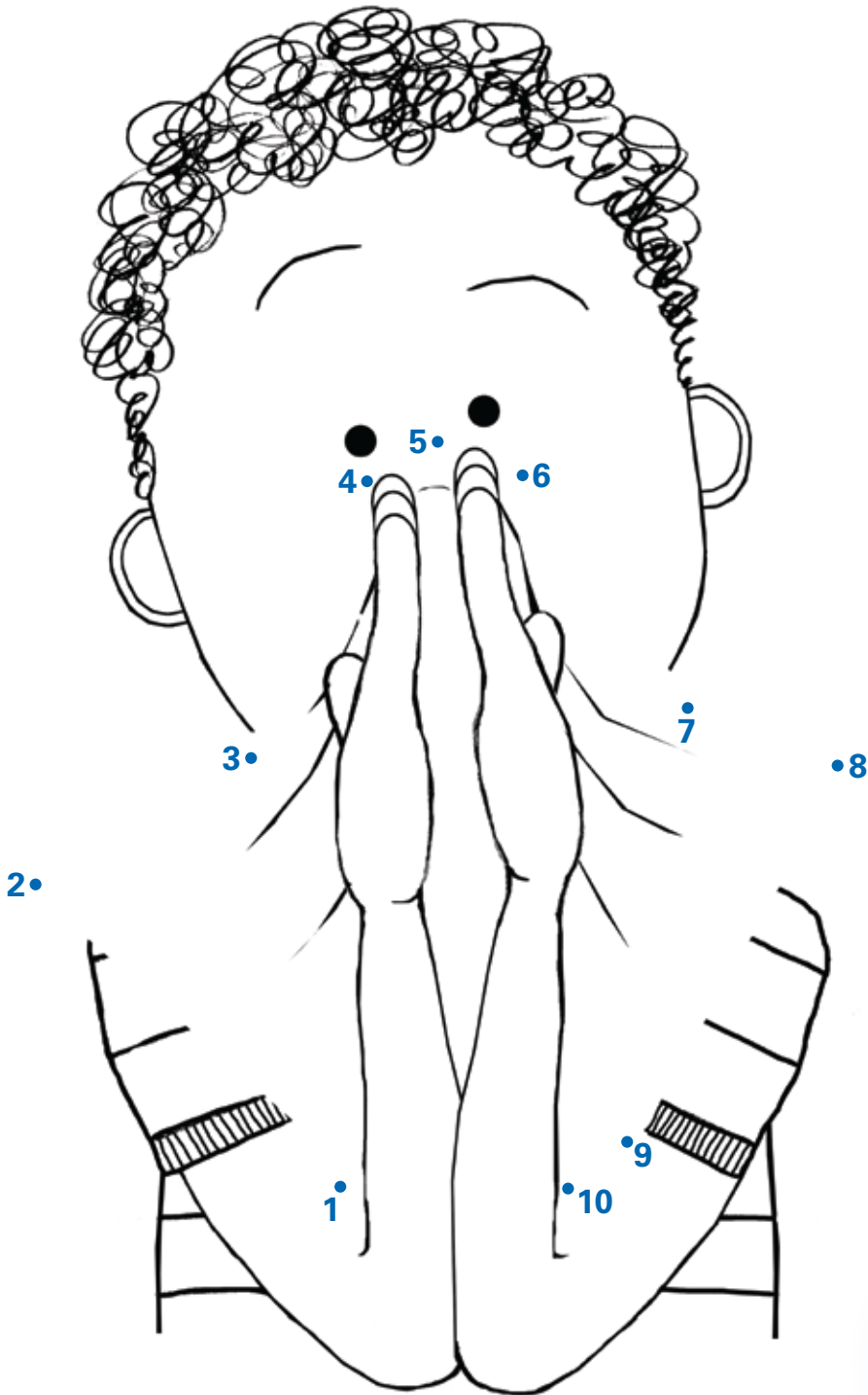




# Take Cover!

Photocopy & share with students

Connect the dots from 1 to 10 to find what's missing. Then color in the picture.



Cover your mouth with a \_\_\_\_\_ when you cough or sneeze!



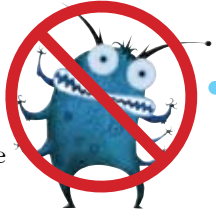
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Photocopy & send home

# Make the Connection

Help your child draw a line between the dots that go together. Then post this sheet on your fridge as a reminder to make sure you and your family connect the dots to healthy behaviors every day.



Eat healthy meals as a family



Walk or play outside together



Relax with a good book



Snack on fruits and vegetables



Practice good hand washing



Brush teeth twice a day



Use a tissue when you cough or sneeze



Get a good night's sleep

