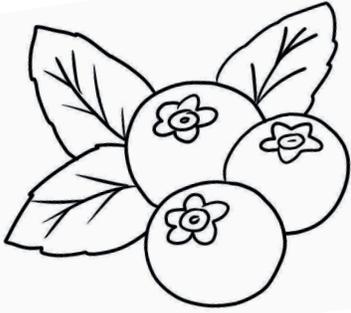
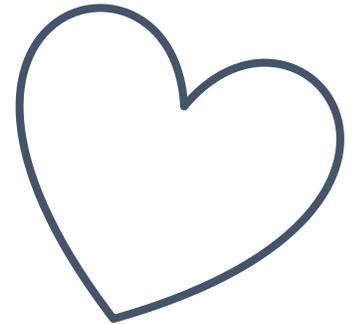




Using the letter

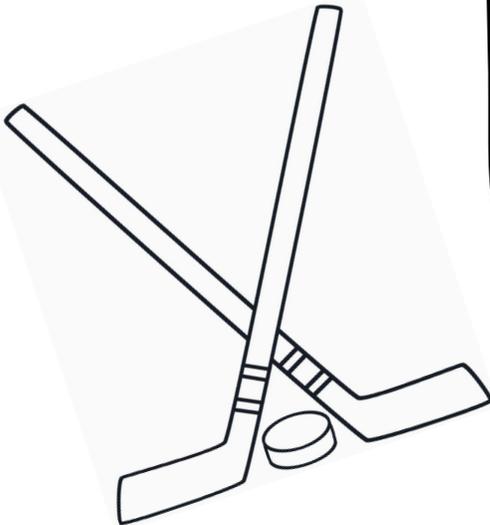


HUCKLEBERRY



HEART

Hh



HOCKEY



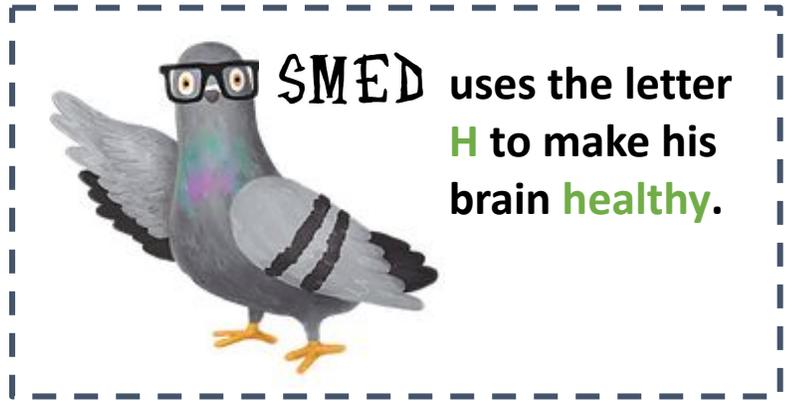
HELMET

to be more healthy





Hh



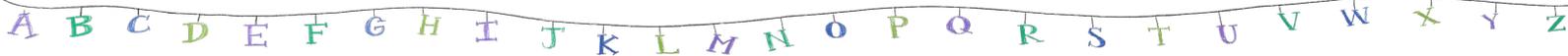
Trace and write these words below:

His His

Help Help

Hers Hers

**Decorate
this house**





Hh



SMED uses the letter **H**
to make his
brain **healthy**.

