



Using the letter



ONION

Oo

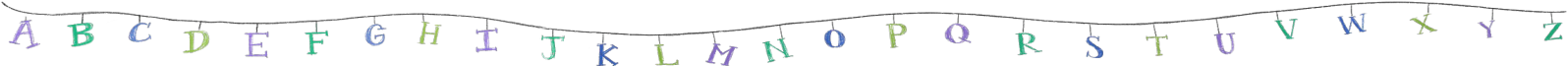


OTTER



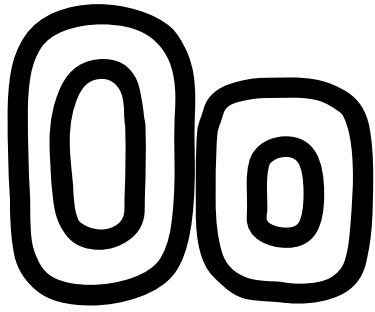
OWL

to be more healthy





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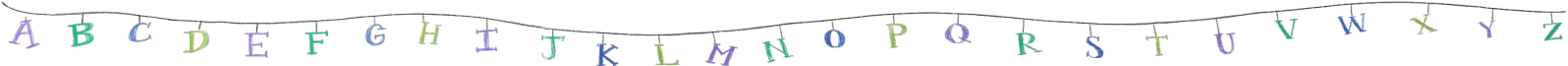
SMED

uses the letter
O to make his
brain healthy.

Trace and write these words two times each.

of of

on on





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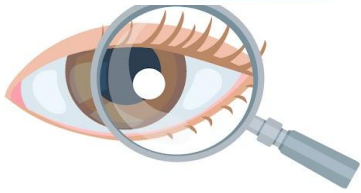


SMED

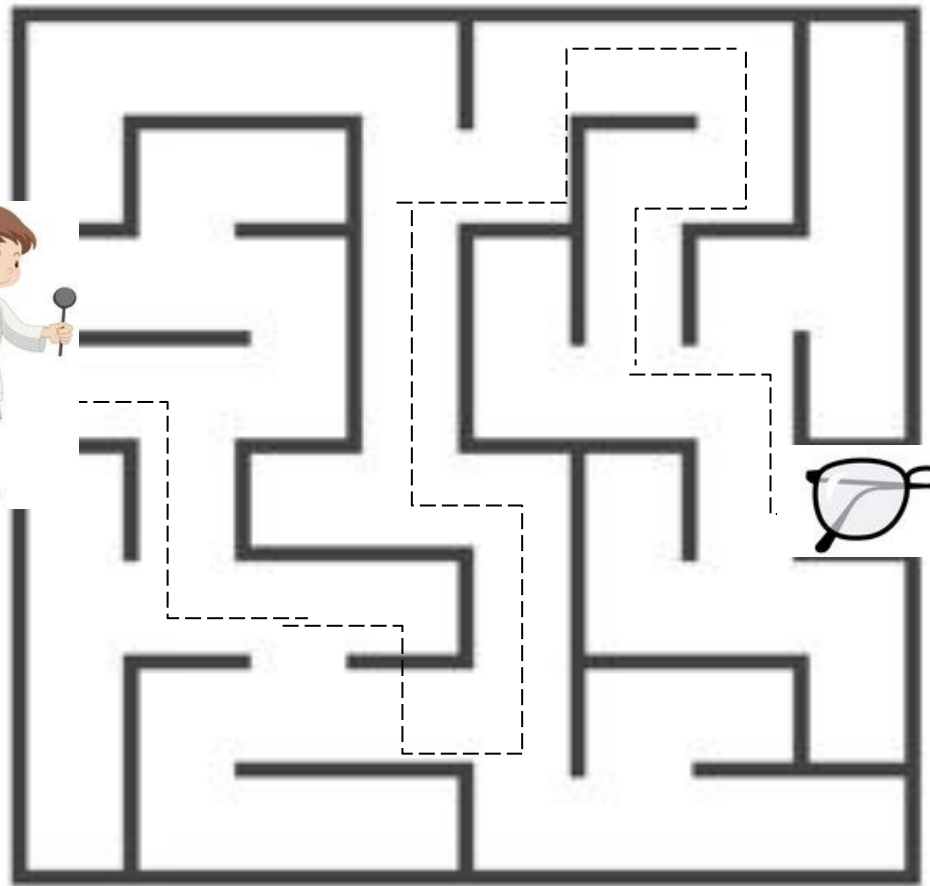
also uses the letter **O**
to be healthy by
identifying
trustworthy adults.

There are trusted adults that start
with the letter **O**:

OPTOMETRISTS help you care for eyes and
give you glasses.



Can you
help the
optometrist
get to her
glasses?



