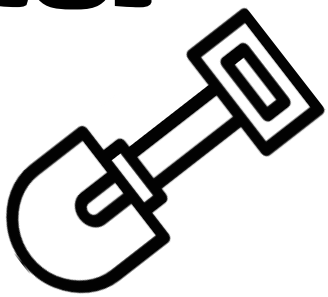
Dr. Patricia's
HEALTH CLUB
Being Healthy from A to Z

Using the letter

Dog

Dd



Dig

Dinner

Doctor

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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Dd

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

Trace and write these words two times each.

dog dog _____ _____

dad dad _____ _____

Color in this dog!

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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Dd

SMED

uses the letter **D** to be healthy by visiting trusted adults that start with the letter **D**.

DOCTORS

help your **body** be healthy.

DENTISTS

help your **teeth** be healthy.

Color in the doctor!

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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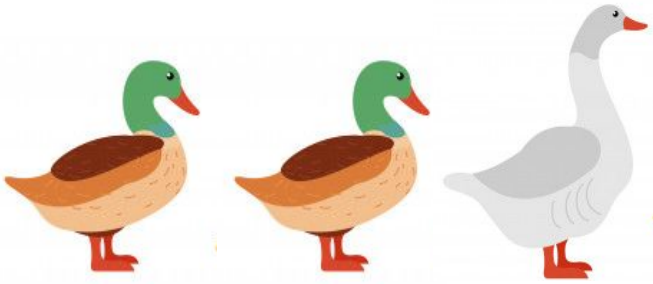
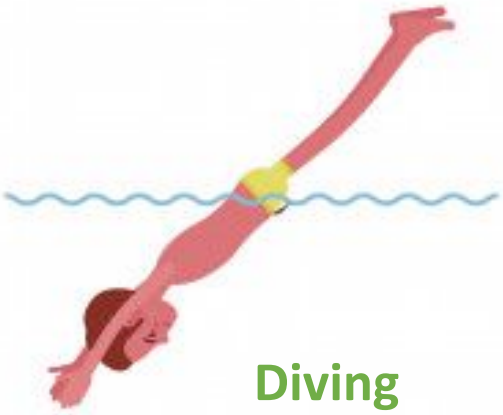
Sport uses the letter **D** to be healthy by **doing** activities that start with "**D**"!



Duck, **Duck**, Goose

Dancing



Diving

Circle your favorite "D" 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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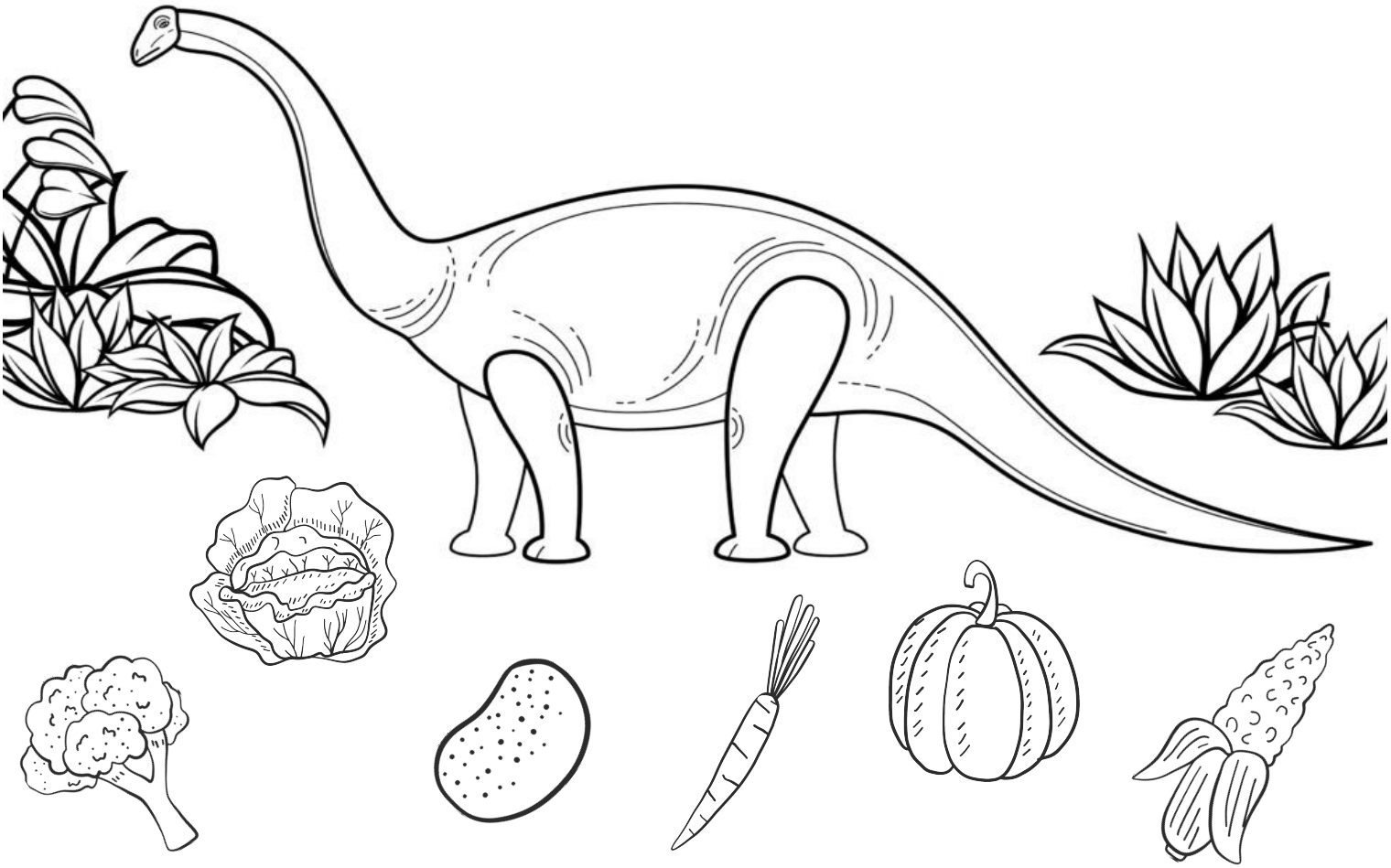
Dd