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



Hand: helps
you **hold**
objects

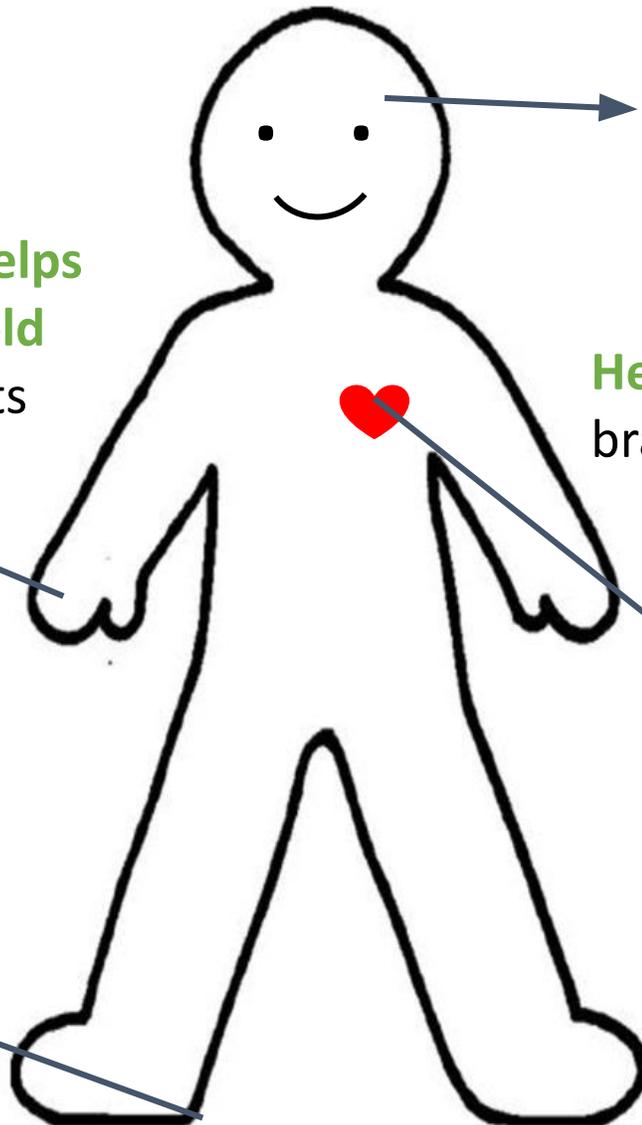


Head: **holds** your
brain in place.



Heart: **helps**
pump blood
throughout the
entire body

Heel: **helps**
you stand up



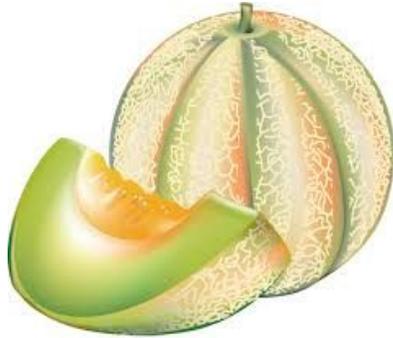


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Being Healthy from A to Z

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



**Honeydew
melon**



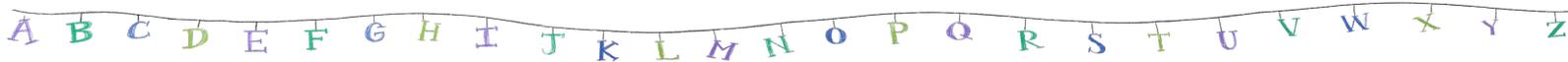
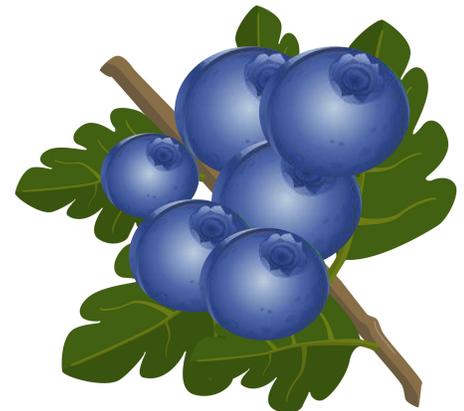
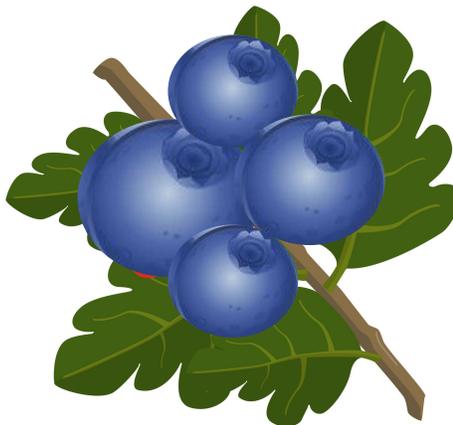
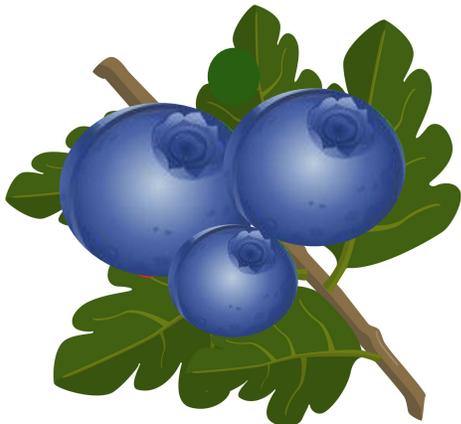
Huckleberries

