



# I'm Happy & Healthy Activity Book!



Stephanie Scott

# Put On A Smiling Face!



## Face Painting!

These 2 kids want to be clowns. Paint on the smiles that these 2 children need. Draw on hearts, rainbows, flowers, or any other interesting designs. Have fun!

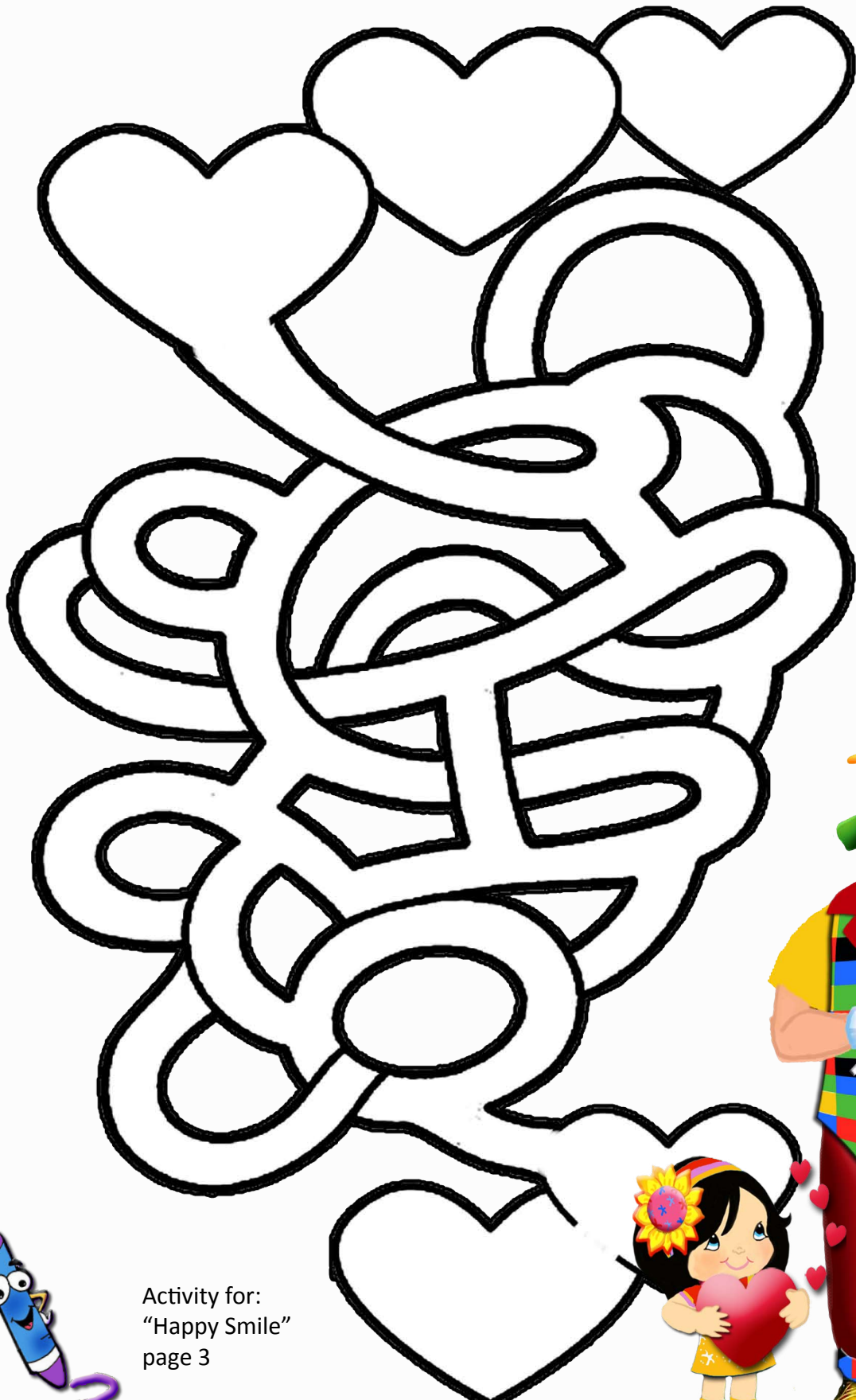


Activity for: "A Happy Smile" page 3

# Be an A-maze-ing Friend

Start at the top of the page. Follow the pathway to the hearts at the bottom of the maze. Draw your favorite friends in the hearts

