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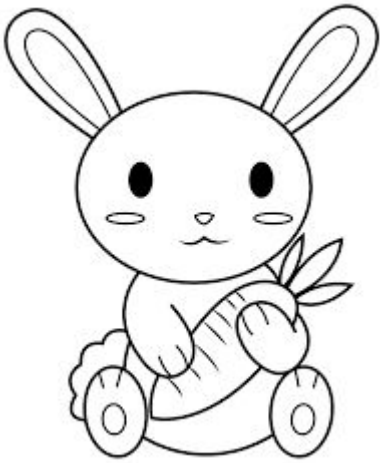
HEALTH CLUB
Being Healthy from A to Z

Using the letter



RABBIT

Rr

RAIN COAT

RASPBERRY

RADISH

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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Rr

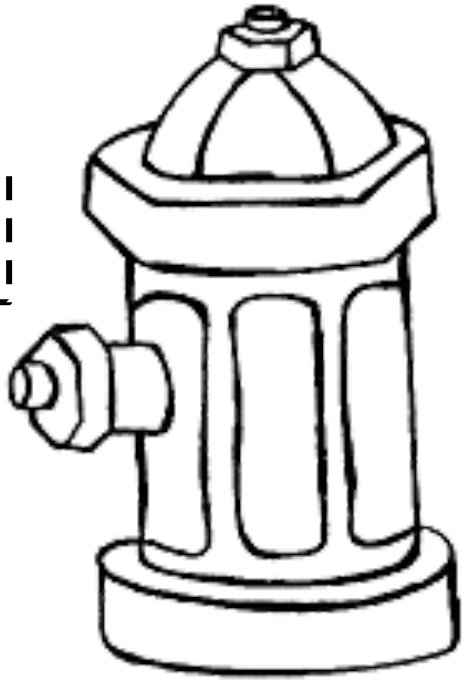
SMED uses the letter **R** to make his brain healthy by learning to **read**.

Trace and write these words 2 times each.

run run _____ _____

red red _____ _____

Color this fire hydrant red.



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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Rr

SMED 'S Science Lesson: Anatomy with the Letter **R**!

The letter R is the first letter in these body parts:

Ribs/rib cage

Ring finger

Can you wiggle your ring finger?

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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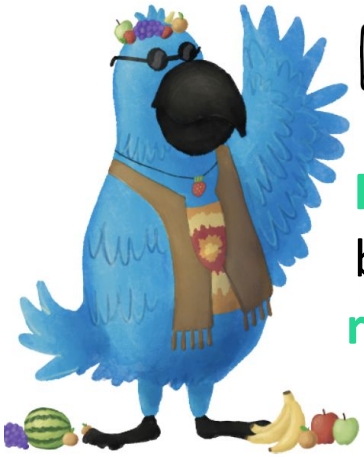
Rr



BERRY uses the letter **R** to be healthy by **reaching** for **raspberries** and **raisins**.

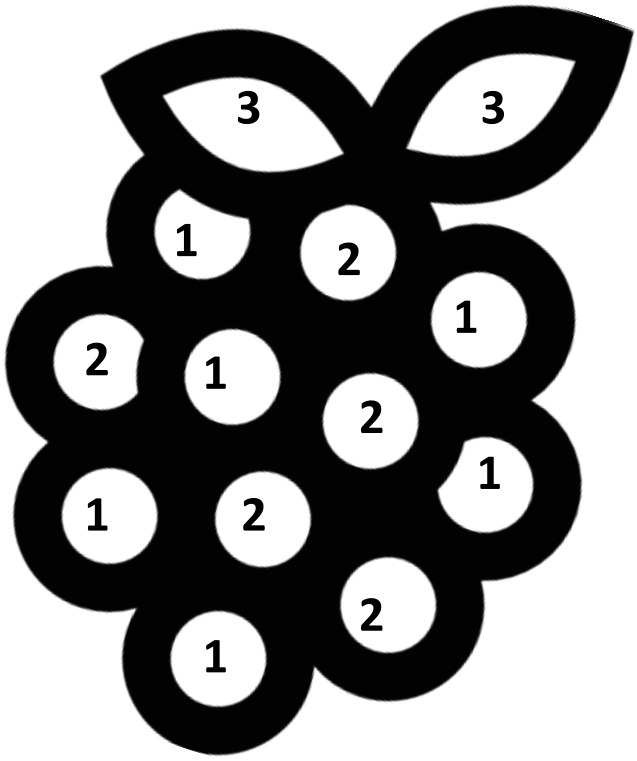
Raisins

Raspberry

Raisins are just dried out grapes!

