



*Adult Enrichment Center*  
1813 E Dyer Rd. Unit 411  
Santa Ana, Ca. 92705

**AEC Remote Services | Health and Wellness | Monday April 19<sup>th</sup>, 2021- Friday April 30<sup>th</sup>, 2021**

Thank you for participating in AEC remote services.

**Today we have four topics within this curriculum:** Healthy Snack Options, Earth Day YouTube Fitness Videos, Health and Wellness Worksheets, and Phone and YouTube Questions.

*Items Needed: Screen Sharing Capability*

*Optional Materials: writing utensils, scissors, and glue.*



**Option 1 | Healthy Snacks: Earth Day PB&J Lunch and Sun Butter  
Krispies |HF-LF**

**1. Earth Day PB&J Lunch**



## **Earth Day PB&J Lunch**

**2 Pieces of Bread**

**Apple Jelly**

**Peanut Butter**

**Green & Blue Food Coloring**

**1 Large Pretzel Rod**

**A few Pretzel Sticks**

**4 Green Grapes**

**Broccoli**

Start out by cutting the bread into a circle using a round cookie cutter, glass, or kitchen scissors. Spread peanut butter in between the round slices. Scoop out 2 small spoon fulls of apple jelly in 2 small bowls. Tint one green and the other blue with a small drop of color. We added the blue jelly first for the water and then the green. Place it on a plate. We used a pretzel rod to make a tree. We used pretzel sticks to make branches and broccoli for the leaves. You could also used cucumbers, green grapes, kiwi, salad, etc... We cut green grapes in half for grass.

## 2. SunButter Krispies



# SunButter Krispies



[SunButter Squad](#)

# Quick Eats

# Sweets

**Start to Finish:** 20 Minutes

**Servings:** 16 Bars

### Ingredients >

#### **BARS**

1 cup sugar

1 cup light corn  
syrup

1 cup SunButter®  
(any variety)

6 cups crisp rice  
cereal

#### **FROSTING**

1 (6oz) bag  
chocolate chips\*

1

(6oz) butterscotch  
chips\*

\*Check packaging  
for allergen  
information.

### Directions >

#### **BARS**

In a large saucepan, bring sugar and syrup to a boil. Remove from heat and add the SunButter; stir until well blended. Add cereal; stir until well coated. Lightly press into a greased 9×13-inch pan.

#### **FROSTING**

In medium microwaveable bowl, heat chocolate and butterscotch chips until just melted, checking in 30 second increments. Remove from microwave and stir until smooth. Spread on top of bars.

## Option 2 | YouTube Fitness and Video's | HF

### 1. Earth Day This or That Workout | 8 minutes Cardio

YouTube Link: <https://youtu.be/7xQwsf9qHDQ> (8 minutes)

### 2. Mission: Save Earth-

YouTube Link: <https://youtu.be/9SNlv8E17Q4> (7 minutes)

### 3. Earth Day Themed Adventure Workout

YouTube Link: [https://youtu.be/\\_2iiJhVLpB8](https://youtu.be/_2iiJhVLpB8) (20 minutes)

### 4. The Mutant Game- Earth Day

YouTube Link: <https://youtu.be/5JclmCffRsw> (5 minutes)

### 5. Earth Day Yoga

YouTube Link: <https://youtu.be/jaDceUnhuH0> (13 minutes)

### 6. Earth Day Cosmic Kids Yoga

YouTube Link: <https://youtu.be/bcNhWa18nuE> (40 minutes)

### 7. 1 Mile at Home Walk with Nick

YouTube Link: <https://youtu.be/gsCxdsrV5Fc> (15 minutes)

### 8. Strength Training Workout

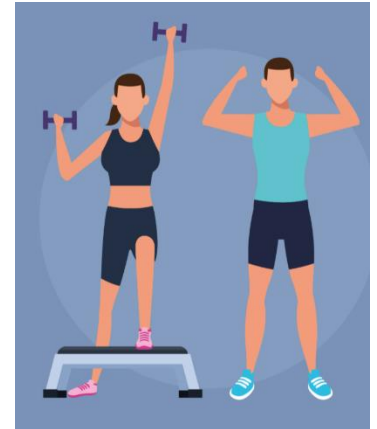
YouTube Link: <https://youtu.be/TQsogCrcei8> (7 minutes)

### 9) 1 Mile in Home Walk!

YouTube Link: <https://youtu.be/KCe3ZS7pAC4> (15 minutes)

### 10) Seated Workouts & Standing Workouts

YouTube Link: <https://youtu.be/7smyeJy42z8> (14 minutes)



## Option 3|Health and Wellness Worksheets| HF

### Nutrition Worksheets |HF

#### 1. My Health and Wellness Plan

Directions: write about what you are doing to stay healthy, and what are some new things you can try to become even more healthier.

**Nutrition**  
insert

**Exercise**  
insert

**My Health & Wellness Plan**  
insert

**Mindfulness**  
insert

**Other**  
insert

## 2. Nutrition Facts

Directions: read the nutrition facts then fill out the blanks.

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 90</b>	Calories from fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>5%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

1. What is the serving size? \_\_\_\_\_
2. How many servings are in one container \_\_\_\_\_
3. How many mg of sodium are in this product? \_\_\_\_\_
4. How many grams of protein are in this product? \_\_\_\_\_
5. What is the total carbohydrate daily total percentage? \_\_\_\_\_
6. How many calories are from fat? \_\_\_\_\_

### 3. Nutrition Label Analysis

Directions: Read the labels on the donuts then answer the questions.





## Nutrition Label Analysis

1. How many pieces are in a serving size?

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2. How many calories per serving?

---

3. How much fat per serving?

---

4. How much sugar per serving?

---

5. How much sodium (salt)?

---

6. How much protein?

---

7. What is the top ingredient in your product?

---

8. Are there any vitamins or other important nutrients in your product?

---

9. Based on the nutrition facts, do you think this is a healthy food or a not so healthy food? EXPLAIN and GIVE EVIDENCE

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#### 4.Cause and Effect

















Directions: the worksheet for directions.

### Cause and Effect

Dragon did not make very healthy food choices. We need to choose our foods more wisely than he did! Cut out the food pictures and place them in the correct box.

<p>Cause: Eat these <u>healthy</u> foods. Effect: Your body will be healthy.</p>	<p>Cause: Eat these <u>unhealthy</u> foods. Effect: Your body will not be so healthy.</p>
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## 5. Brown Bag It

Directions: list healthy foods to fill your lunch bag.

# Brown Bag It !



List healthy foods to fill your lunch bag.

**GRAINS** (whole)

**VEGETABLES**

**FRUITS**

**MILK**  
(dairy products)

**MEATS**  
(and beans)

Name \_\_\_\_\_

## 6. Healthy Foods Wordsearch

Directions: find the words.

### Healthy Food Wordsearch

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

AVOCADO  
BROCCOLI  
CARP  
CARROT  
GRAPEFRUIT  
MILK  
ORANGE  
PUMPKIN  
SEAFOOD  
SWEETCORN  
TOMATO  
VEAL  
WALNUT  
YOGHURT

## 7. Healthy Cooking Journal

Directions: Complete the sentences.

Name: \_\_\_\_\_

### Healthy Cooking and You

1. What does it mean to be healthy?  
\_\_\_\_\_  
\_\_\_\_\_
2. Would you say you eat healthy?  
\_\_\_\_\_  
\_\_\_\_\_
3. Who cooks at home? Do you help this person to cook?  
\_\_\_\_\_  
\_\_\_\_\_
4. If there is no food ready for dinner at home, will you cook something?  
\_\_\_\_\_  
\_\_\_\_\_
5. Describe a delicious healthy meal you would be able to cook.  
\_\_\_\_\_  
\_\_\_\_\_
6. What is your favorite meal? Is it healthy?  
\_\_\_\_\_  
\_\_\_\_\_
7. Would you like to have healthy cooking classes at school? Why? Would it be beneficial?  
\_\_\_\_\_  
\_\_\_\_\_
8. Give yourself a grade for making healthy nutritious choices? \_\_\_\_/10
9. Give your family a grade for making healthy nutritious choices? \_\_\_\_/10
10. How could you help your family to make better food choices?  
\_\_\_\_\_  
\_\_\_\_\_

## 8. Oranges Unscramble

Directions: unscramble each word and write it in the blank provided.

Name \_\_\_\_\_ Date \_\_\_\_\_ Teacher \_\_\_\_\_



# ORANGES

## WORD SCRAMBLE



Unscramble each word and write it in the blank provided.

1. TCUSIR \_\_\_\_\_
2. LCOOR \_\_\_\_\_
3. EFHRS \_\_\_\_\_
4. TIRFU \_\_\_\_\_
5. ROAHRC D \_\_\_\_\_
6. ECJIU \_\_\_\_\_
7. RDUNO \_\_\_\_\_
8. NSIOCTE \_\_\_\_\_
9. SEDSE \_\_\_\_\_
10. EWSET \_\_\_\_\_
11. TEER \_\_\_\_\_
12. IAMISVNT \_\_\_\_\_
13. OCEIULDS \_\_\_\_\_

JUICE  
SWEET  
FRESH  
ORCHARD  
TREE

VITAMINS  
CITRUS  
DELICIOUS  
FRUIT

SECTION  
COLOR  
SEEDS  
ROUND

**9. Build Your Snack**

Directions: create your own snack. Write what items you would include on your snack

# BUILD-A-SNACK

## The Healthy Way!

**ZIP-IT**

- Popcorn
- Veggie Sticks
- Mixed Nuts
- Cheese Cubes
- Dried Fruit
- Cereal Mix
- Trail Mix
- Granola

**DIP-IT**

- Quesadilla
- Breadstick
- Kabob
- Salsa, Bean Dip
- Marinara Sauce
- Frozen Fruit
- Dried Fruit
- Banana
- Apple Slice
- Yogurt
- Apple Sauce
- Low Fat Pudding
- Graham Cracker
- Baby Carrots
- Sandwich Squares
- Peanut Butter
- Celery
- Veggie Dip

**ROLL-IT**

- Pita
- Hummus Dip
- Tomato String Cheese
- Meat
- Lettuce
- Beans
- Tortilla or Pita
- Pancake
- Butter
- Cream Cheese
- Fruit Spread

**MIX-IT**

- Milk Smoothies
- Banana
- Ice
- Yogurt
- Berries

**My Favorites!**

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# Healthy Habits and Hygiene

## 1. Healthy Habits Writing

Directions: draw the healthy habits below and write down why they are important to you?

