



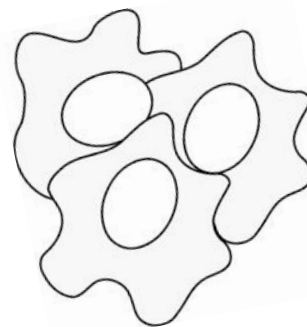
Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z

Using the letter

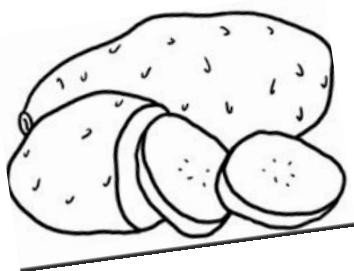


YO-YO

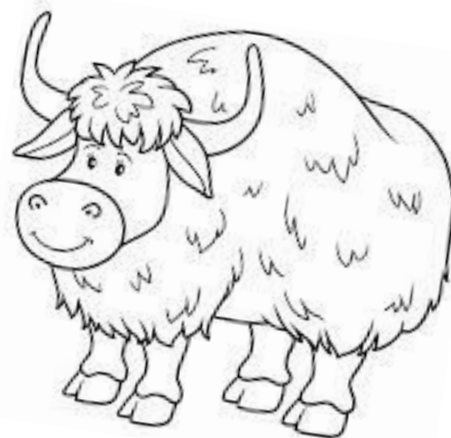


YOLK

Yy



YAMS



YAK

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



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

Yy



SMED

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

Trace and write these words 2 times each.

You You

Yes Yes

Color in the word **yes**.

YES

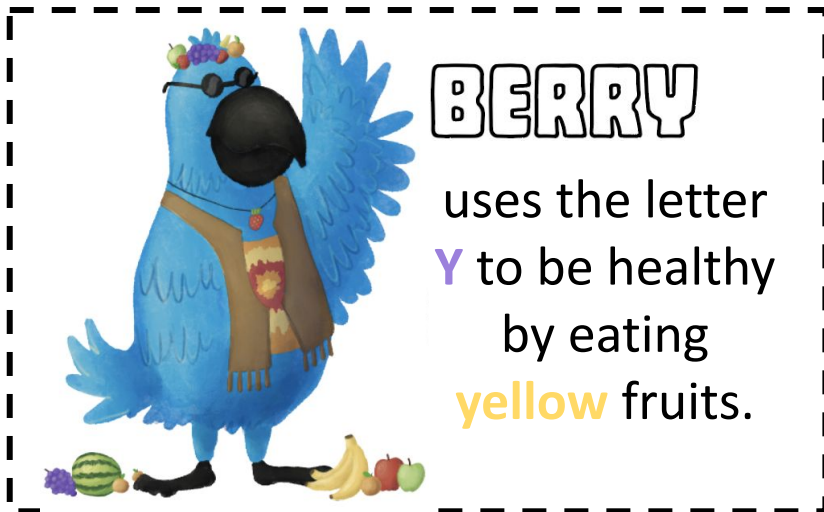
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

Yy



BERRY

uses the letter
Y to be healthy
by eating
yellow fruits.



Lemon



Banana



Pineapple

Circle **your** favorite **yellow** fruit!