F  
R  
I  
E  
N  
D  
S



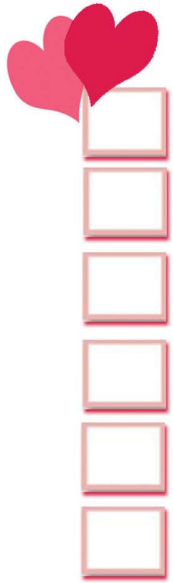
Activity for:  
"Happy Smile"  
page 3





# A Happy Smile!

Activity for: "A Happy Smile" page 3



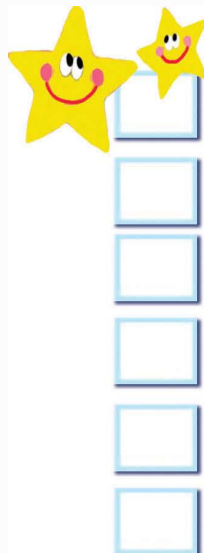
**BED MADE  
FACE WASHED  
TEETH BRUSHED  
CLEAN CLOTHES  
HAIR BRUSHED  
A SMILE ON MY FACE**



Let  
love be  
in your  
heart  
& mind.



And  
sprinkle  
drops of  
sunshine  
every day



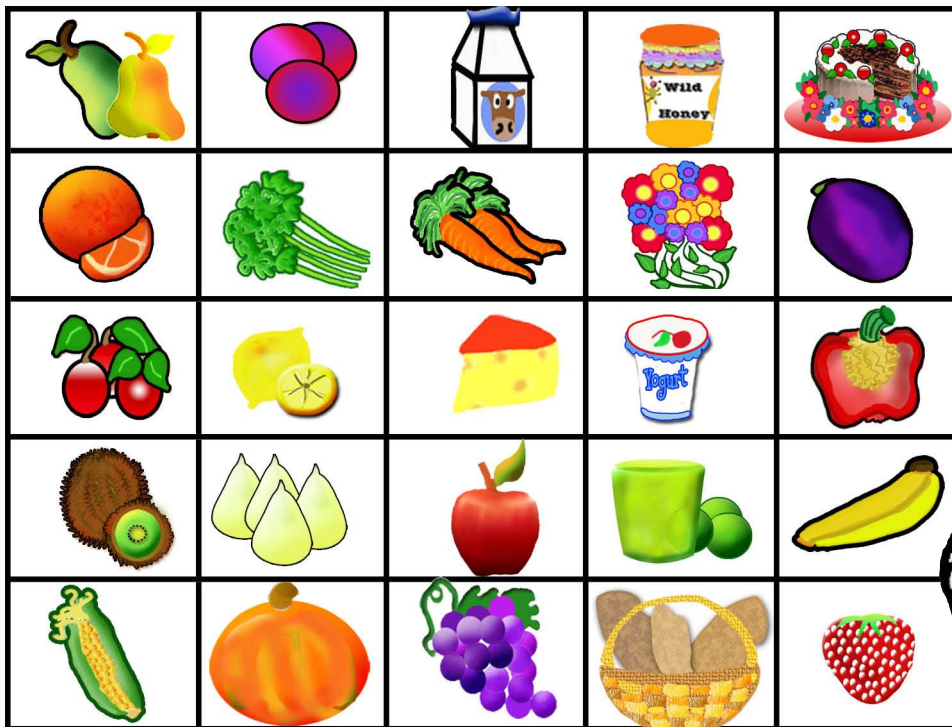
**BED MADE  
FACE WASHED  
TEETH BRUSHED  
CLEAN CLOTHES  
HAIR BRUSHED  
A SMILE ON MY FACE**



# Supermarket Dash!

What do you need to put in the shopping cart?