# Healthy Habits



Did you know that washing your hands can flush germs down the drain? What about that eating healthy, getting sleep, and exercising can strengthen your body, mind, and immune system? Well... what about that being happy and staying positive can boost your mental mood and strengthen your brain?



There are many habits that are good for us and practicing them often can help our bodies and minds stay fit and healthy for a long time! Can you draw the healthy habits below and write down why they are important to you?

Washing your hands	..... ..... ..... .....
Eating healthy	..... ..... ..... .....
Getting enough sleep	..... ..... ..... .....
Exercising regularly	..... ..... ..... .....
Being happy and positive	..... ..... ..... .....



## 2. Positive Habits for School Success

Directions: read the 5 habits for school success below.

Name \_\_\_\_\_ Date \_\_\_\_\_

# Positive Habits for School Success

**Directions:** Read the 5 Habits for School Success below.

Fill in the blank to tell how you will show that habit.

**Sleep Habits**  
I plan to go to bed at \_\_\_\_\_  
every night so I feel  
awake and ready to  
learn the next day.

**Healthy Breakfast**  
I can eat healthy food  
for breakfast, such as  
\_\_\_\_\_  
or \_\_\_\_\_.

**Positive Attitude**  
When something is  
hard for me at  
school, I will tell  
myself  
" \_\_\_\_\_ "  
AND try a new  
strategy, ask for  
help, or try again.

**Being Prepared**  
I will make sure I am  
prepared for school by  
having my bookbag,  
\_\_\_\_\_, and  
\_\_\_\_\_ everyday.

**When I Need Help**  
When I need help, I can talk to  
\_\_\_\_\_ or  
\_\_\_\_\_.

### 3. Healthy Habits Reading and Writing

Directions: read then answer the questions.

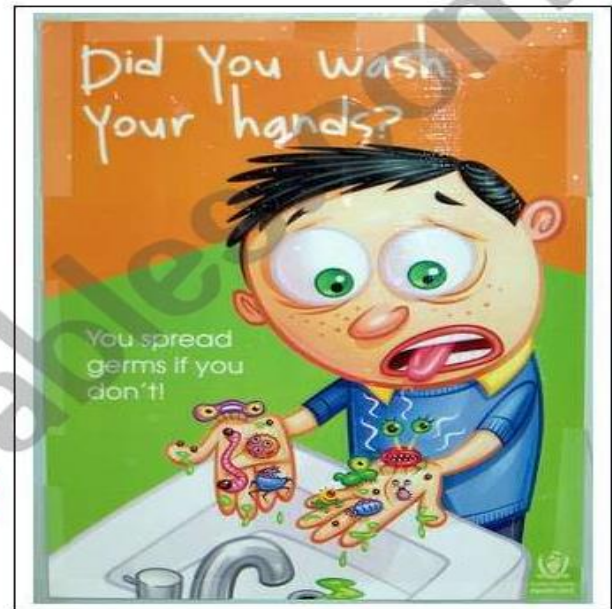
# HEALTHY HABITS

Healthy habits such as washing your hands often can protect you from getting germs or spreading them at home or school. Actions like covering your mouth and nose with a tissue instead of your hands when coughing or sneezing can stop germs and prevent illnesses. This is also why you shouldn't put your fingers in your eyes, nose or mouth.

More than two hundred million microbes roam on your hands. Some of them can cause food poisoning, colds, flu and several infections. 80 per cent of common infections are caused when touching contaminated surfaces such as sinks, door handles, and many more.

This is why making a habit of washing your hands with soap before eating and after using the toilet can save lives.

**Handwashing is important  
because YOU are important!**



**Let's work:**

1.-How often do you wash your hands?

\_\_\_\_\_

2.-How long does it take you to wash your hands?

\_\_\_\_\_

3.-Ask your friends and complete the chart:

Name	0 seconds	5 seconds	10 seconds	15 seconds	20 seconds

#### 4. Healthy Habits Reading

Directions: read then answer the questions.

# Healthy habits

1. - Say whether the next sentences are True or False according to the text.  
Correct the false ones and make them true.



Hi, my name is Fernando Torres and I'm a top football player. I consider myself as a healthy person. In order to keep fit I do physical exercise everyday, I usually sleep for nine hours a day and I sometimes read a book before going to sleep. I like computer games but I only play two or three times a week. I almost never watch TV. I love fruit and vegetables. I almost never eat fast food.

- a) Torres is a healthy man. \_\_\_
- b) He often does physical exercise. \_\_\_
- c) He sometimes sleeps for 9 hours a day. \_\_\_
- d) He usually watches TV. \_\_\_
- e) He sometimes plays computer games. \_\_\_

2. - Use a tick (✓) if you think the next habits are good for you, and a cross (✗) if you think they aren't.

- I never read. \_\_\_
- I never eat fast food. \_\_\_
- I watch TV for three hours a day. \_\_\_
- I sleep at least for nine hours a day. \_\_\_
- I wash my hands with soap. \_\_\_
- I don't eat nutritious food. \_\_\_



## 5. Hygiene Wordsearch

Directions: find the words.

**hygiene**

T O W E L S T D  
T S P L T H O E  
O H A I O A I O  
O O P Q O M L D  
T W E U T P E O  
H E R I H O T R  
B R T D P O P A  
R G O S A S A N  
U E W O S H P T  
S L E A T O E B  
H G L P E W R A  
G C O M B E G T  
S O A P S R S H

TOWEL  
DEODORANT  
SOAP  
TOILET PAPER  
TOOTHPASTE  
TOOTHBRUSH  
COMB  
SHAMPOO  
SHOWER  
BATH  
PAPER TOWEL  
LIQUID SOAP  
SHOWER-  
GEL



## 7. Personal Hygiene

Directions: use the cues below to do the crosswords.

### PERSONAL HYGIENE

ACTIVITY 1: Use the cues below to do the crosswords. Which word in the pink column do you find?



1. He is currently .....



his teeth

2. I have a .....



in my teeth because I ate a lot of sweets and

cakes at night.

3. Eating fruits and .....



is said to be very good

for your health.

4. - What is she doing?

- She is .....



her nails. She just borrowed my

nail-clipper.

## 8. Hygiene Survey

Directions: answer the questions.

### HYGIENE SURVEY

1.) Do you regularly take a shower?

- a. Always                      b. Sometimes                      c. Never

2. Do you take a shower after exercise?

- a. Always                      b. Sometimes                      c. Never

3. Do you wash your hands after meals?

- a. Always                      b. Sometimes                      c. Never

4. Do you use your friend's / brother's / sister's hair brush?

- a. Never                      b. Sometimes                      c. Always

5. How often do you brush your teeth a day?

- a. Three Times                      b. Twice                      c. Once

6. How often do you drink cold water after sports?

- a. Never                      b. Sometimes                      c. Always

7. How often do you put a rubbish into bin?

- a. Always                      b. Sometimes                      c. Never

8. Do you go into room with your shoes?

- a. Never                      b. Sometimes                      c. Always

## 9. Protecting yourself from Coronavirus

Directions: see the worksheet for instructions.

# Protecting yourself against Coronavirus

## Protecting yourself against Coronavirus!

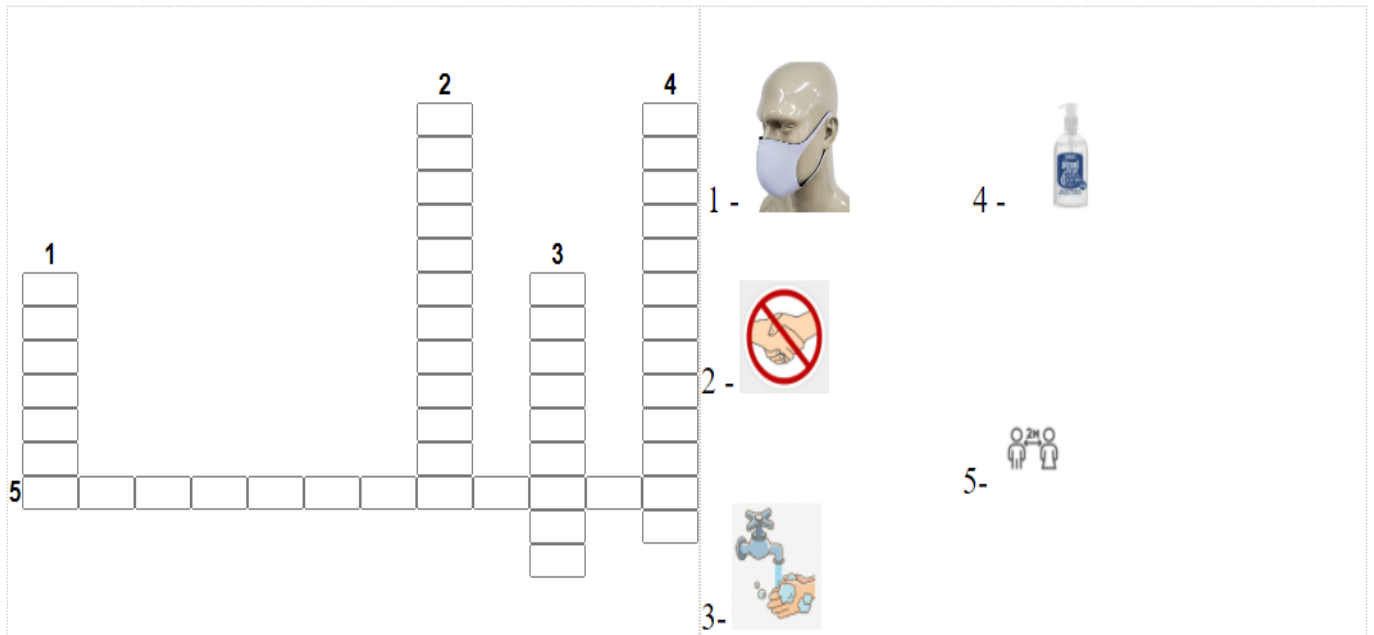
1 - Write down how to protect yourself from Coronavirus



2 - What way of protection is the image showing?



3 - Time to do a crossword puzzle!





## 10. Coronavirus Wordsearch

Directions: find the words.

