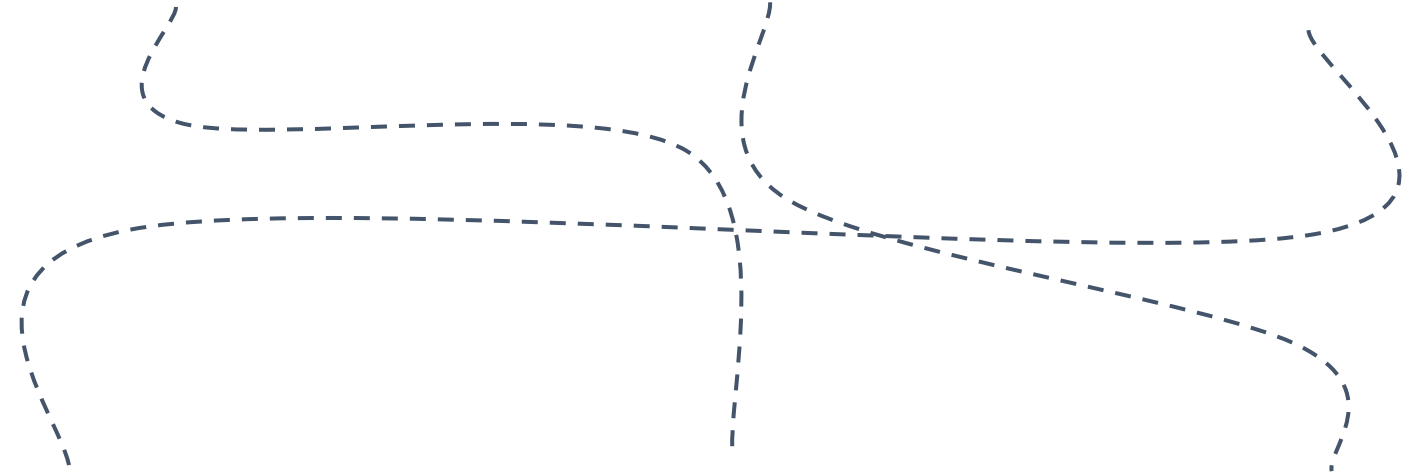
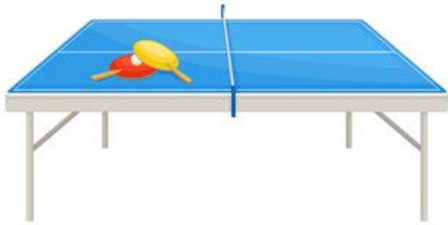


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Pp

Sport uses the letter **P** to be healthy by **playing ping-pong**, **planking**, and doing **push-ups**.

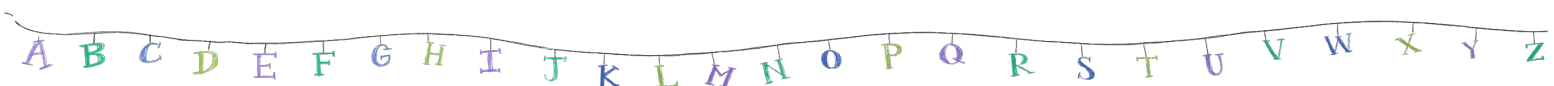


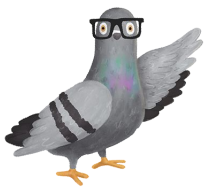
Push-ups

Ping-Pong

Planking

Match the activity with its name.





Pp

Z enjoys going on
peaceful picnics with
her friends.



Sometimes, they **paint** in
the **park**.



Z uses the letter **P**
to be healthy by
going on **picnics**.

What would you bring on a
picnic?

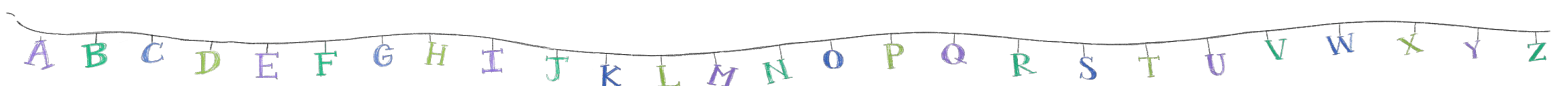
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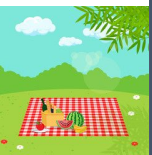
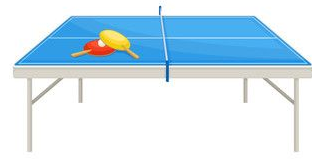




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Pp

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



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