Color by number to make the raspberry pretty!

1 - Red
2 - Pink
3 - Green



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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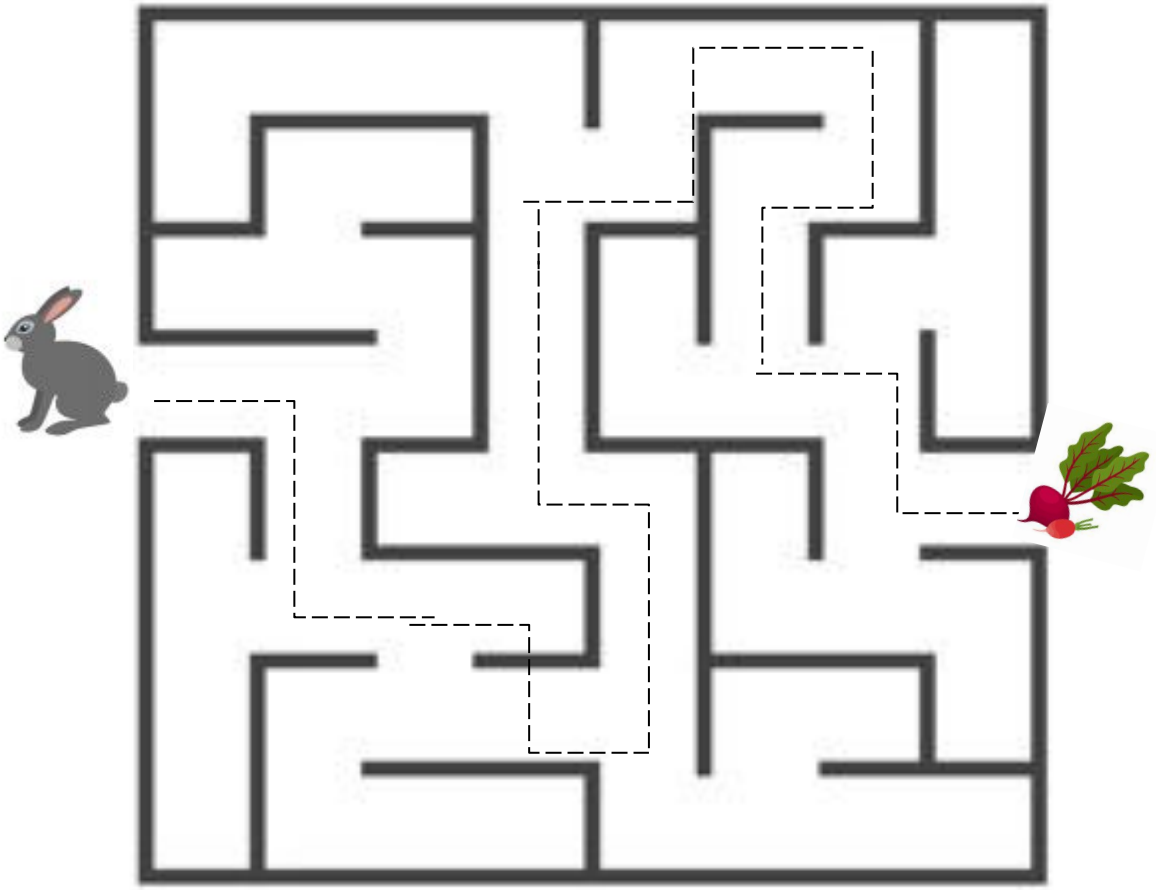
Rr

BROC uses the letter **R** to be healthy by eating **radishes**.

Help the rabbit get to his radish!

Radish



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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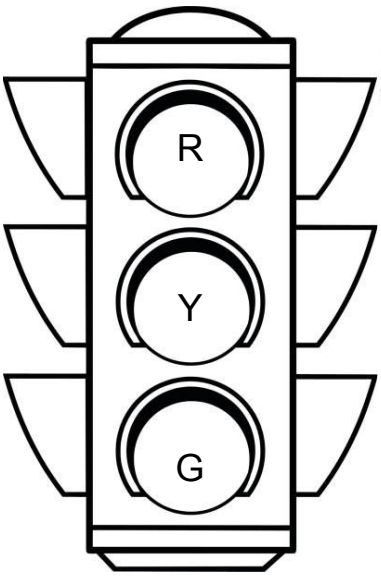
Rr

WARNER

uses the letter **R** to be healthy by following safety **rules** around **roads**.