O uses the letter **D** to be healthy by eating natural foods like **dinosaurs did**!

Color and name your **dinosaur**!



Name _____

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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Dd

BROC & BERRY use the letter **D** to be healthy by eating healthy **dinners**.

A healthy **dinner** includes a fruit and a vegetable!

Draw a fruit and vegetable to eat at dinner.

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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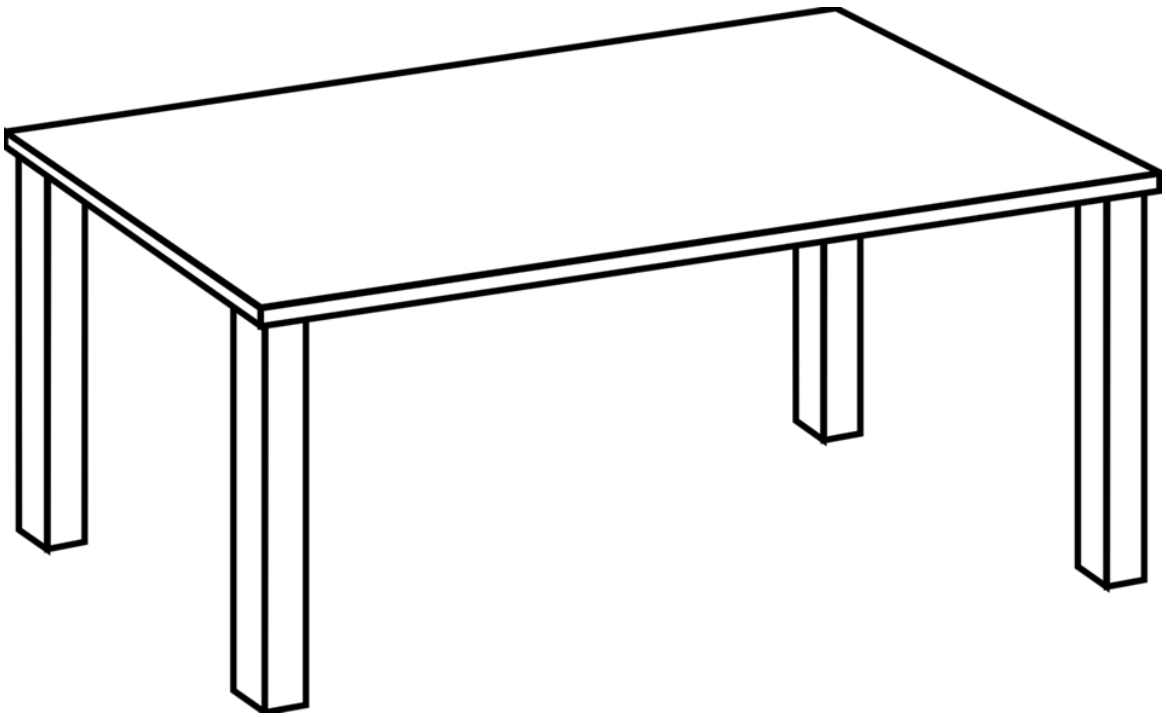
Dd

Spoon

uses the letter **D** to be healthy at **dinner** by talking about his **day**.

Always turn off **devices** when you eat.

Can you draw your family at dinner?