### Coronavirus

v d x s u t x t s n y l n n t  
w y j f z g l m n u p k a j k  
c c d x e e o m a k a t n f v  
v q i k v v o s j v l j s s m  
e a s f x e e e c f j h u a q  
h d e m c u n r g y b o r n r  
c p a r t i c l e s r k i i y  
a a s p c n s l y v e k v t f  
d s e c n j m s j t a c a i z  
a v a q g c e f p l t n n z g  
e v e p i d e m i c h z o e a  
h j o j w y z v g s i y r r h  
b j a s h u y u i z n s o n f  
f y u f z e y v w z g r c a x  
r k k h g u o c y c j u s r p

disease  
cough  
fever  
vaccine  
sanitizer  
coronavirus  
particles  
breathing  
headache  
epidemic



How can I prevent spreading? (Connect the picture.)

Wash your hands regularly.

Cough in your elbow.

Stay home when you are sick.

Avoid touching your face.



## Fitness and Sports Worksheets | HF

### 1. Vocabulary of the Gym

Directions: write the word in English of every image.

#### VOCABULARY OF THE GYM

NAME:

COURSE:

1. Write the word in English of every image.

##### FITNESS EQUIPMENT

mat / elastic band / dumbbell / barbell / wall bars / step/ medicine ball / fit ball / towel / treadmill / stationary bicycle / rowing machine / elliptical machine / belt / bench



1



2



3



4



5



6



7



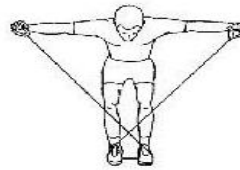
8



9



10



11



12



13



14



15

## 2. My Own Activity Pyramid


Directions: complete the worksheet.

# My Own Activity Pyramid!

Name: \_\_\_\_\_ Date: \_\_\_\_\_


Name two activities that you do each week that you can do LESS of, that you need ENOUGH of, that you need MORE of, and that you need PLENTY of.

**LESS**



1 \_\_\_\_\_


2 \_\_\_\_\_



**Sitting Around**


---

**ENOUGH**



1 \_\_\_\_\_


2 \_\_\_\_\_



**Strength and Stretching Activities**


---

**MORE**



1 \_\_\_\_\_


2 \_\_\_\_\_



**Activities that Make Your Heart Go**


---

**PLENTY**



1 \_\_\_\_\_








2 \_\_\_\_\_



**Every Day Physical activities**

### 3. Fitness Challenge

Directions: complete the fitness challenge.

NAME: _____ Home Room Teacher:		How many can you do in <b>100 seconds?</b>
1. 	Jumping Jacks	
2. 	Sit-Ups	
3. 	Hops	
4. 	Toe Touches	
5. 	Push-Ups	
6. 	Step-Ups	
7. 	Jump Rope	

#### 4. Fitness and Nutrition

Directions: read the paragraph then fill in the blanks.

I- Read the following text very carefully.



#### Fitness and nutrition program

Before starting a fitness and nutrition program, make sure you seek the advice of a physician. "How do you look like that?" "What do you do to make your arms look so toned?" "What do you eat?" "How much water do you drink a day?" These are the questions I have been asked as I walk into the gym. My response is: proper diet and exercise. Without these two components working hand in hand, you will not be able to attain your goal. Determination and discipline is also required in order to accomplish the objective in mind.

It is Monday 7:00 a.m. and the alarm is going off. You lay in bed complaining about having to get up and do cardio. All these excuses start coming to mind on why you could start the cardio exercise program tomorrow instead of today. A word of advice, doing cardio first thing in the morning, will burn the fat that has accumulated in your body instead of burning the calories from the food you just ate. Always keep in mind that the longer you stay in bed, the more reasons come to mind justifying you sleeping longer and starting the cardio work out the next day. Tomorrow will never come until you are absolutely determined to make the first step to a new healthy life. The initial step in starting any fitness/nutrition program is making sure you are certain you will stay with the diet and exercise program. Consistency is the determining factor in you achieving your full potential. Furthermore, seeing your body transform from what it is now to a gorgeous and toned figure will also motivate you in wanting to stay with the program and thus help you achieve your goal.

A- Scan the text and find evidence for the following.

1- It is essential to look for advice before beginning a fitness program.

---

---

---

2- To keep fit one should have a balanced diet and do physical exercise.

---

---

3- In a nutrition program it is necessary to be determined and disciplined.

---

---

---

4- Cardio exercises in the morning are essential to burn the fat.

---

---

---

5- To start a fitness/nutrition course you should be mentally prepared for it.

---

---

---

**B- Answer the following questions. Use your own words as far as possible.**

1- Why is it essential to keep fit?

---

---

---

2- What can people do to be in shape?

---

---

---

3- Why is it sometimes hard to begin a fitness program?

---

---

---

4- What is your opinion about these programs?

---

---

---

**C- Find words in the text that mean the same as the following.**

- 1- ask for \_\_\_\_\_ 2- reply \_\_\_\_\_ 3- to achieve \_\_\_\_\_  
4- aim \_\_\_\_\_ 5- the quality of trying to do something even when it is  
difficult \_\_\_\_\_ 6- expressing dissatisfaction \_\_\_\_\_  
7- eliminating \_\_\_\_\_ 8- very attractive \_\_\_\_\_

## 5. Activity Fitness Equipment

Directions: write the correct word from the box below in the blank spaces provided.

### Activity: Fitness Equipment

Look at the pictures of the fitness equipment and write the correct word from the box below in the blank spaces provided.

<b>stair stepper</b>	<b>exercise bike</b>	<b>chin up bar</b>	<b>treadmill</b>
<b>sit up bench</b>	<b>barbell</b>	<b>multi gym</b>	<b>dumbbell</b>
<b>cross trainer</b>	<b>rowing machine</b>	<b>leg press machine</b>	



1.....



2.....



3.....



4.....



5.....



6.....



7.....

## 6.Sports and Activities

Directions: match the words to the right pictures.

# SPORTS AND ACTIVITIES-EXERCISES



Match the words to the right pictures.

- |                |                  |              |
|----------------|------------------|--------------|
| 1. parachuting | 9. diving        | 17. hiking   |
| 2. climbing    | 10. jogging      | 18. hunting  |
| 3. ice skating | 11. golf         | 19. cycling  |
| 4. swimming    | 12. horse riding | 20. baseball |
| 5. tennis      | 13. bowling      | 21. fishing  |
| 6. basketball  | 14. football     | 22. running  |
| 7. exercising  | 15. aerobics     | 23. karate   |
| 8. hockey      | 16. rugby        | 24. skiing   |

Read the description and guess the activity or sport.

- An indoor game in which you roll a large heavy ball along a wooden track in order to knock down a group of pins. \_\_\_\_\_
- The activity of running slowly as a way of exercising. \_\_\_\_\_
- Game played indoors between two teams of five players. Each team tries to win points by throwing a ball through a net. \_\_\_\_\_
- A game in which the players hit a small white ball into holes in the ground with a set of golf clubs, using as few hits as possible. \_\_\_\_\_
- The activity in which you jump out of a plane falling slowly and safely to the ground. \_\_\_\_\_
- An outdoor game played by two teams with an oval ball that you kick or carry. \_\_\_\_\_
- The activity of riding a bicycle. \_\_\_\_\_
- Physical activities that you do in order to stay healthy and become stronger. \_\_\_\_\_
- The sport or activity of riding horses. \_\_\_\_\_
- The sport of moving yourself through water using your arms and legs. \_\_\_\_\_
- The sport of moving down hills or across land in the snow wearing skis. \_\_\_\_\_
- The sport or activity which is similar to jogging but moving much faster. \_\_\_\_\_
- The activity or sport in which you move quickly on ice. \_\_\_\_\_
- The game played by two teams of eleven players who try to kick a round ball into the other team's goal. \_\_\_\_\_
- The sport of going up mountains or rocks. \_\_\_\_\_
- The sport of swimming under water using special equipment to help you breathe. \_\_\_\_\_
- An activity in which you chase and kill animals for food or sport. \_\_\_\_\_
- The sport or business of catching fish. \_\_\_\_\_
- A game for two people or two pairs of people who use rackets to hit a small soft ball backwards and forwards over a net. \_\_\_\_\_
- A type of physical exercise you do listening to music. \_\_\_\_\_
- An outdoor game between two teams of nine players, in which players try to get points by hitting a ball and running around four bases. \_\_\_\_\_
- A game played on grass by two teams of 11 players, with sticks and a ball. \_\_\_\_\_
- A Japanese fighting sport, in which you use your feet and hands to hit and kick. \_\_\_\_\_
- The activity of taking long walks in the mountains or country. \_\_\_\_\_



## 7.Olympic Games

Directions: read the text then answer the questions.



# Olympic Games



**A. Read the following text carefully, Choose the best option to complete the sentences on the left and then match the name of the sports in the text to the images.**

**1** The Winter Games Will be held in...

a) Olympia

b) Vancouver

c) Athens

On July 2, 2003, the International Olympic Committee selected Vancouver as the host city for the 2010 Olympic and Paralympic Winter Games. Athletes and spectators from around the world will gather in Vancouver and the alpine resort of Whistler in February and March 2010 to celebrate winter sporting excellence. The Games, along with the region's spectacular natural playground and its vibrant venues, will put Vancouver in the spotlight as a premier sporting destination.

**2** ... is a winter sport.

a) Football

b) Sailing

c) Curling

In addition to the opening and closing ceremonies at BC Place Stadium, Vancouver will host the following Olympic and Paralympic events:

**3** The Paralympic Games start on...

a) February 12

b) March 12

c) March 21

1. Ice hockey

2. Figure skating

3. Speed skating

4. Freestyle skiing

5. Snowboard

**4** ... will participate in the Winter Games

a) 80

b) 45

c) 30

6. Curling

7. Ice sledge hockey

8. Wheelchair curling

**5** The Olympic Torch was lit...

a) 2 years ago

b) this year

c) last year

In the Vancouver Winter Games, which will be held from February 12<sup>th</sup> to 28<sup>th</sup>, there will be 5,500 Olympic athletes and officials. In the Paralympic Games, which will be held from March 12<sup>th</sup> to 21<sup>st</sup>, there will be 1,350 athletes and officials. Over 80 countries will be participating in the Games and over 40 in the Paralympics.

**6** The Torch flew from Athens to...

a) Vancouver

b) Victoria

c) the USA

The 2010 Olympic Torch was lit on October 22, 2009, in a ritual dating back to ancient times in Olympia, Greece, the site of the first Olympic Games. It was then handed over to a representative of Canada in Athens, before making its trans-Atlantic flight. The longest Olympic Torch Relay to take place in a single country has begun its route in Victoria, British Columbia. Till February 12<sup>th</sup>, it will have travelled by land, air and water during its 106-day journey, visiting more than 1,000 communities in Canada.



