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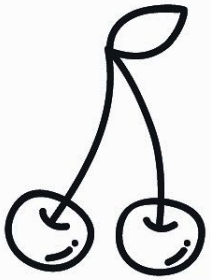
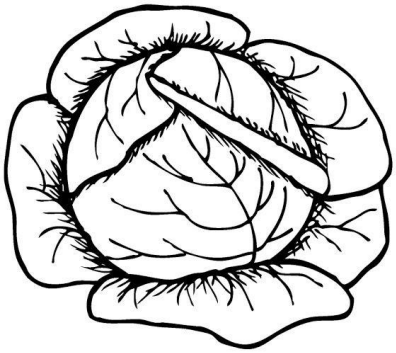
Using the letter

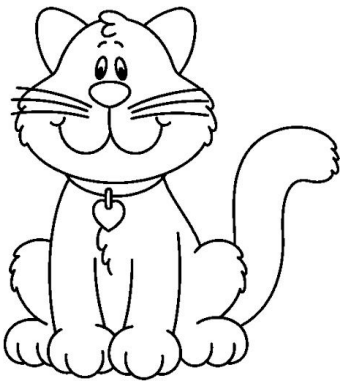


CHERRIES

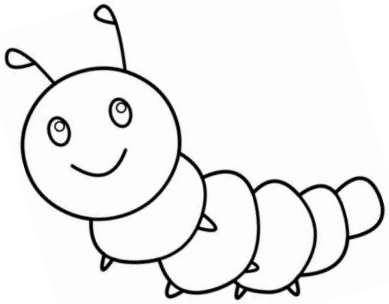
Cc



CABBAGE



CAT



CATERPILLAR

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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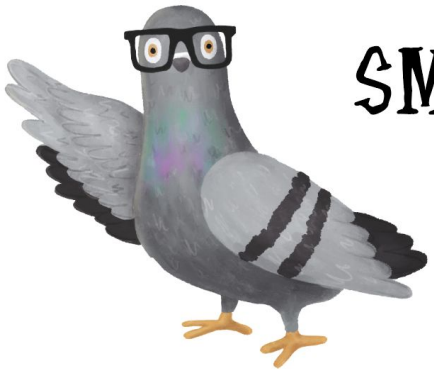


SMED uses the letter **C** to make his brain healthy.

Cc

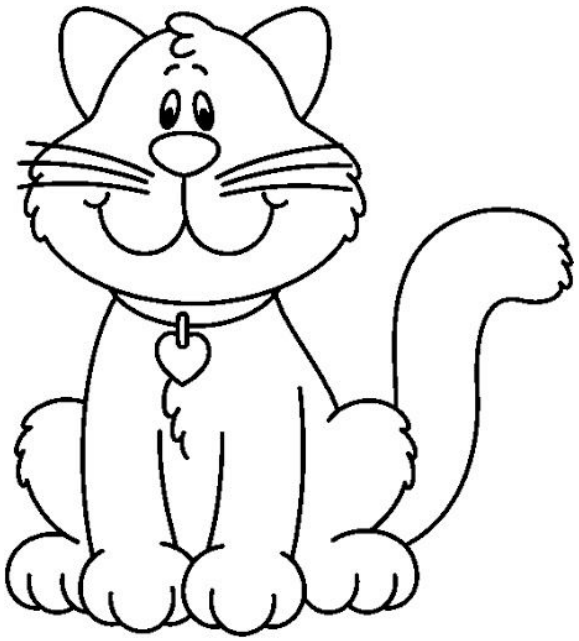
Trace and write these words two times each.

Cat Cat _____ _____

Can Can _____ _____

Come Come _____ _____

Color in the cat!