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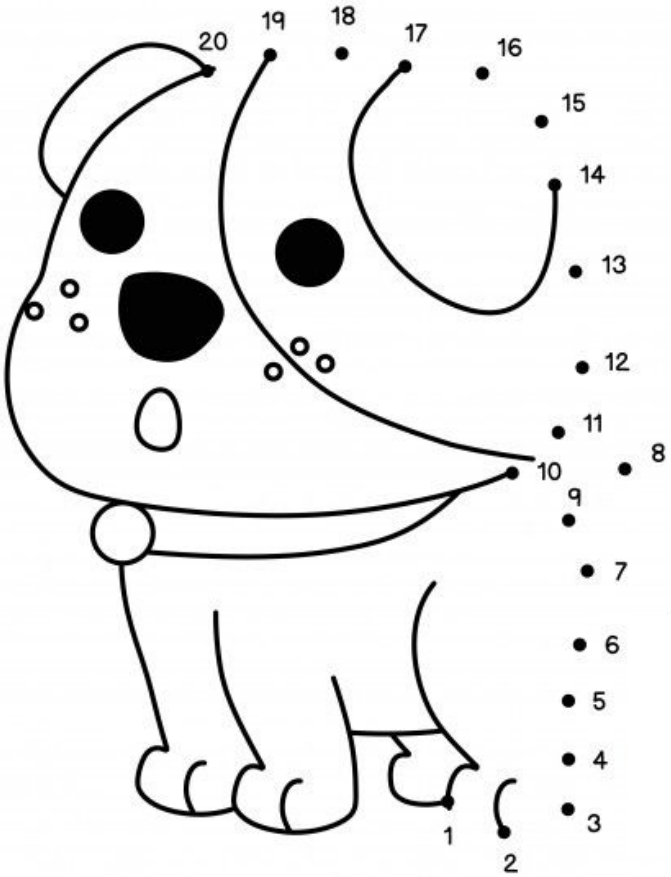
Dd

WARNER

uses the letter **D** to be healthy by asking permission before petting a **dog**.

Never pet a **dog** without asking a trusted adult first.

Not all **dogs** like to be touched, so always ask the owner if the **dog** is friendly!



Connect the dots to make a dog!

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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Dd

AGUA
uses the letter **D** to be healthy by **drinking** water.

The healthiest **drink** is water!

1 bottle of water =
0 sugar cubes

The best **drinks** have no sugars!

Count the number of sugar cubes in this drink!

Juice

Answer:

_____ sugar cubes

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

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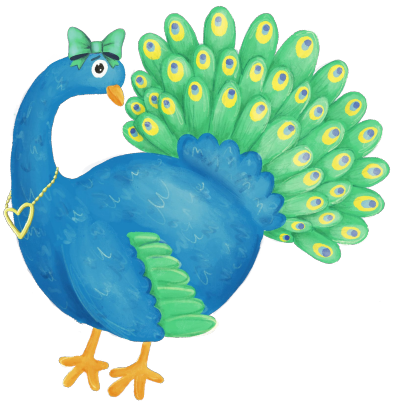

Pathy uses the letter **D** to be healthy by **doing** these activities when she feels **down**!

Dig in the **dirt**

Play with your **dog**

Drawing

Take **deep** breaths

Circle your favorite!

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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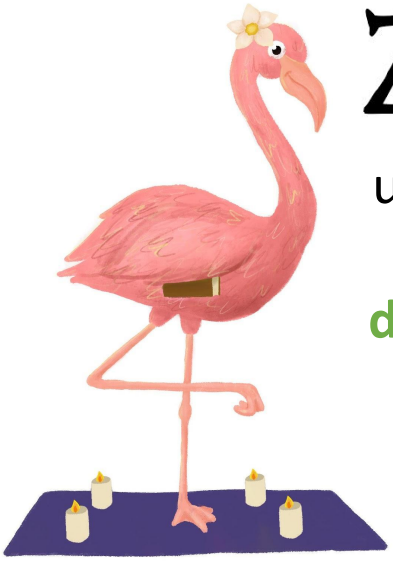

Z uses the letter **D** to be healthy by **drawing** pictures of her **dreams**.

Draw one of your dreams!

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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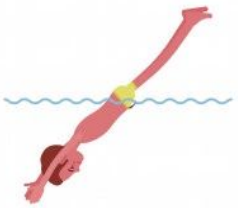
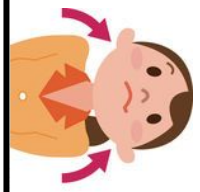
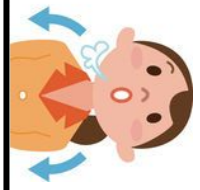
Dd

Can you draw a picture of how you can use the letter D 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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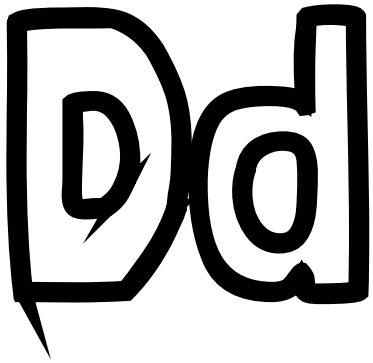

Health Standards

3.1.P Identify health care workers who can help promote healthy practices.

1.2N Identify a variety of healthy snacks

1.4.G Identify trusted adults who promote healthy growth and development (e.g., physicians, nurses, dentists, and optometrists).

1.1.N Name a variety of healthy foods and explain why they are necessary for good health.

5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.

1.1.G Explain that living things grow and mature.

7.3.N Choose healthy foods in a variety of settings.

7.1.M Express emotions appropriately.

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