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

For more activities, visit www.drphc.org

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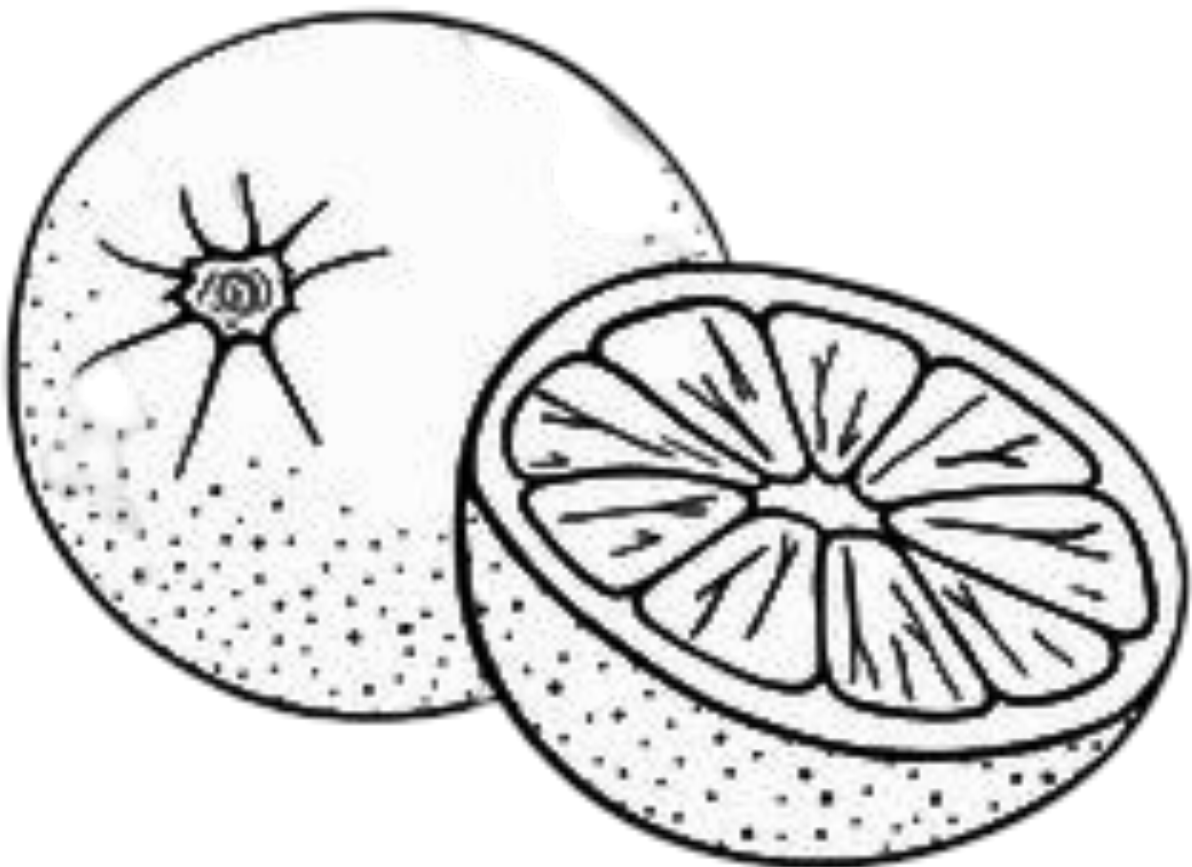
Oo



BERRY uses
the letter **O** to
be healthy by
eating **oranges**.

Oranges have lots of vitamin C which keeps your body extra healthy.

Color in the **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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Oo



BROC

uses the letter **O**
to be healthy by
eating **onions**.



ONIONS are healthy for your belly!

How many **onions** are there?

Answer: 4



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 **O**
to be active by
doing **obstacle**
courses!



An **obstacle** course is
made up of many
different activities.



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Oo



O uses the letter O
to be healthy by
knowing which O
animals live
outdoors!

During his morning walk, O saw many animals who start with O.

Match the animal to their name.

Owl

Ostrich

Otter



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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Outdoor play should
be supervised by a
trusted adult.



Never play **outdoors**
alone. It is easy to get
hurt when there are
no adults around.

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

likes to have his
water taste like
oranges!

Agua loves to drink **orange**
infused water. **Oranges** give
water a yummy, natural taste.



Count the **oranges**.



Answer: 6 oranges 1)

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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Oo



Pathy
uses the letter **O**
to be healthy by
opening up about
her feelings..

You can **open** up about your feelings by:

1. Finding someone you
trust to talk to

2. Finding some fun activities
to help you feel better



How are you feeling today? Be **open**!

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 likes to go **outside** to relax by:
Going **on** walks.