Huckleberries and blueberries look so much alike, they are sometimes confused. One way **huckleberries** are different from blueberries is that they can come in many different colors, like bright red or dark purple

too.



Circle the bush with the most **Huckleberries**.





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BROC

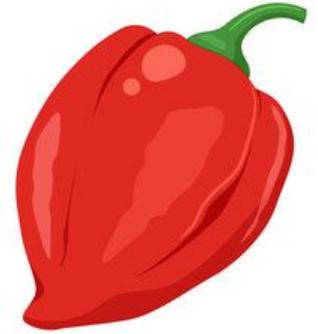
uses the letter **H** to be **healthy** by eating **heirloom** tomatoes, **habanero** peppers, and **horseradish**.



Heirloom tomato



Horseradish



Habanero pepper

Can you draw your favorite veggie that starts with an **H**?

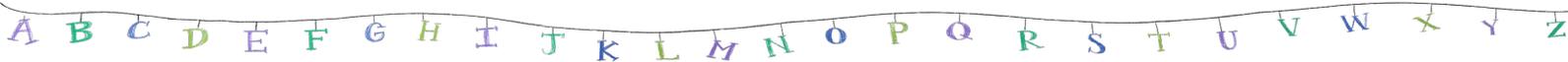


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Sport uses the letter **H** to be **healthy** by doing activities that increase her **heart** rate.



Hh

Match the activities, then circle your favorite.



Hockey



Hide and Seek

Hopscotch

Hula-hoop

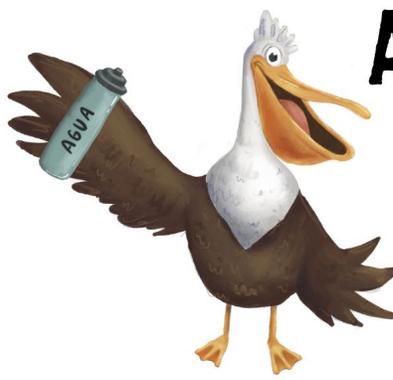




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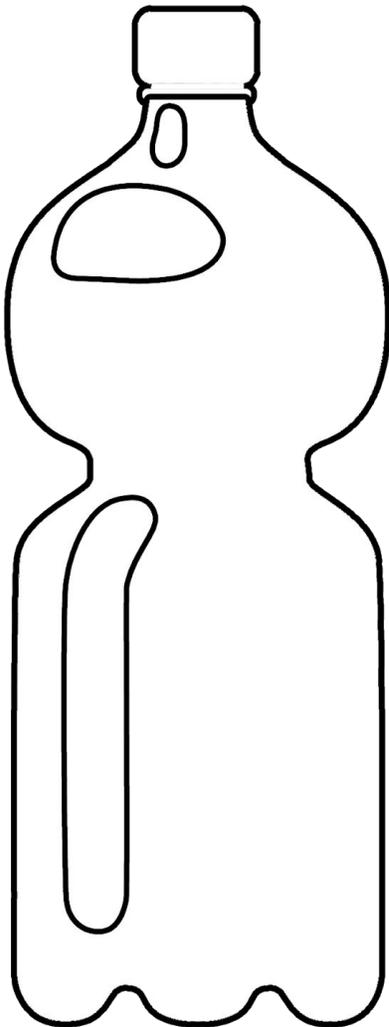


AGUA

uses the letter **H**
to be **healthy** by
staying **hydrated**
in the **heat**.