GRAPHICS PURCHASED AT  
THEFTACED DESIGN

Source of Information: <http://www.vancouver2010.com/>  
<http://www.tourismvancouver.com/visitors/>  
 Graphics: [www.thislegitdesigns.com](http://www.thislegitdesigns.com) Olympic kids collection



**B. Complete these sentences with information from the text.**

1. Vancouver was chosen as the host city for the 2010 Olympic Games by \_\_\_\_\_  
\_\_\_\_\_
2. The 2010 Olympic Winter Games will be held from \_\_\_\_\_  
\_\_\_\_\_ to \_\_\_\_\_
3. The number of athletes participating in the \_\_\_\_\_  
is larger than in the \_\_\_\_\_
4. The first Olympic Games were held in \_\_\_\_\_
5. The Olympic Torch is always lit in \_\_\_\_\_, no matter  
where the Olympic Games are held.
6. The Torch travels not only by air, but also by \_\_\_\_\_
7. On \_\_\_\_\_ the Torch will arrive at  
the Stadium for the opening ceremony.

**C. Reread the 1<sup>st</sup> paragraph of the text and find equivalents for these words/expressions.**

- |                        |                      |
|------------------------|----------------------|
| 1. chose _____         | 2. audience _____    |
| 3. come together _____ | 4. commemorate _____ |
| 5. as well as _____    | 6. lively _____      |

**D. Reread the last two paragraphs of the text and find opposites for these words.**

- |                    |                           |
|--------------------|---------------------------|
| 1. less than _____ | 2. was extinguished _____ |
| 3. forward _____   | 4. last _____             |
| 5. after _____     | 6. shortest _____         |

## 8. Extreme Sports

Directions: read the text then fill in the blanks.

# Extreme Sports

### James



I've been really interested in surfing for more than fifteen years. I started learning in England, then I began going on surfing holidays abroad with my mates - we went to Bali in Indonesia, and also South Africa.

After that I started wanting bigger challenges, so five years ago I decided to try the really big waves in Hawaii. Of course they can be dangerous and you have to concentrate one hundred percent, but it's worth it for the thrill you get when you're riding them. It's a magical feeling, like flying above the ocean, and for those few seconds you totally forget everything else in your life.

### Susan

Part of me had always wanted to try skydiving, but I was really scared the first time. The worst bit was just before I jumped out of the plane - I wanted to be back on the ground, not 4,000 metres up in the air. Of course, as a beginner you don't do it on your own - you're attached to the instructor who opens the parachute for you. Falling through the air at 180 kilometres per hour is a massive adrenaline rush. That first time was five years ago, and since then I've done more than twenty solo jumps.



### Mike



Mountains offer a challenge I find impossible to ignore. I started climbing about twenty years ago, and I've now climbed three of the highest five peaks in Europe. Of course it can be dangerous, and I've had some scary moments, but the sense of achievement when you reach the top is amazing.

When you're pulling yourself up that wall of rock it feels like you're in a battle against nature - it's not a feeling you can get from anything else in everyday life.

### Teresa

I became hooked on snowboarding the very first time I tried it. I soon realized I had a natural talent for it, and it wasn't long before I was winning competitions and getting a bit of prize money. My dream is to be able to make my living just from boarding, so I now take three months off work every winter and concentrate on improving my technique. I'd recommend boarding to anyone. The exhilaration of going down the mountain, plus the beauty of the scenery - it's just fantastic.



**Task A ~ Answer the questions.**

[4 marks]

1. How long has Mike been climbing mountains?

\_\_\_\_\_



2. Why did James decide to go surfing in Hawaii?

\_\_\_\_\_

3. How has Teresa already earned money from snowboarding?

\_\_\_\_\_



4. Who opened the parachute during Susan's first skydive?

\_\_\_\_\_

**B ~ Now decide whether the following statements are true (T), false (F), or if there is No Information Given (NIG)**

[5 marks]

1. Teresa doesn't have a job.	
2. Susan has done more than ten skydives without an instructor.	
3. Mike has climbed more than twenty mountains in Europe.	
4. Teresa gives snowboarding lessons.	
5. Mike has climbed the highest mountain in Europe.	
6. James surfed in Bali before he went to Hawaii.	
7. Susan has always felt relaxed before jumping out of the plane.	
8. James doesn't think about anything else when he's riding big waves in Hawaii.	
9. Mike has sometimes been frightened while mountain climbing.	
10. Teresa is trying to get even better at snowboarding.	

**C ~ Find the words in the text that mean *the opposite* of the following.**

[2 marks]

1. tiny - \_\_\_\_\_

3. in your own country - \_\_\_\_\_

2. ugliness - \_\_\_\_\_

4. learner - \_\_\_\_\_

**D ~ Fill in the following sentences with words from the text.**

[4 marks]

1. Big waves can be \_\_\_\_\_.

2. Beginner skydivers are \_\_\_\_\_ to their instructor.

3. While snowboarding, you can admire the beauty of the \_\_\_\_\_.

4. Mike finds it impossible to ignore the \_\_\_\_\_ that mountains offer.

9. Baseball Coloring Pages

Directions: color.

---





# Coping Skills and Mental Health Worksheets | HF

## 1. Feelings

Directions: write about your feelings.

### Feelings

**When I am happy, I show it by...**



**When I am sad, I show it by...**



**When I am angry or frustrated, I show it by...**






**When I am scared or worried, I show it by...**



## 2. Coping Skills Assessment

Directions: complete the assessment.

<h1>COPING SKILLS ASSESSMENT</h1>				
Color in how often you use each of these positive or negative coping skills to cope with your feelings!				
		<b>ALWAYS</b>	<b>SOMETIMES</b>	<b>NEVER</b>
	USE MY WORDS TO HURT OTHER PEOPLE'S FEELINGS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	TAKE A "TIME-OUT" FROM THE SITUATION	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	USE MY BODY TO HURT OTHERS (HIT, BITE, KICK, PUSH)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	YELL AND SCREAM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	DO DEEP BREATHING OR COUNT TO TEN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	MAKE THREATS OR LOOK THREATENING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	TALK TO A FRIEND OR SIBLING ABOUT MY FEELINGS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	TALK TO AN ADULT ABOUT MY FEELINGS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	NAME-CALL OR INSULT OTHERS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	HURT MYSELF	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	EXPRESS MY FEELINGS IN A POSITIVE WAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	FIND SOMETHING TO DISTRACT ME	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	THROW OBJECTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	CRY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	USE BAD WORDS OR SWEAR/CUSS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



### 3. Coping Skills Wordsearch

Directions: find the words.

## Coping Skills Word Search

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

BREATHE

JOURNAL

STRESSBALL

BLOWBUBBLES

EXERCISE

MUSIC

COOK

AROMATHERAPY

READ

CLEAN

TODOLIST

WALK

YOGA

JOKES

MEDITATE

COLOR

#### 4. Changing your Thoughts

Directions: fill in the blanks.

## What Do You Know About ... Being in Charge of You?

### Change Negative Thoughts

**Negative thought:** "I ALWAYS GET PICKED LAST IN RECESS BECAUSE EVERYONE THINKS I'M BAD AT KICKBALL."

**Make it Positive!**

---

---

---

### Impact Inspector

**Situation:** JAKE ALWAYS HAS TUNA FOR LUNCH. I TELL JAKE THAT HE CAN'T SIT WITH ME AT LUNCH. HANNAH TELLS ME THAT I'M BEING MEAN.

**What does Jake think?**

---

---

---

**What does Hannah think?**

---

---

---

### Fantastic Fix-It

**Situation:** You lost your friend's game. You lie to your friend and they find out you really lost it.

**Now what? What's the best way to fix this?**

---

---

---

---

### Chief Emotions Officer

**Situation:** MATT MISSED THE WINNING GOAL IN SOCCER AND WE AREN'T GOING TO THE PLAYOFFS.

**How do you feel?**

ANGRY / EMBARRASSED / EXCITED  
FRUSTRATED / MAD / PROUD  
HAPPY / SURPRISED / UPSET

**How does Matt feel?**

ANGRY / EMBARRASSED / EXCITED  
FRUSTRATED / MAD / PROUD  
HAPPY / SURPRISED / UPSET

### Coping Captain

**Situation:** JEREMY CALLS YOU A NAME AT RECESS. YOU GET REALLY ANGRY.

**What's a strategy to calm down?**

---

---

---

---

## 5. My Qualities

Directions: fill in the blanks.



Name: \_\_\_\_\_

### My Qualities

---

---

I'm responsible when \_\_\_\_\_  
but I could be better at \_\_\_\_\_

I show honesty by \_\_\_\_\_  
but I really need to improve \_\_\_\_\_

I'm cooperative when \_\_\_\_\_ but  
to improve, I could \_\_\_\_\_

I show respect by \_\_\_\_\_  
but I need to remember to \_\_\_\_\_

I'm very helpful when \_\_\_\_\_ but  
I could be more helpful by \_\_\_\_\_  
\_\_\_\_\_

I care about others, I show it by \_\_\_\_\_  
\_\_\_\_\_

I will continue to strive to \_\_\_\_\_  
\_\_\_\_\_

My very best trait is \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 6. Anxiety Prep

Directions: write about the things you can do before and during the situation to help you cope.

# ANXIETY PREP

It can be helpful to be prepared when you are going into a situation that might make you feel anxious or nervous. Use this worksheet to figure out things that you can do before and during the situation to help you cope if you become anxious.

**WHAT'S THE SITUATION?**


**WHAT MIGHT MAKE ME FEEL ANXIOUS?**

**WHAT THINGS CAN I SAY OR DO BEFORE TO PREPARE FOR THIS SITUATION?**

**HOW HAVE I HANDLED IT BEFORE?**

**HOW WILL I KNOW THAT I'M GETTING ANXIOUS?**

**COPING SKILLS I CAN USE IF I START TO FEEL ANXIOUS!**



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## 7. My Self-Care Plan

Directions: answer the questions.

# MY SELF-CARE PLAN



Everyone has bad days. What counts is how we deal with those downer days. Will you perpetuate the negative spiral, or will you pick yourself back up again?

This worksheet is a tool kit for your worst days. Answer the questions now, and when you start feeling down, come back to these prompts to start feeling like yourself again.

1. *List 10 things you are grateful for in life:*

2. *Describe the perfect day of your dreams:*

3. *What one, realistic thing could you do for yourself today that captures the essence of your fantasy day?*

4. *What is the best compliment you've ever received? What has someone said to you that always makes you smile?*

5. *What was your favorite thing to do as a kid? How could you recreate that activity as an adult?*

8. Art Therapy

Directions: color.