Cut out the squares of food and glue the ones you would put on your weekly menu.



Activity for: "Let's Eat Healthy!"  
page 8





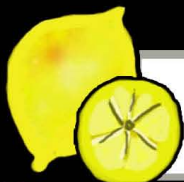
These are fruits that have lots of vitamins. Unscramble the words below. Write their names in the slots.

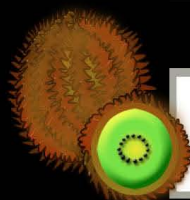
Activity for: "Let's Eat Healthy" page 8

# Let's Eat Healthy!







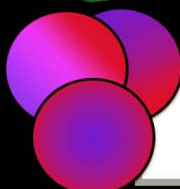
















## Vit. C



БЛУМЗ  
СНЕБЬЕЗ  
МАНГО  
ПЕЛВ

БАНАНА  
АБЪГЕ  
ОРАНЖЕ

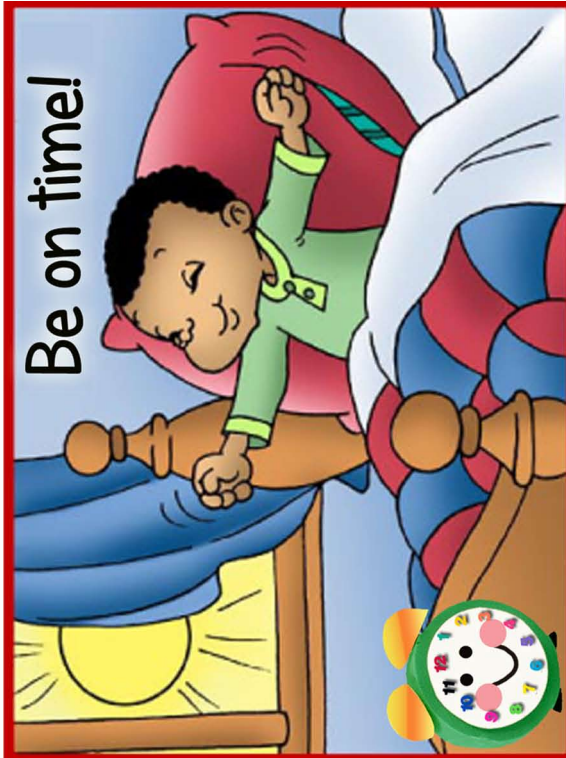
КИВИ  
СЪВЪЕЗ  
ГЕМОИ

# Be on Time CARDS

Extra activity for "I'm Happy and Healthy" book

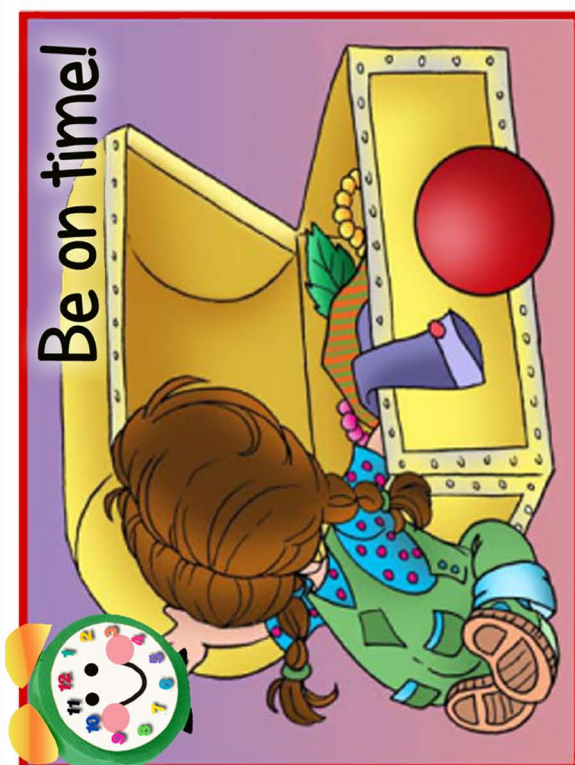
One way to show consideration is to be on time. If we know there may be lots of traffic or that it takes a long time to arrive at an appointment, then we should leave early so that we arrive on time. That is how we show that we really care enough for others. To teach children about time use an alarm clock. Tell the children you are going to set the alarm clock for 1 minute. Set the alarm and let them see and hear how short one minute is. Now try 5, 10, 30, and 60 minutes. Use these cards for *Talk Times*.