Draw what you can do **outside** to relax:

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

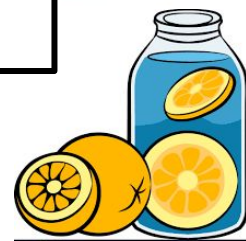
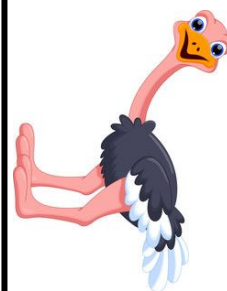
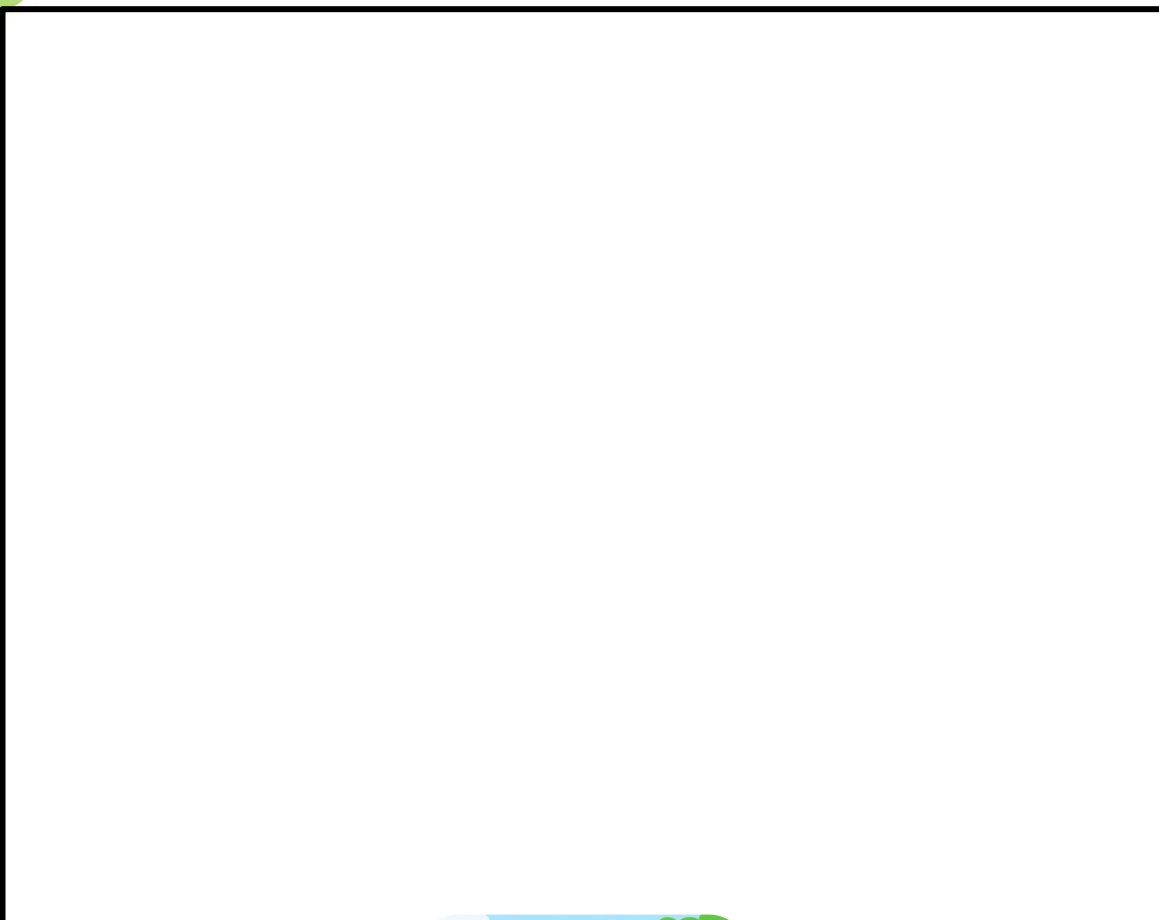


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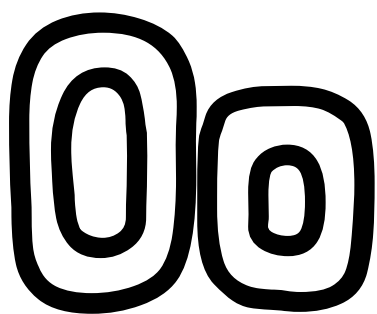
Can you draw a picture of
how you can use the letter
O to be more healthy?



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

- 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.
- 1.3.N Describe the benefits of being physically active.
- 5.1.N Describe ways to participate regularly in active play and enjoyable physical activities.
- 7.1.N Select nutritious snacks.
- 1.4.G Identify trusted adults who promote healthy growth and development (e.g., physicians, nurses, dentists, and optometrists).
- 1.9.S Recognize that anything may be poisonous or cause harm if used unsafely.
- 3.1.P Identify health care workers who can help promote healthy practices.
- 7.2.M Describe positive ways to show care, consideration, and concern for others.
- 4.2.M Cooperate and share with others.
- 7.1.S Follow rules for safe play and safety routines.