## 9. Goals

Directions: write about your goals.

# Don't Go Through Life Without GOALS!

1. My Name is: \_\_\_\_\_

2. My Goal is: \_\_\_\_\_

\_\_\_\_\_

3. Goal Type:

Academic

Personal



4. Steps I will take to reach my goal are:

5. Obstacles I may face include:

6. I will tackle them by:

7. It will take roughly \_\_\_\_ days/weeks/months to reach my goal.

8. When I meet my goal I will feel: \_\_\_\_\_

9. My signature below is my pledge to be accountable.

\_\_\_\_\_

10. I reached my goal on: \_\_\_\_\_



## 10. Motivation

Directions: answer the questions.

# MOTIVATION

Feeling **motivated** means that you have the desire, want, or excitement to take action to accomplish a task. Different things can **motivate** us in different situations. Sometimes we do not feel motivated and it keeps us from getting things done and making progress.

Example 1: Most kids are motivated to play a video game or play soccer with friends because as soon as they do it they become happier and have fun. This is an immediate reward and is super motivating.

Example 2: Finding the motivation to do school work is different for everyone.

- Some people find learning fun so it is an immediate reward like playing with friends.
- Some people like to get good grades (sometimes because the grades make them happy and sometimes because if they do not get good grades, they may lose privileges at home) and that keeps them motivated.
- Some people are motivated to get school work done because they do not find it fun and the quicker they do it, then it means they do not have to think about it anymore (sometimes this leads to low quality work)
- Some people will work for teachers who they think are “fun” because they like them

**What is something in life that you are motivated to do most days?**

---

**What is the hardest thing for you to get motivated to do?**

---

**Why do you not feel motivated to do what you just named?**

---

**What would happen if you suddenly became motivated? How would things be different?**

---



Sometimes to get our motivation back we need to make a plan. It helps when plans are specific and realistic for us to follow them. Use the If... Then... boxes to make easy steps to follow for when we start to lose motivation. Try and use situations that you have actually happened to you.

## IF → THEN

<b>Situation:</b> I am not motivated to clean my room	
<b>If I...</b>	Set a timer for 10 minutes
<b>Then I...</b>	Will start cleaning once the timer goes off

Directions: Think of two situations when you usually have a hard time finding motivation to complete a task. Then create an If..Then.. plan for each situation that is realistic and specific. Hint: you already listed one situation that you have a hard time staying motivated on page 1.

## IF → THEN

Situation

If I ....

Then I ....

## Option 4 | FaceTime and Phone Option | HF

### 1: Let's Talk

*Directions: Ask the participants the following questions:*

- 1) How often do you go swimming?
- 2) How often do you brush your teeth?
- 3) How often do you play football?
- 4) How often do you eat fast food?
- 5) How often do you cook? Or help cook at home?
- 6) What is your favorite healthy snack?
- 7) Is tomato a fruit or vegetable?
- 8) What is your favorite sport?
- 9) What is your favorite winter sport?
- 10) Do you or your family play sports or participate in any physical activity during holidays? Hikes? Running?
- 11) Have you ever played tennis?
- 14) Do you like going on exercise walks?
- 15) Have you ever gone on an exercise walk to a national park?
- 16) Have you gotten a hair cut this year?
- 17) How many fruits and vegetables do you eat daily?
- 18) Do you help grocery shop?
- 19) Do you go to bed before 9pm?
- 20) For how many seconds do you wash your hands?
- 21) Name fruits that are the color red.
- 22) Name fruits that are the color green.
- 23) Name fruits that are the color yellow.
- 24) Name fruits that are the color orange.
- 25) Name Fruits that are purple.
- 26) Name fruits that are blue.
- 27) Name your favorite fruit.
- 28) What is your favorite spring treat?
- 29) Do you Recycle?

### 2: Simple Exercises

*Encourage participants to complete 10 repetitions of the following exercises:*

1. 10 Sit-ups
2. 10 Push-ups
3. Jog in place for 30 seconds
4. Sitting down touch your toes for 30 seconds
5. Standing up touch your toes standing up
6. Hop on your right foot 10 times
7. Hop on your left foot 10 times
8. 10 Squats
9. 10 air jumps
10. Reach up to the sky for 10 seconds

## Option 2 | YouTube Fitness | LF

### 1. Earth Day This or That Workout | 8 minutes Cardio

YouTube Link: <https://youtu.be/7xQwsf9qHDQ> (8 minutes)

### 2. Mission: Save Earth-

YouTube Link: <https://youtu.be/9SNlv8E17Q4> (7 minutes)

### 3. Earth Day Themed Adventure Workout

YouTube Link: [https://youtu.be/\\_2iiJhVLpB8](https://youtu.be/_2iiJhVLpB8) (20 minutes)

### 4. The Mutant Game- Earth Day

YouTube Link: <https://youtu.be/5JclmCffRsw> (5 minutes)

### 5. Earth Day Yoga

YouTube Link: <https://youtu.be/jaDceUnhuH0> (13 minutes)

### 6. Earth Day Cosmic Kids Yoga

YouTube Link: <https://youtu.be/bcNhWa18nuE> (40 minutes)

### 7. 8 Minute Chair Exercise

YouTube Link: <https://youtu.be/es0bMUySdpA> (7 minutes)

### 8. Sponge Boy Sitting Exercises

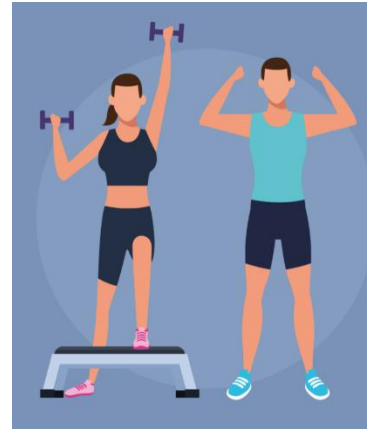
YouTube Link: <https://youtu.be/1KrzpbPjNJ8> (5 minutes)

### 9. Seated Workout for kids

YouTube Link: <https://youtu.be/3Lp0MmgEmZk> (5 minutes)

### 10. Among Us Workout PE

YouTube Link: <https://youtu.be/NaUSzN9q92I> (10 minutes)



# Option 3 | Health and Wellness Worksheets | LF

## Nutrition Worksheets | LF

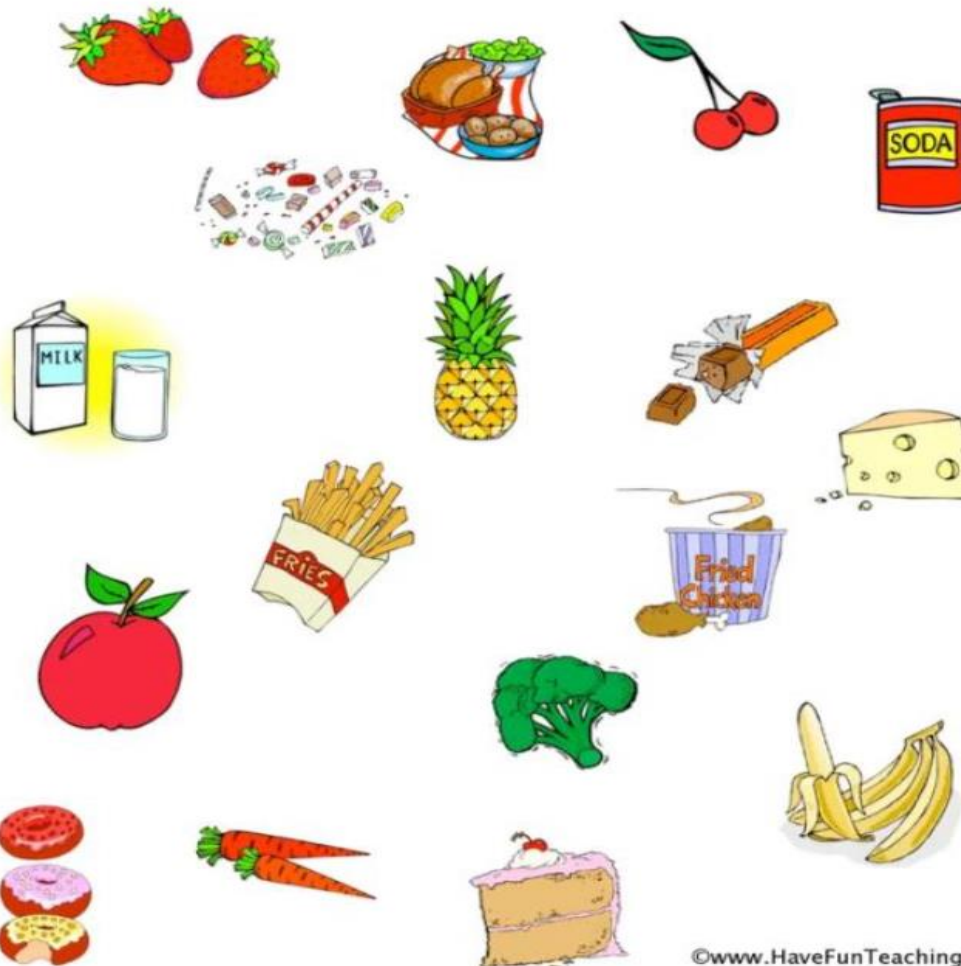
### 1. Which Foods are Healthy

Directions: circle the foods that are healthy.

Name: \_\_\_\_\_

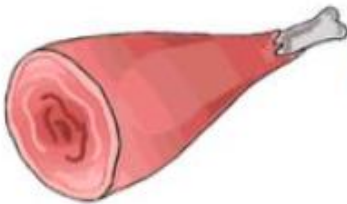
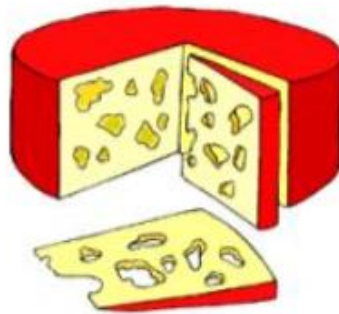
## Which Foods are Healthy?

Circle the foods that are healthy.



# Healthy Foods

Put a circle around each healthy food.



## 2. Healthy Food Hunt

Directions: how many foods can you find in your kitchen.



# Healthy Food Hunt

How many foods can you find? Circle each food you find in the kitchen.