Activity for: "Be a Happy Helper" page 11





# Be on Time CARDS 2





# "Be a Happy Helper"

Activity for : "Be a Happy Helper" page 11

## ACCOMPLISHMENTS

I did these extra things to help. I know it just takes one person to make the world a better place. I want to be a happy helper.



signed: \_\_\_\_\_

DATE

LOVING DEEDS

_____	_____
_____	_____
_____	_____

## ACCOMPLISHMENTS

I did these extra things to help. I know it just takes one person to make the world a better place. I want to be a happy helper.



signed: \_\_\_\_\_

DATE

LOVING DEEDS

_____	_____
_____	_____
_____	_____

## ACCOMPLISHMENTS

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signed: \_\_\_\_\_

DATE

LOVING DEEDS

_____	_____
_____	_____
_____	_____

## ACCOMPLISHMENTS

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signed: \_\_\_\_\_

DATE

LOVING DEEDS

_____	_____
_____	_____
_____	_____

photocopy / or print as many copies as you need

## ACCOMPLISHMENTS

I did these extra things to help. I know it just takes one person to make the world a better place. I want to be a happy helper.



signed: \_\_\_\_\_

DATE

LOVING DEEDS

_____	_____
_____	_____
_____	_____

## ACCOMPLISHMENTS

I did these extra things to help. I know it just takes one person to make the world a better place. I want to be a happy helper.



signed: \_\_\_\_\_

DATE

LOVING DEEDS

_____	_____
_____	_____
_____	_____

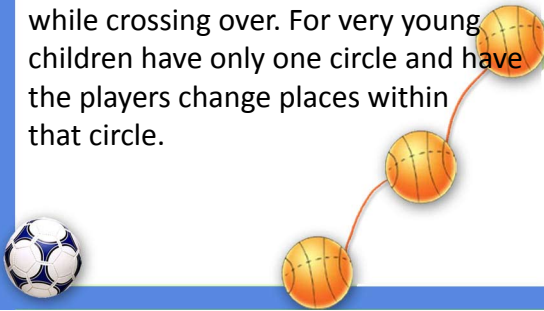
# Everyday Fun Games!

Activity for: "Be Wise---Exercise!" page 14

## Circle to Circle

The group forms two circles. When the leader calls "Change" everyone changes sides to stand in a new place in the other circle.

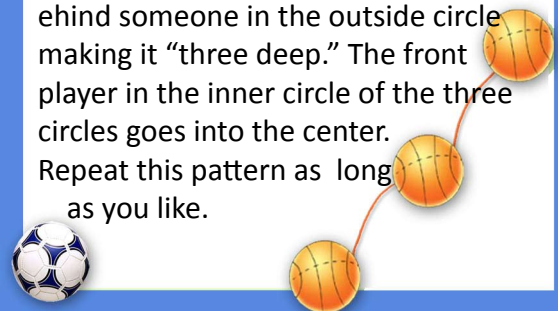
No one must touch anyone else while crossing over. For very young children have only one circle and have the players change places within that circle.