When it's **hot**, your body needs more water than usual, so it is important to be **hydrated**.



Hydration means drinking enough water to keep your body **healthy**. Without enough water in our bodies, we become dehydrated.

Decorate your water bottle that helps keep you hydrated.



TIP: always carry a reusable water bottle with you to stay **hydrated**.

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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Keep your **head** safe by wearing a **helmet** when you go on a bike, scooter, skateboard, or rollerblading so you don't get **hurt**.



WARNER

uses the letter **H** to be **healthy** by wearing **his** **helmet**.

Decorate
your  **helmet**.



Circle each activity you should wear a **helmet** for.



Skateboarding



Soccer



Scooter



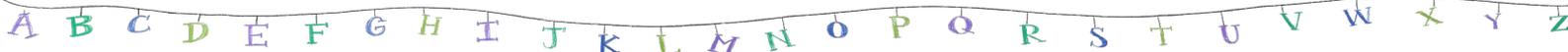
Rollerblading



Biking



Yoga/Stretching





Spoon

uses the letter **H** to be **healthy** by eating **healthy** snacks.

Hh

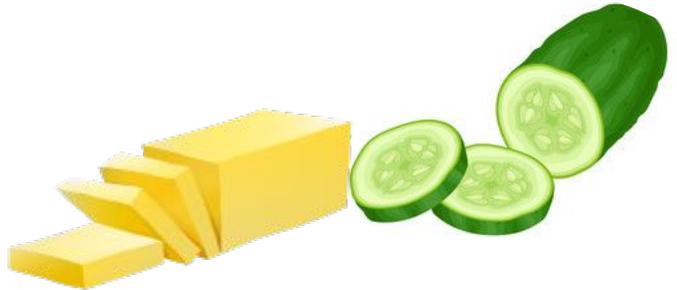
Eating **hummus** with carrots or celery is a quick and easy snack. See next page for recipe.



Have some sliced **honeydew** melon to snack on throughout the day.



Havarti cheese with cucumber slices is delicious and **healthy** too.



What is your favorite **healthy** snack?

Hh

Spoon *has some healthy recipes that start with the letter H.*



Hummus in a bag

INGREDIENTS:

- 1 can (16 oz) of garbanzo beans (drained & rinsed)



- 1 Tablespoon Olive Oil



- ½ lemon



- Salt and pepper to taste

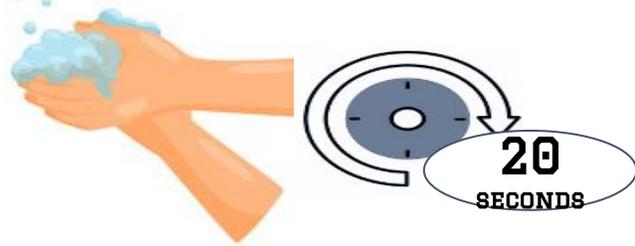


- 1 Ziploc bag



INSTRUCTIONS:

1. Wash hands with soap and warm water before prepping



2. Mix garbanzo beans, lemon juice, olive oil, salt and pepper in a Ziploc bag.



3. Smash beans with palm of your hand or blend in a blender until beans are broken and becomes semi-smooth.



OR



4. Serve with slices of cucumbers or sweet peppers. 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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Hh

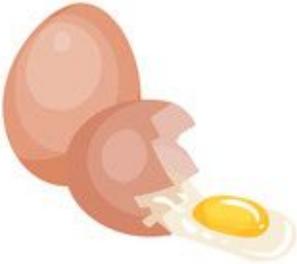
Spoon has some *healthy* recipes that start with the letter *H*.