Apples



Carrots



Milk



Popcorn



Grapes



Celery



Green Beans



Banana



Cheese



Orange



Cabbage



Bread



Water



Chicken



Black Beans



Eggs

### 3. Healthy Food Trace

Directions: trace.



carrot



lemon



strawberry



apple



grapes

Healthy Foods!

Blank handwriting lines for practice, consisting of a solid top line, a dashed middle line, and a solid bottom line.

4. Welcome to the world of Nutrition.

Directions: see the worksheet for instructions

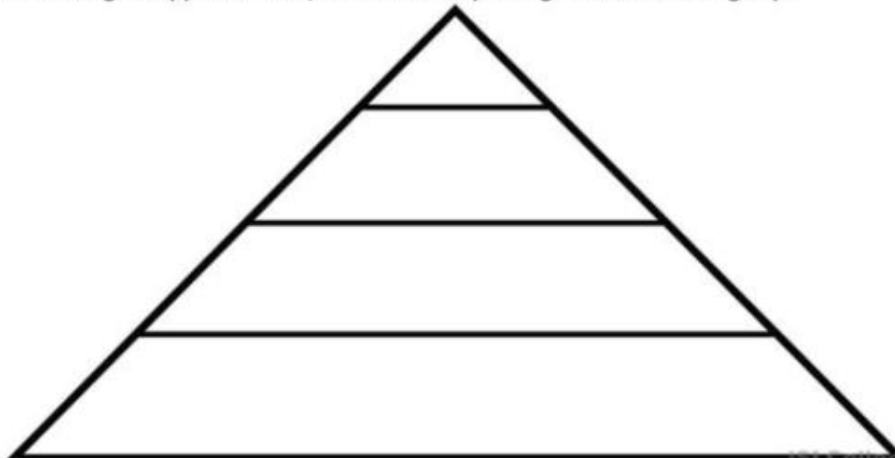
# Welcome to the world of nutrition

Student's name: \_\_\_\_\_ Grade: \_\_\_\_\_ Date: \_\_\_\_\_

1. Circle with **Blue** color the **Healthy food** that you find below and with **Red** color the **Unhealthy ones**. Then ,write the **food names**.























2. According to the previous exercise, sort out the food from the images classifying them into the following food pyramid. Then, write the corresponding name of the food group.





**5. Name the Fruit**





















Directions: write the name of each fruit.

<b>Write the name of each fruit</b>	
	
	
	
	
	
	
	
	
	
	

**6. Name the Vegetable.**

Directions: label the vegetable.

**I spy: Vegetables** Write down the number of each item that you found.

7. Cut and Match

Directions: cut and match

Name: \_\_\_\_\_

Cut & Match



Watermelon

Orange

Kiwi


Strawberry

Cherry


Banana


## 8. Favorite Food

Directions: read the prompt then answer the questions.




# Kids and their favourite food





**Brenda**

My favourite food is pizza. I can make pizza. My dad says my pizzas are very good. I don't like cheese. So there's no cheese on my pizzas. When we go to a restaurant I always order chicken with chips and an ice cream. My favourite flavour is strawberry. We like drinking coke. When we have a party we have lots of coke.




**Tick off the correct answer!**

1. Who doesn't like vegetables?

William.

Jack.

Brenda.




2. Brenda can make good .....

hamburger.

cakes.

pizzas.



3. What's Jack's favourite food?

Burgers.

Fish.

Carrots.




4. What has Sue got in her garden?

Beans.

Potatoes.

Peas.



5. Brenda likes ice cream with ..... flavour.

chocolate

vanilla

strawberry




6. What are Sue's favourite sweets?

Doughnuts.

Ice cream.

Cakes.



7. What doesn't Sue like on her pizza?

Tomatoes.

Cheese.

Sausages.




8. What does William hate?

Spaghetti.

Juice.

Carrots.



9. Where does Jack often eat crisps?

At school.

In the park.

In the cinema.





10. Who likes drinking coke?

Brenda and Jack.

Sue and Jack.


Brenda and William.






**Jack**



I don't like vegetables. Mum always tell me to eat carrots. She says they are good for me. But I hate them. I only eat potatoes. Potatoes are my favourites. I like them as chips or as crisps. I often eat crisps at school. I drink a lot of milk, but I don't like juice or coke. But you can't drink milk with hamburgers or chicken. So I drink water too.






**William**



I like burgers: hamburgers, doubleburgers, cheeseburgers, fishburgers ..... And I like sausages with chips. Mum often makes spaghetti. I like that. What I don't like is carrots. I really hate them. And my favourite drink? Well, I like juice, coke and water.



**Sue**

I like tomatoes and peas. My mum says they are good for me. I always have tomatoes on my pizza. We have peas in our garden. Mum and I like the fresh peas from the garden. I don't eat chicken or fish, I think it's not right to eat animals. My favourite sweets are doughnuts.

**Write the words into the correct box.**

apples - pumpkin - chocolate - peas - oranges - candies - carrots - ice cream - tomatoes - bananas - potatoes - cookies - strawberries - beans - apple pie - pears - cherries - cake -

Fruit	Vegetables	Sweets
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

**Write about your favourite food!**

I like ..... and .....


..... My mum says .....

At school I often eat .....

I don't like ..... and .....


My favourite drink is .....

I think .....




## 9. Fruits and Vegetables


Directions: match the fruits and vegetables then match.



# Fruits And Vegetables



Look at the given names of fruits and vegetables and match them with the pictures.



1. artichoke
2. peas
3. kiwi
4. scallion
5. apricot
6. spinach
7. squash
8. asparagus
9. beet
10. ginger
11. lemon
12. broccoli
13. watermelon
14. cauliflower
15. zucchini
16. pomegranate
17. eggplant
18. cantaloupe
19. garlic
20. onion
21. corn
22. red apple
23. papaya
24. mushroom
25. avocado
26. Orange
27. pear
28. potato
29. banana
30. blueberry
31. Pineapple
32. celery
33. green apple
34. coconut
35. fig
36. grapes
37. radish
38. pumpkin
39. Mandarin
40. carrot
41. Cherries
42. tomato
43. strawberry
44. plum
45. olive
46. mango
47. sweet potatoes
48. pepper
49. bell pepper
50. cantaloupe
51. persimmon
52. jujubes
53. raspberry
54. chestnuts
55. nuts

# Healthy Habits and Hygiene | LF

## 1. Healthy Habits Booklet

Directions: color, write and trace.



This book belongs to:

---

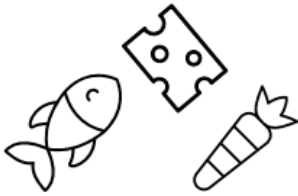
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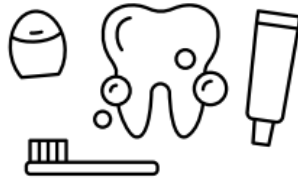
Good Habits Keep You Healthy

# Healthy Habits

You can do things everyday to keep your body healthy.  
Check off the things you already do everyday.



Eat Healthy



Brush Teeth



Wash Hands



Exercise



Get Rest



Limit Screens

Healthy habits are  
good things we can  
do to stay healthy.

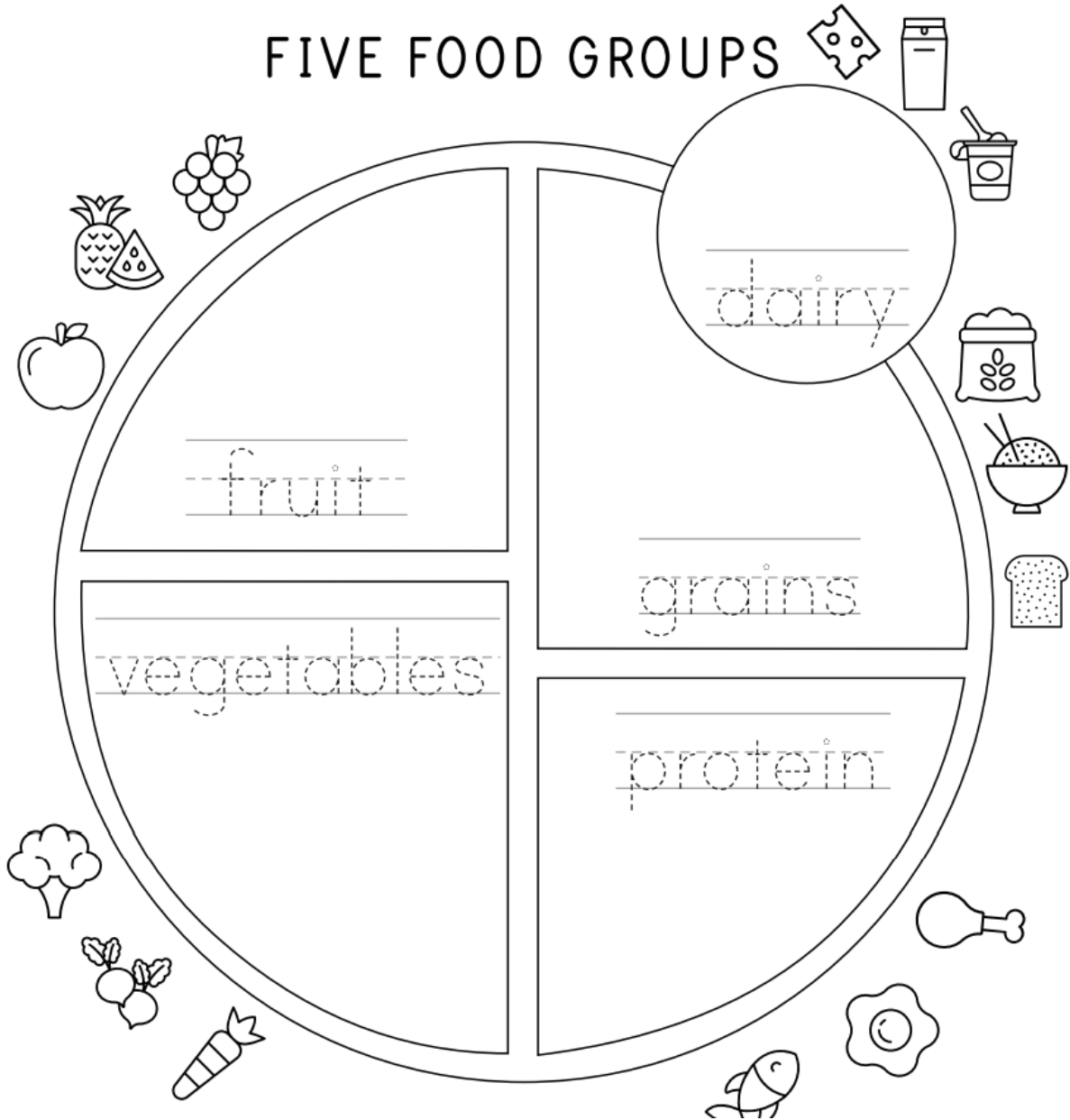
Eat Healthy Foods

# Healthy Habits

Eating foods from the five food groups help keep us healthy.