## Three Deep

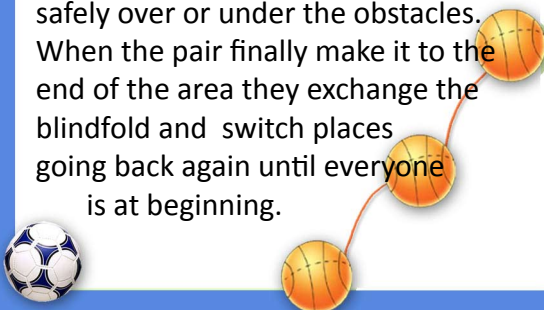
Make two circles, one inside the other. One player holds a ball in the center of the two circles. The center player throws the ball to someone in the inner circle then runs and stands behind someone in the outside circle making it "three deep." The front player in the inner circle of the three circles goes into the center.

Repeat this pattern as long as you like.



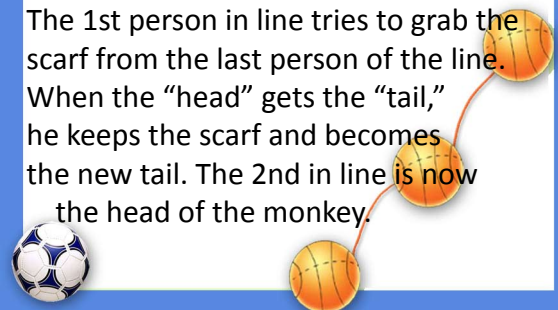
## Lead On Relay

Set up obstacles in the play area chairs, boxes etc. Pair up partners into teams. Each team pretends that they are on a long journey. One of the pair is blindfolded & must be led safely over or under the obstacles. When the pair finally make it to the end of the area they exchange the blindfold and switch places going back again until everyone is at beginning.



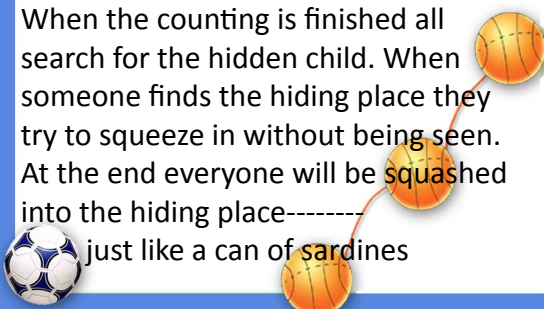
## Catch the Monkey's Tail

Use a large scarf or piece of cloth. All players line up with their hands on the waist of the person in front of them. The last person in line tucks one end of the scarf in his back pocket or belt. The 1st person in line tries to grab the scarf from the last person of the line. When the "head" gets the "tail," he keeps the scarf and becomes the new tail. The 2nd in line is now the head of the monkey.



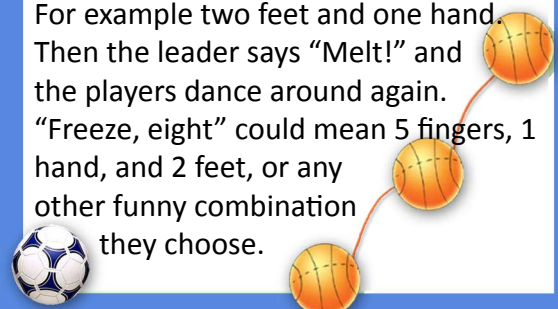
## Sardines

Hide-and-seek game in reverse. Everyone except one child counts to 100 with their eyes closed. The single player finds a place to hide that is big enough to hold everyone in the game. When the counting is finished all search for the hidden child. When someone finds the hiding place they try to squeeze in without being seen. At the end everyone will be squashed into the hiding place----- just like a can of sardines