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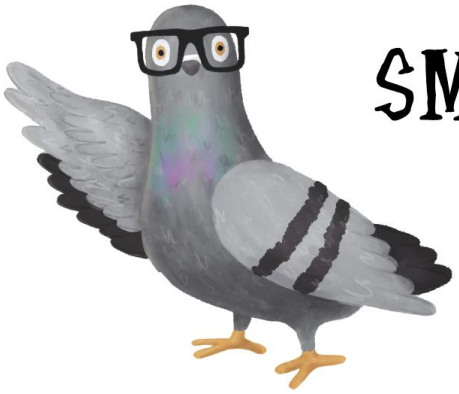
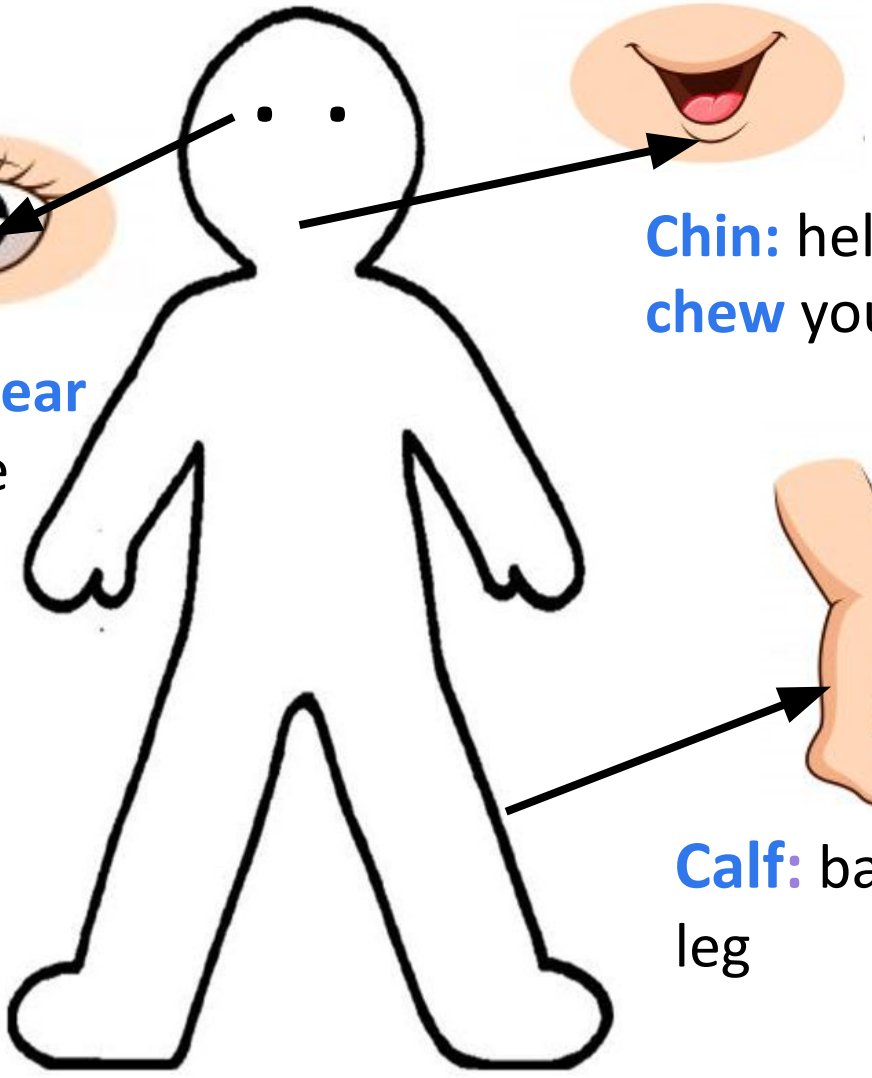


SMED

can use the letter **C** to learn about the body!

The letter **C** is the first letter of many parts of the body.



Chin: helps you **chew** your food

Cornea: The **clear** layer of the eye

Calf: back of the leg

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Sport

uses the letter **C** to be active by playing **catch**, **cricket**, going **cycling** or doing the **Chicken** Dance!

Can you match the activities with their names?