Draw a picture of a food from each food group.

## FIVE FOOD GROUPS

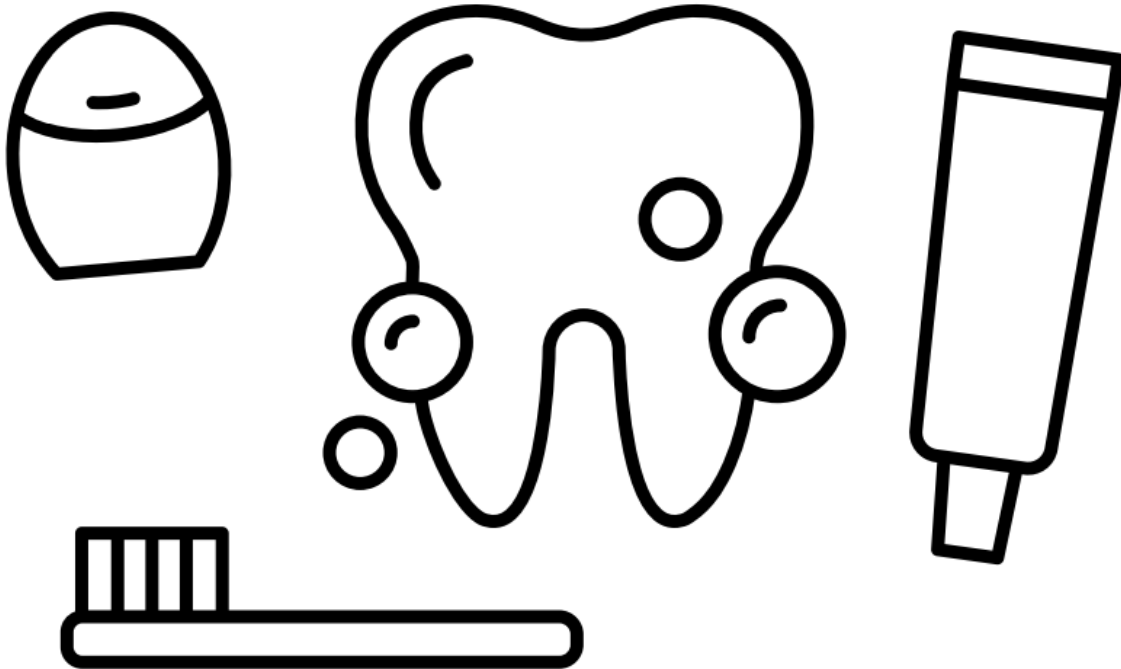




Take Care of Your Teeth

# Healthy Habits

Brushing and flossing your teeth at least twice a day help prevent cavities. Finish the sentence, how often do you brush your teeth?

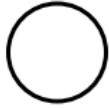


I brush my teeth  
times a day.

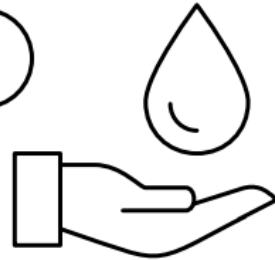
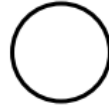
Wash Your Hands

# Healthy Habits

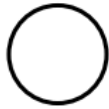
Washing your hands, helps prevent you from getting sick.  
Here are the steps to wash your hands, **number them from 1-5.**



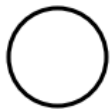
dry



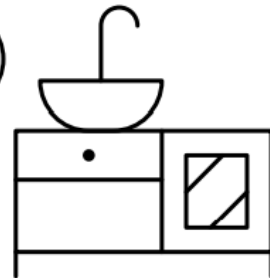
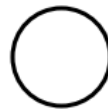
get wet



rub



add soap



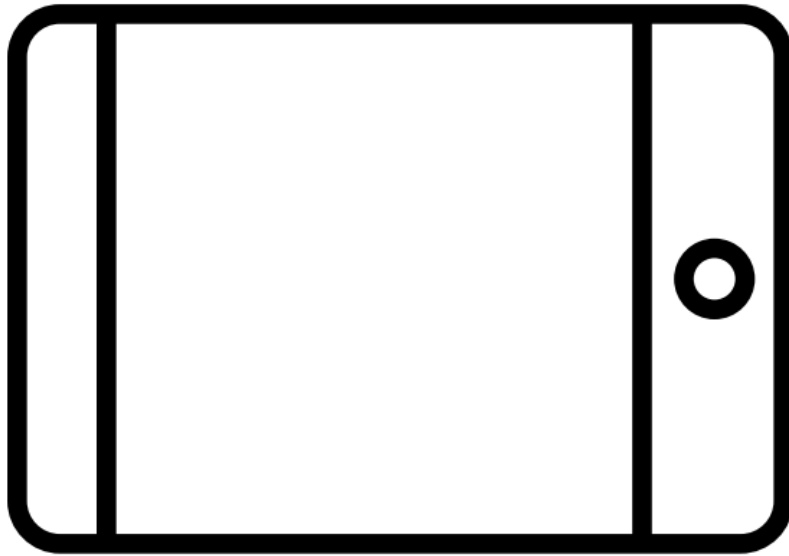
rinse

Limit Screen Time

# Healthy Habits

Computers, television, and tablets are important for learning,  
but too much screen time can be unhealthy.

Draw your favorite thing to do with your screen time.



Make sure to spend  
time away from  
screens. Take breaks.  
Play outside often.

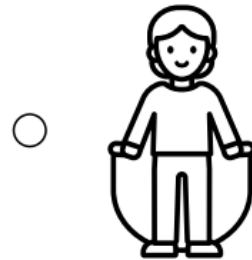
Exercise Regularly

# Healthy Habits

Your body is made of muscles that need exercise to stay strong and healthy. Kids should get at least 1 hour of exercise a day.

**Match the words on the left with the exercise on the right.**

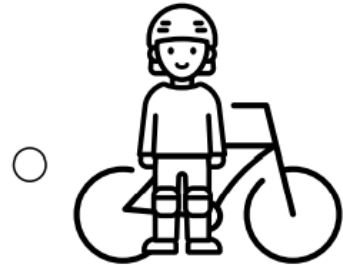
play sports



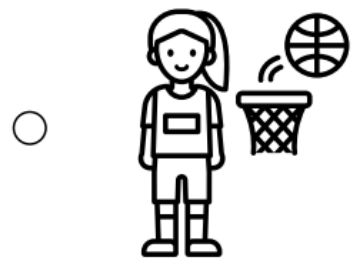
ride a bike



jump rope



stretch

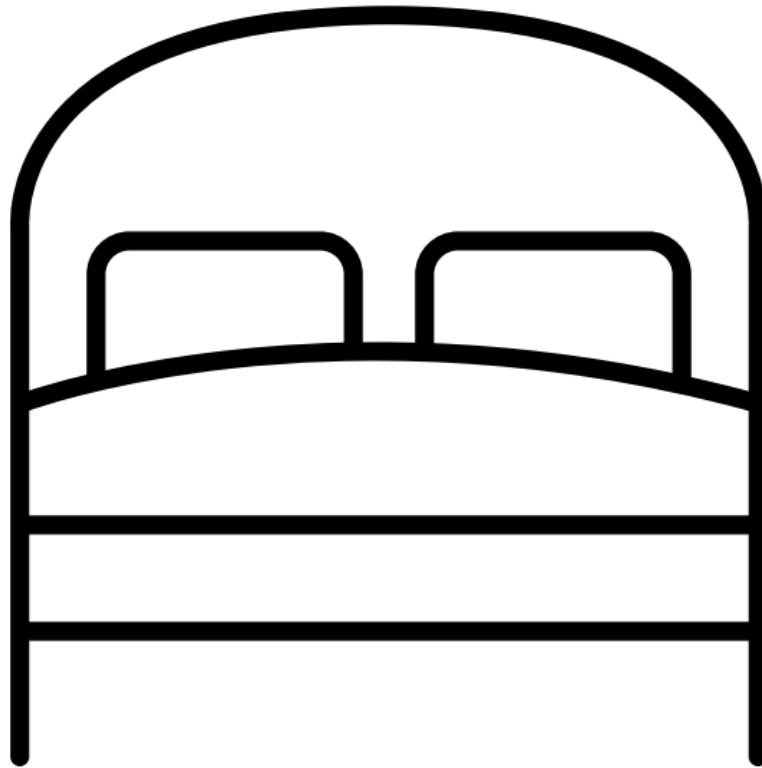


Get Enough Rest

# Healthy Habits

Sleep is very important to your health.  
Children ages 5-11 should sleep 9 to 11 hours each night.