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



Dr. Patricia's
HEALTH CLUB

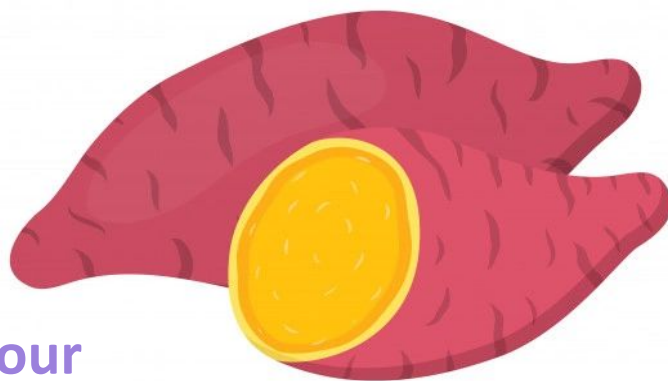
Being Healthy from A to Z

Yy



BROC

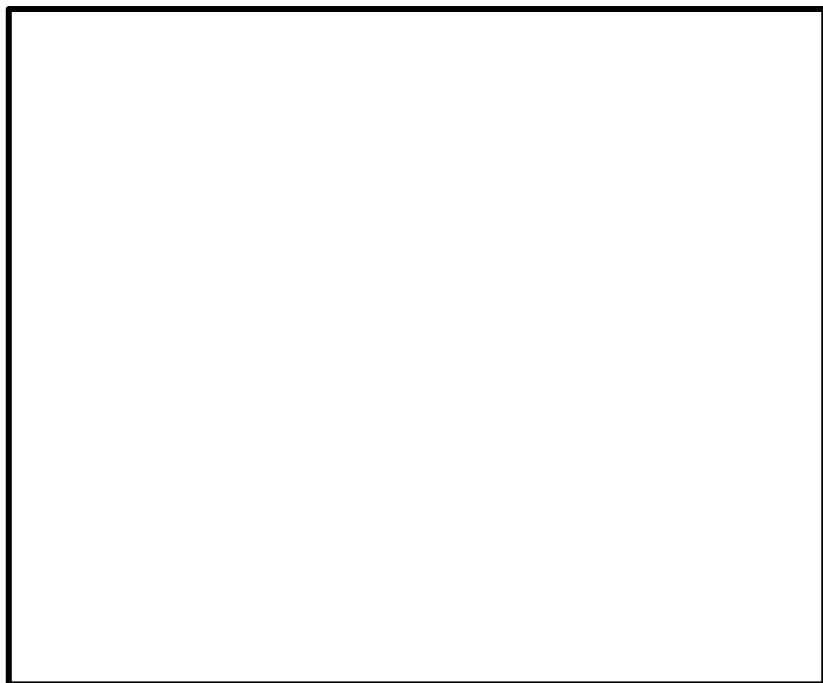
uses the letter **Y**
to be healthy by
eating **yams**.



Yams help **you** grow and make **your**
bones strong!

Yam

**Draw and color
your yam.**



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



Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z

Yy

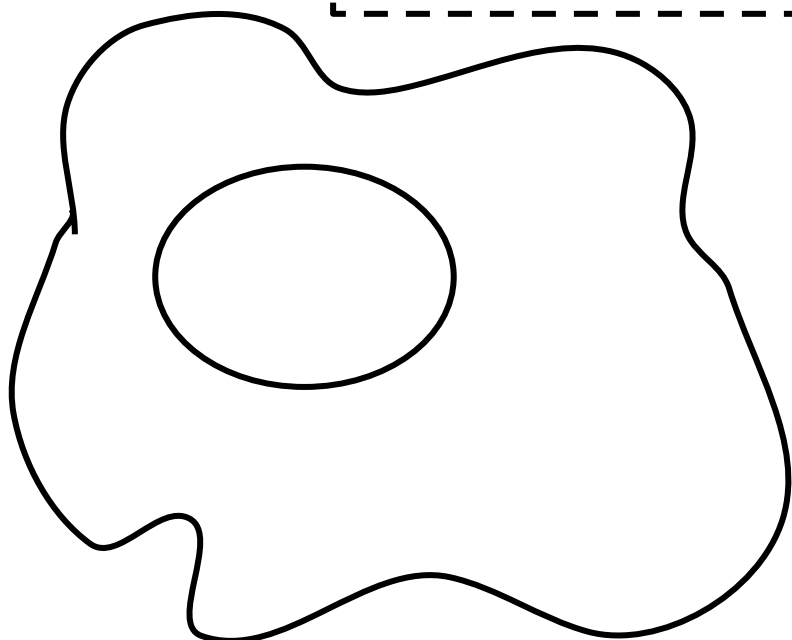
Spoon uses the
letter **Y** to eat
egg **yolks**!