Always cross a **road** with a trusted adult.



Color in the lights on this traffic light!

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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Rr

WARNER

uses the letter **R** to be healthy by being prepared for the **rain**.

Here are some items to use in the rain:

Rain boots

Umbrella

Rain Jacket

Color in your rain jacket.

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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Rr

O uses the letter **R** to be healthy by looking for animals on his walks outdoors.

Can you match these animals with their names?

RACCOON

RABBIT

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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Rr

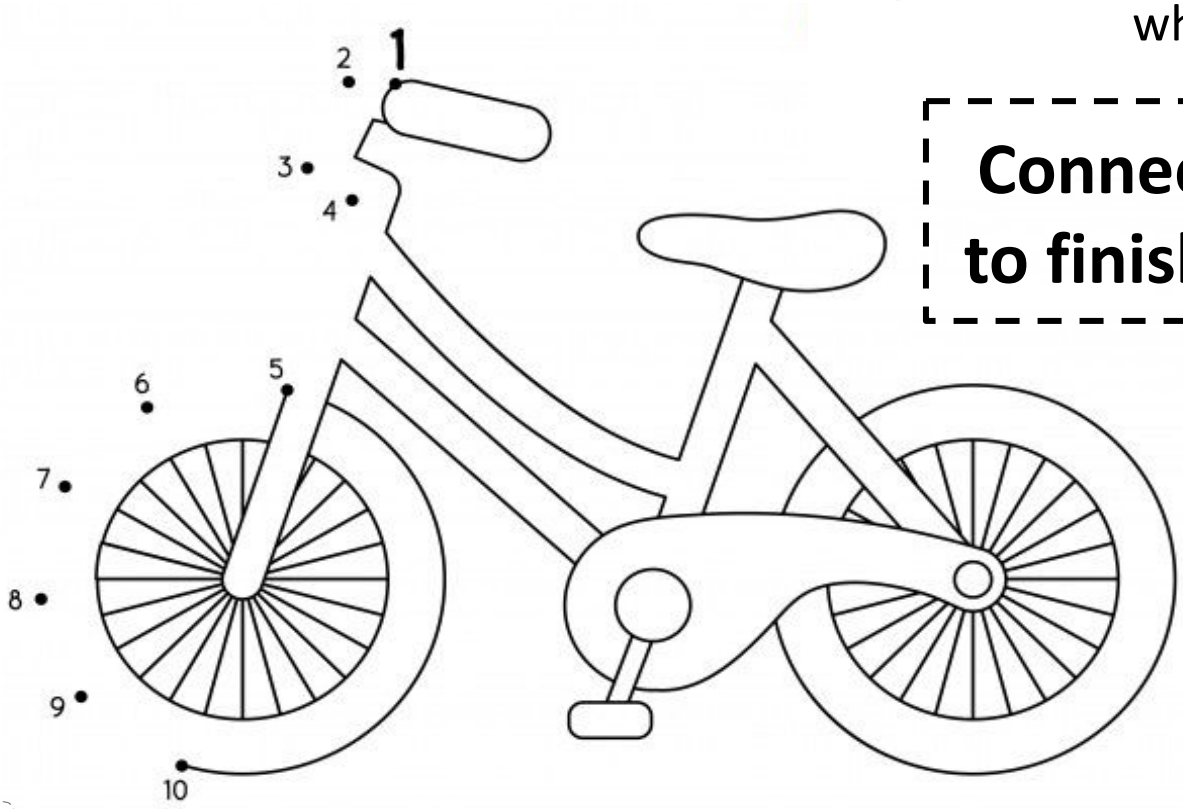
Sport

uses the letter **R** to be healthy by **running** and **riding** her bike.

Running

Riding a bike

Caw Caw*
Don't forget to wear a helmet when **riding** a bike.



Connect the dots to finish this bike!

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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Rr

Z uses the letter **R** to be healthy by **reading** a book to **relax**.

Draw your favorite book to read!

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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Rr

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

1.2.N Identify a variety of healthy snacks.

7.1.N Select nutritious snacks.

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

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.

1.5.G Name body parts and their functions.

1.1.S Identify safety rules for the home, the school, and the community.

1.8.S Identify ways to stay safe when crossing streets, riding a bicycle, or playing.

7.2.S Show how to cross the street safely.

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