Playing **catch**

Playing **cricket**

Chicken dance

Cycling

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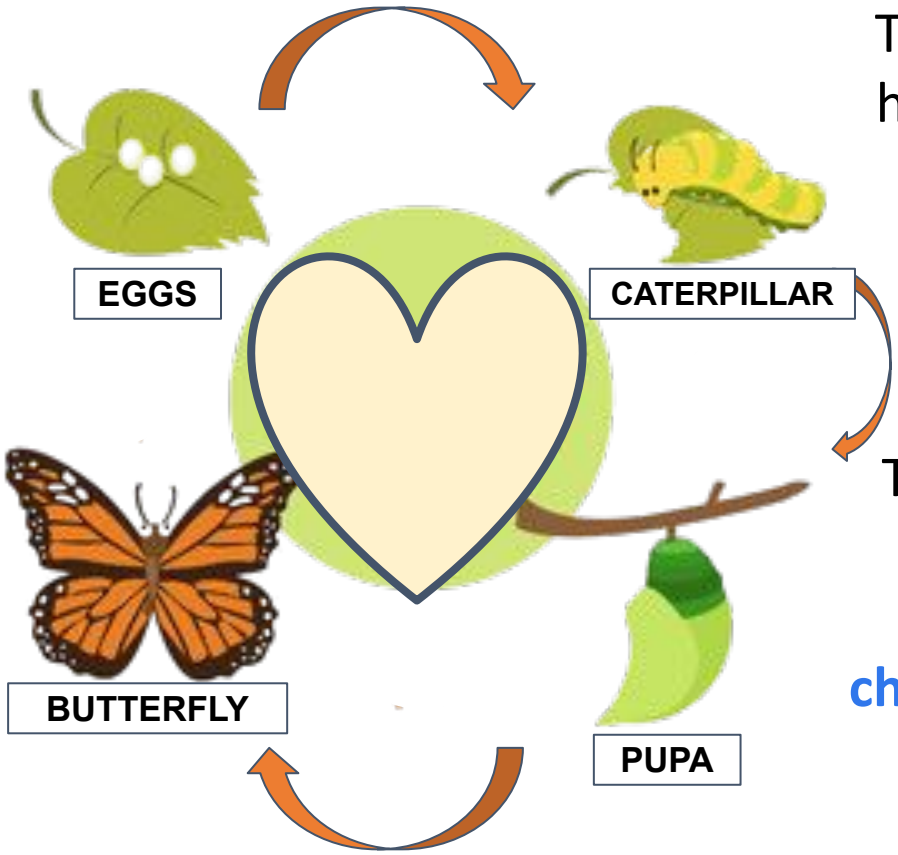
During a **camping** trips he found a **caterpillar**.

O wants to show you the amazing **caterpillar** grow.

Caterpillars starts off as an egg.



The egg will hatch into a fuzzy **caterpillar**

They build a protective **cocoon** to **change** into a butterfly.

Finally, the **caterpillar** will bloom into a beautiful butterfly!

Circle your favorite stage of the caterpillar growing.

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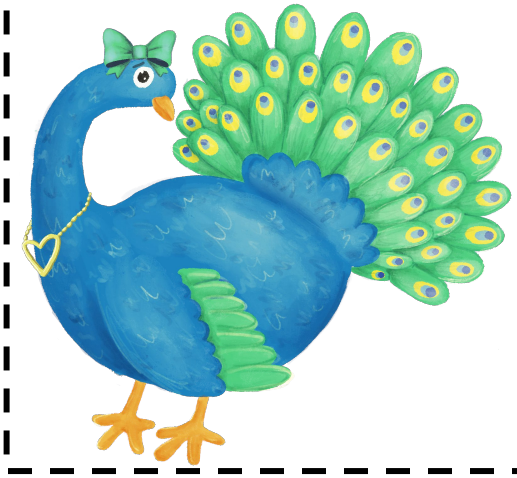

Pathy uses the letter **C** to be healthy by **crying**.

Crying is a healthy way to express your emotions.