Egg **yolks** give scrambled eggs a **yellow**
color, because **yolks** are usually **yellow**!



Color in the egg and **yolk**.



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



Yy



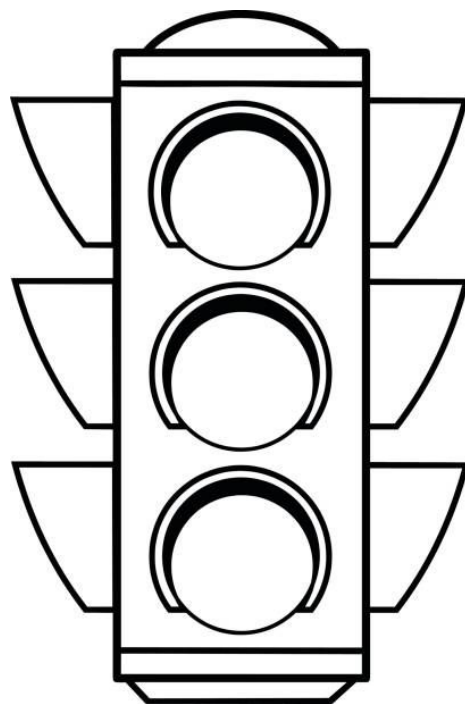
WARNER

uses the letter **Y** to be
healthy by knowing
street safety.

The **yellow** traffic
light means to slow
down and get ready
to stop.

Remember: **yellow** lights or signs means “Go Slow!”

Color in the light that
should be **yellow**.





Yy



WARNER

uses the letter **Y** to
be healthy by **yelling**
for help when he's in
danger.

If you **yell** for help, people will notice **you**
and help.

HELP! SOMEONE
PLEASE HELP ME!



Here are some things **you** can **yell** if
you're in danger:

- Help me!
- I don't know this stranger, leave
me alone!
- NO! Go away! I don't know **you**!

What else can **you yell** if **you** need help?

- _____
- _____
- _____



Dr. Patricia's
HEALTH CLUB

Being Healthy from A to Z

Yy



O uses the letter **Y**
to be healthy by
looking at **yaks**.

Yaks are a type of cow!

Color in the **yak**.



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

ILLUSTRATION CREDITS:

Designed by Freepik www.freepik.com



Yy



Sport

uses the letter **Y** to be
healthy by playing
yo-yo and doing **yoga**!



Playing with a **yo-yo** is fun! **You**
can learn cool new tricks and
make friends with this hobby.

Yoga is a good way
for **you** to relax.



Circle the activity
you would do!





Yy



Z
uses the letter **Y**
to be healthy by
doing **yoga** to
center herself.

Yoga is a mindful activity.

Yoga can lower stress!

Can **you** try one of these **yoga** poses?





Yy



Pathy

uses the letter **Y** to
be healthy by using
yarn to knit when
she has big feelings.

Pathy loves using the color **yellow** for her **yarn** because
yellow is a happy color!



You can knit lots of things
with **yarn**, like socks,
beanies, sweaters,
blankets, and scarves!



What **you** would knit with **yarn**?

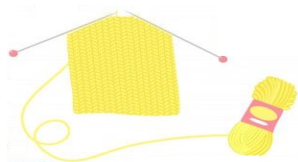


Dr. Patricia's HEALTH CLUB

Being Healthy from A to Z

Yy

Can **you** draw a picture
of how **you** can use the
letter **Y** 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



Health Standards

- 1.1N Name a variety of healthy foods and explain why they are necessary for good health
- 1.2N Identify a variety of healthy snacks
- 1.3N Describe the benefits of being physically active.
- 7.1N Select nutritious snacks
- 1.1S Identify safety rules for the home, the school, and the community
- 1.2S Identify emergency situations.
- 1.8S Identify ways to stay safe when crossing streets, riding a bicycle, or playing.

