Have children color in one worksheet after each daily read-aloud to reinforce the book’s main take-away and celebrate the child’s daily achievement. Once the collection and worksheets have been completed, display the worksheets or bind them to form a book for children to enjoy.
I HAVE TO TAKE CARE OF MY BODY, INSIDE AND OUT.
A BALANCED DIET ON MY PLATE IS GREAT!
VEGETABLES ARE YUMMY!
HEALTHY FOODS AND DRINKS FUEL MY BODY.
EXERCISE IS FUN AND HEALTHY!
I NEED TO KEEP MY TEETH HEALTHY TOO!
EYE DOCTORS HELP MY VISION.
GERMS SPREAD AND CAN MAKE PEOPLE SICK.
THERE ARE SO MANY THINGS I CAN DO TO STAY HEALTHY!