Coloring after you **cry can** help you feel better.

Can you color something?

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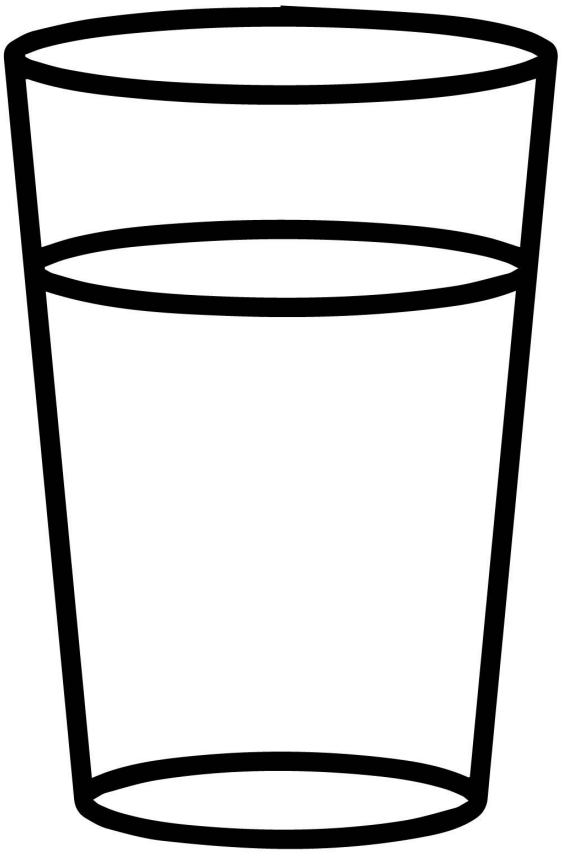
Cc

AGUA

likes to keep his water **cool** with ice.

Can you count the number of ice cubes?

# of ice **cubes:** _____



Draw 5 ice cubes in this glass of water!

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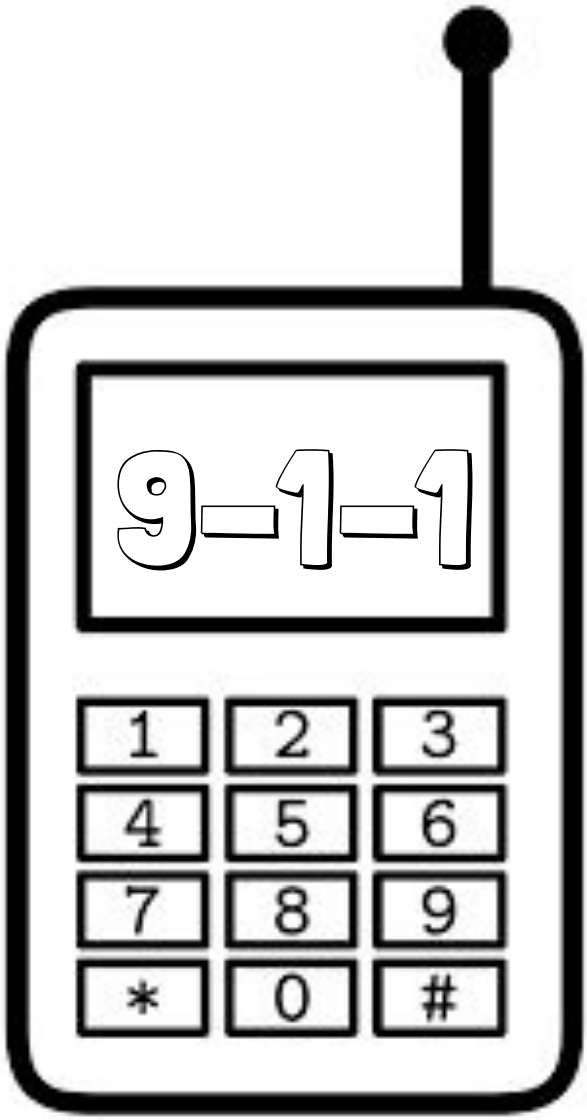
WARNER says you **can** use the letter **C** for help in an emergency by: **calling** 9-1-1.