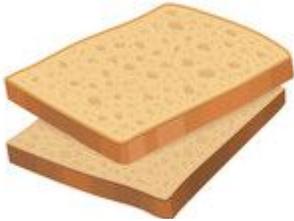
Hole in One

INGREDIENTS:

- 1 Egg



- 1 slice of whole wheat bread



- 1 Heirloom Tomato

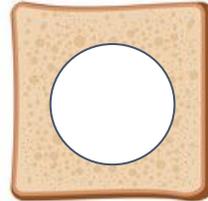


INSTRUCTIONS:

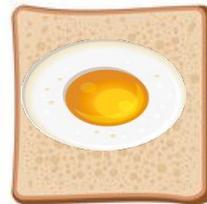
1. Wash hands with soap and warm water before prepping



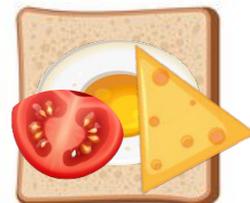
2. Use a shot glass to make a hole in a piece of whole wheat bread



3. Place bread in skillet and cook an egg in the hole of the bread



4. Once cooked remove from skillet and top off with an heirloom tomato and havarti cheese slices.



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

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There are many things you are able to see on **hikes** like:



Hummingbirds



O uses the letter **H** to be **healthy** by **hiking**.



Hiking up **hills** helps your **heart** be **healthy**.



TIP: Always bring a **hat** with you on **hikes** to protect your face from the sun.

Can you draw yourself being **healthy**, **hiking** up a **hill** wearing a **hat** looking at a **hummingbird**?





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Being Healthy from A to Z

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Z

uses the letter **H** to be **healthy** by making sure to **have** time to center **herself**.

You can center yourself by:



Reading

OR



Meditating

OR



Relaxing

Can you think of another way you **have** centered yourself?





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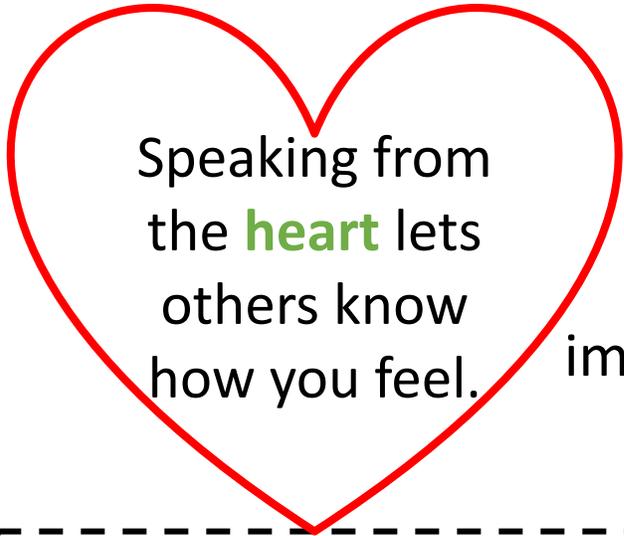
Being Healthy from A to Z

Hh

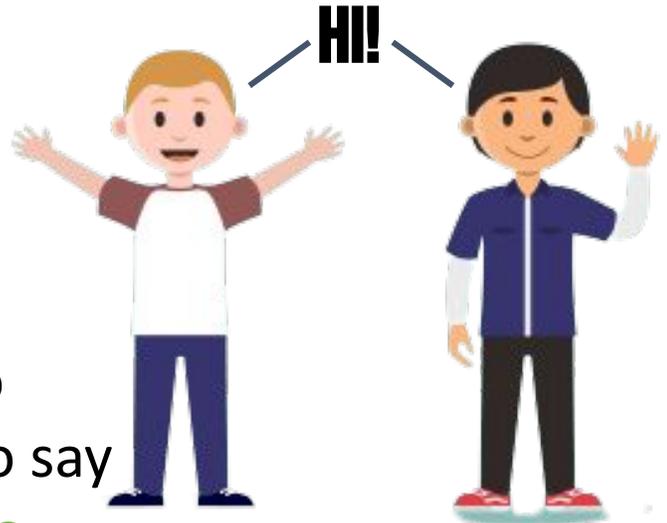


Pathy

uses the letter **H** to be socially **healthy** by saying **hi** or **hello**.