## Melt & Freeze

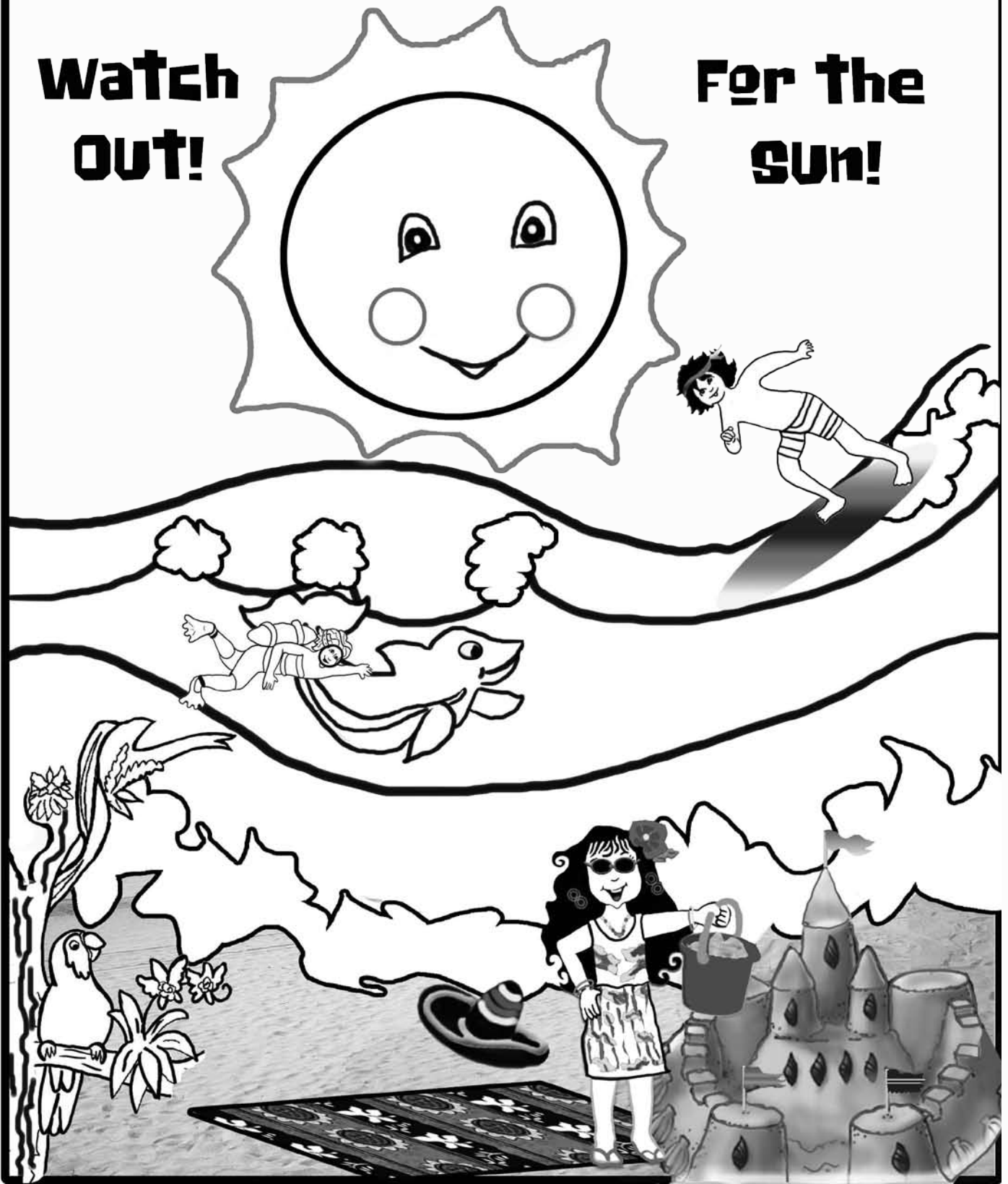
Start playing music to dance to. After a few seconds the leader calls "Freeze!" and a number, such as 3, then all players must stop and touch the floor with three body parts. For example two feet and one hand. Then the leader says "Melt!" and the players dance around again. "Freeze, eight" could mean 5 fingers, 1 hand, and 2 feet, or any other funny combination they choose.





# Watch Out!

# For the Sun!



The Sun has dangerous rays that can hurt us in the summer. Do you know what can protect us from these rays? Unscramble the words below. Then color the picture.

nuseecsrn  
valoear

weltos  
ents

bmilleursa  
gnolsveeles

tsha

hades