Can you color in the numbers you would press on the phone?



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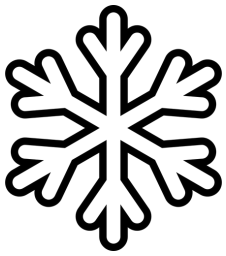
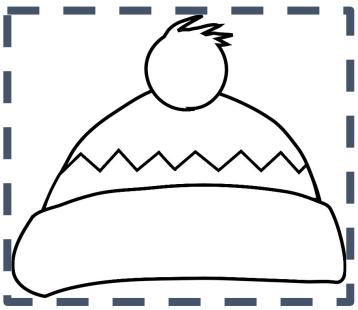
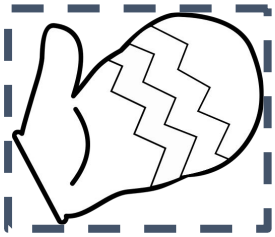
WARNER stays safe by always wearing a **cap** and a **coat** when it is **cold** outside.



Help WARNER put on his cap, coat, and mittens. Cut and glue his outfit onto him!

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Cc

Spoon has a recipe that starts with a letter **C**.

Coco-Cinna-Cherry (N)ice Cream

INGREDIENTS:

- 1 cup frozen cherries

- ½ frozen banana

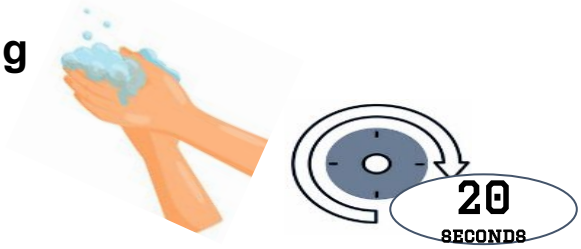
- ½ - 1 cup almond milk

- 1 tbsp cinnamon

- 1 tbsp shredded, unsweetened coconut

INSTRUCTIONS:

1. Wash hands with soap and warm water before prepping



2. Place cherries, banana, milk, cinnamon, and coconut into a blender (never touch the blades, they are very sharp)

3. Press blend until smooth (but still thick)!

4. Scoop into a bowl 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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BERRY uses the letter **C** to enjoy healthy fruits with Vitamin **C**.

Match these fruits to their correct colors.

EXAMPLE:

ORANGE

Cantaloupe is

RED

Cherries are

ORANGE

Cuties are

ORANGE

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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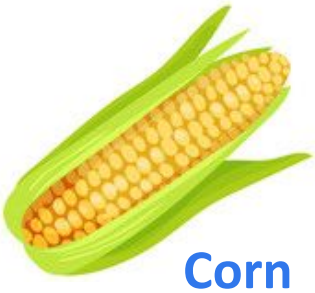
BROC eats healthy veggies that start with **C**.

Cc



Corn

Cabbage

Celery

Cucumber

Circle the vegetables that start with C.

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Z uses the letter **C** to be healthy by **counting** to ten to **center** herself.

Take a deep breath and **count** to ten!

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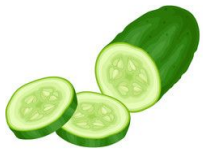
Can you draw a picture of how you're going to use the letter C to be more healthy?



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Cc

Health Standards

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

1.2.N Identify a variety of healthy snacks

7.1.N Select nutritious snacks

1.5.G Name body parts and their functions.

1.2.M Describe the characteristics of families.

8.1.M Encourage others when they engage in safe and healthy behaviors.

4.1.S Demonstrate how to ask a trusted adult for help or call 9-1-1.

5.1.S Identify situations when it is necessary to seek adult help or call 9-1-1.

1.3.N Describe the benefits of being physically active.

1.1.M Identify a variety of emotions.

7.1.M Express emotions appropriately.

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