Speaking from the **heart** lets others know how you feel.



It is also important to say **hi** or **hello**.

Draw what is **honest** in your **heart** today?

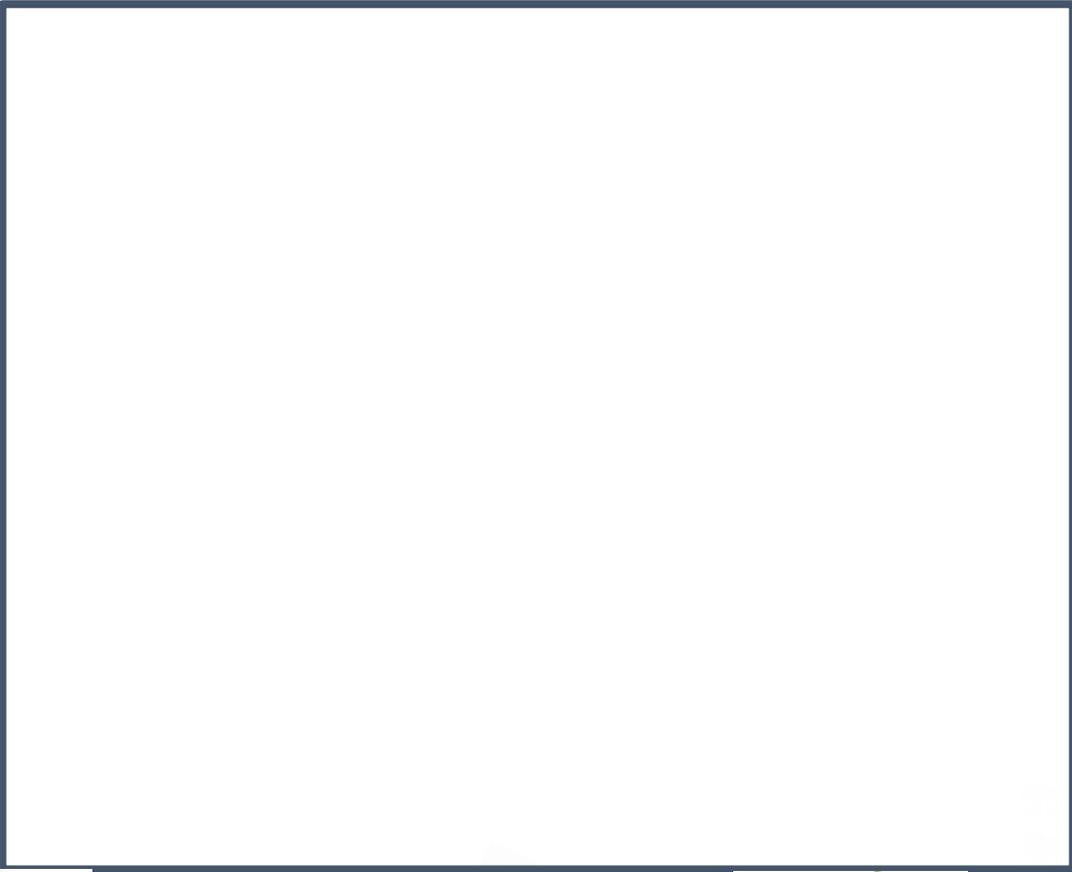


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Can you draw a picture of **how** you're going to use the letter **H** to be more **healthy**?

Hh



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