**Draw yourself sleeping.**

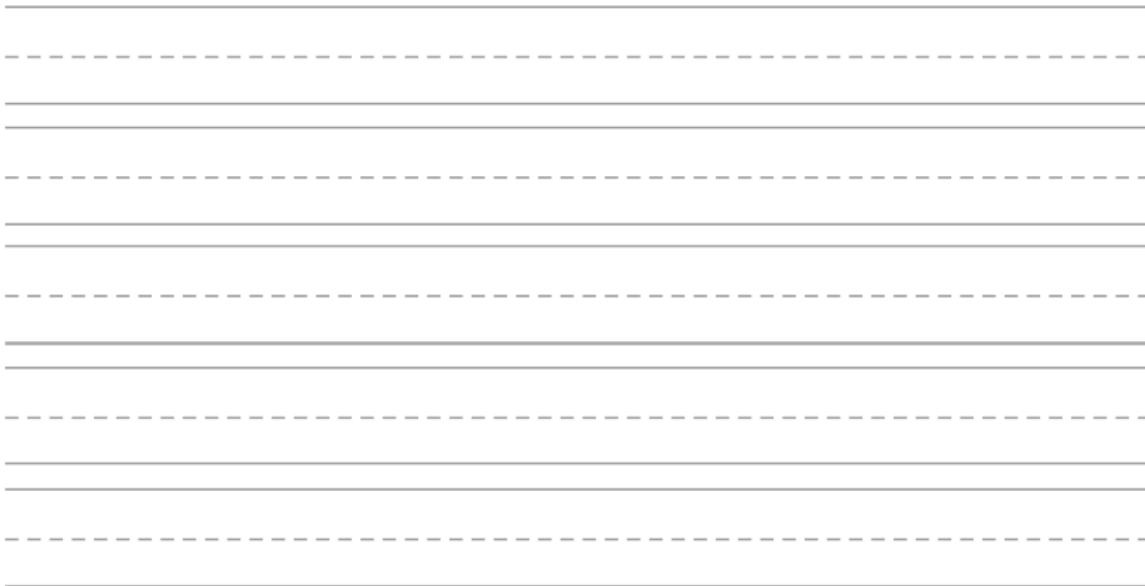
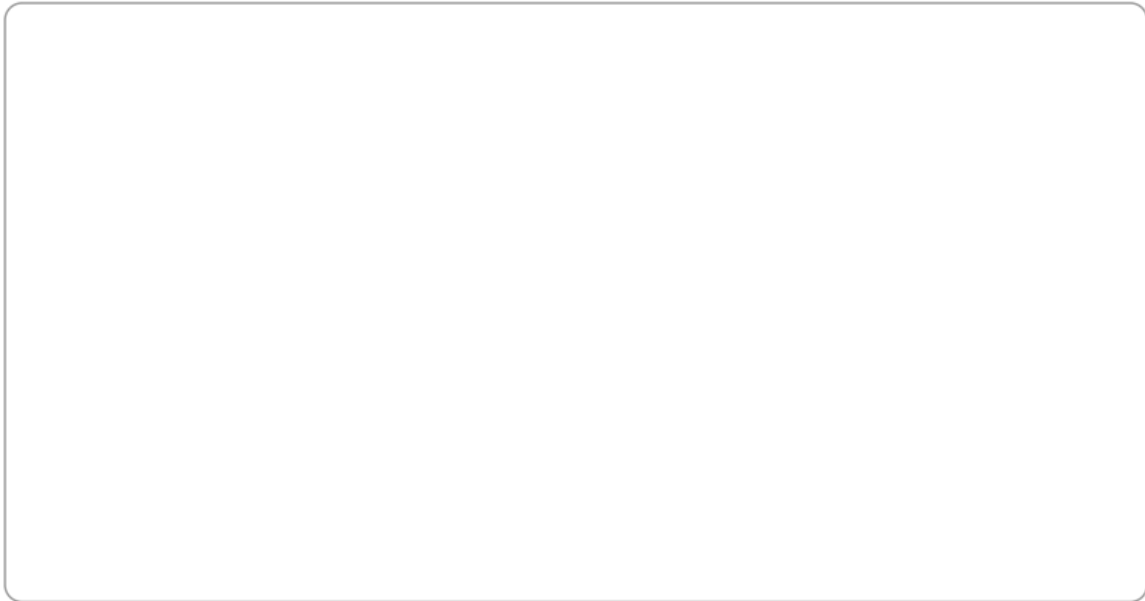


Sleep rests my mind  
and repairs my body.

Set Health Goals

# Healthy Habits

Set a goal for yourself to improve your healthy habits.  
**Draw and write about how you can achieve your health goal.**

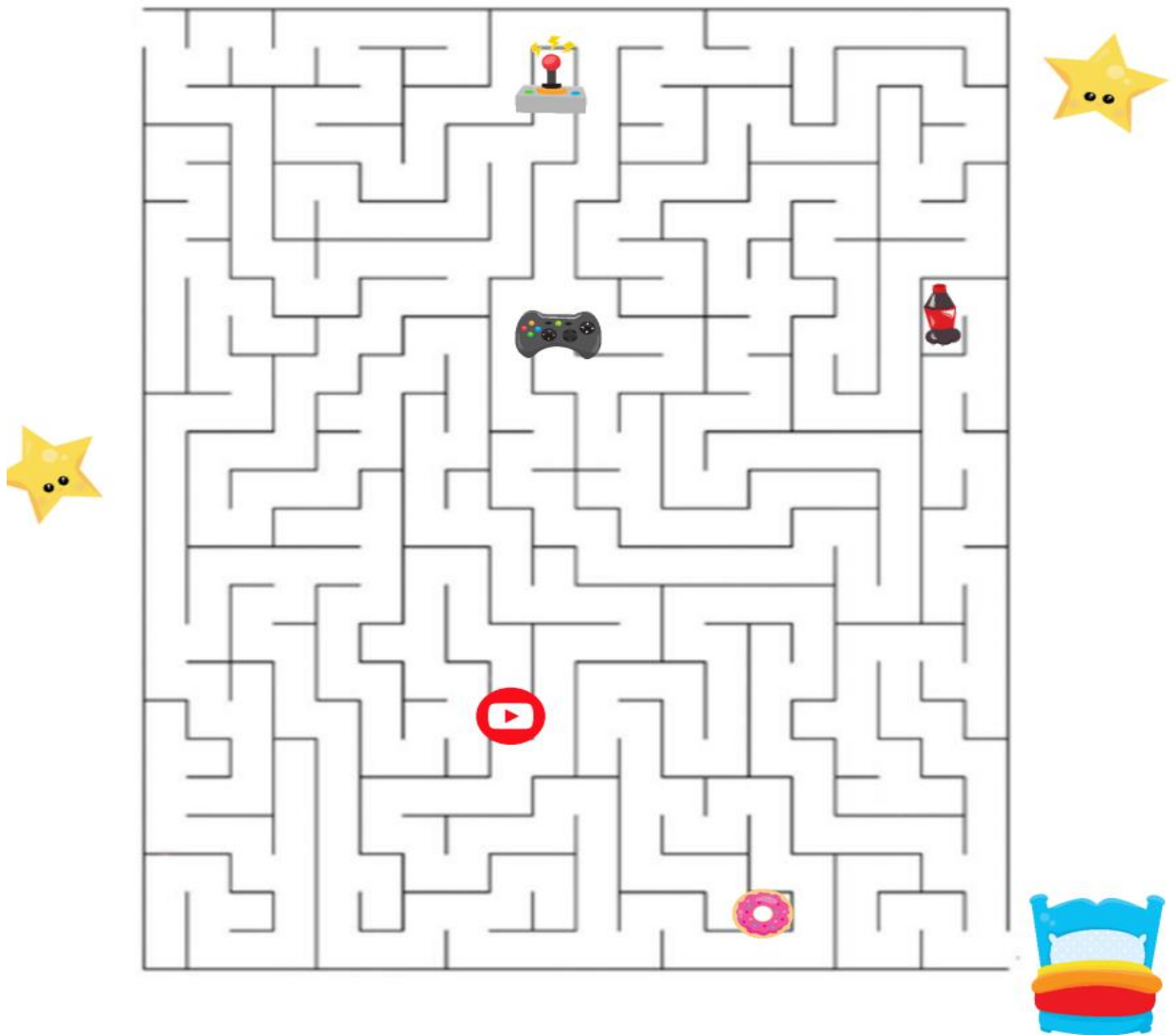


## 2. Maze

Directions: complete the maze

### Maze Craze - Sleeping!

Activity: Avoid the distractions of sleep and find your way to bed!



### 3. Sleeping Wordsearch

Directions: find the words.

## Word Search!

### Sleeping

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



*Good Mood Energy Napping Grow*

*Screen Distraction Memory*

*Dream Focus Rest*





#### 4. Happy Habits Booklet Scavenger Hunt

Directions: draw a line to the matching happy habit.

# HAPPY HABITS PLAYBOOK SCAVENGER HUNT

Find the image from the Playbook and draw a line to the matching HAPPY HABIT icon you see on that page.

EXAMPLE:



## PLAYBOOK IMAGE



## HAPPY HABIT ICON



5. Coronavirus Worksheets

Directions: complete the worksheets.

Name \_\_\_\_\_

# I CAN STAY SAFE

Tell about 4 ways you can stay safe from germs and viruses.

--	--

--	--



Name \_\_\_\_\_

# MASK WEARING

Tell about 2 ways you should use a mask.



---

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---

---

---

---



---

---

---

---

---

---

Name \_\_\_\_\_

# SOCIAL DISTANCING

Tell what it means to social distance and why it is important.

---

---

---

---

---

---

---

---

Name \_\_\_\_\_

# MY FEELINGS

Tell your teacher how you are feeling about the virus and the pandemic. Be honest and remember only your teacher will see this.

Handwriting practice lines consisting of four sets of three horizontal lines (top solid, middle dashed, bottom solid).

6. Wash your Hands

Directions: color.



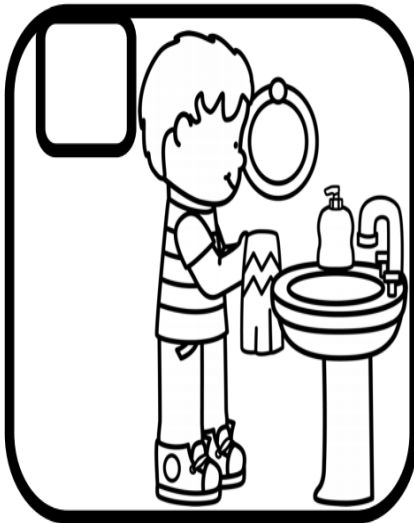
## 7. Handwashing Steps

Directions: number the pictures in the correct order.

Name: \_\_\_\_\_

Number the pictures in the correct order to wash your hands. Color the pictures.

# How To Wash Your Hands

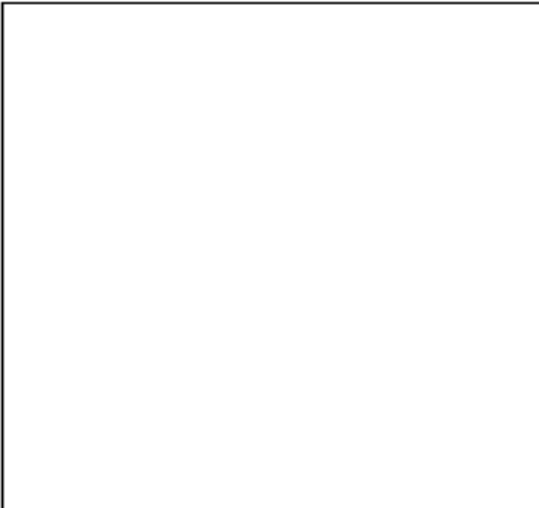






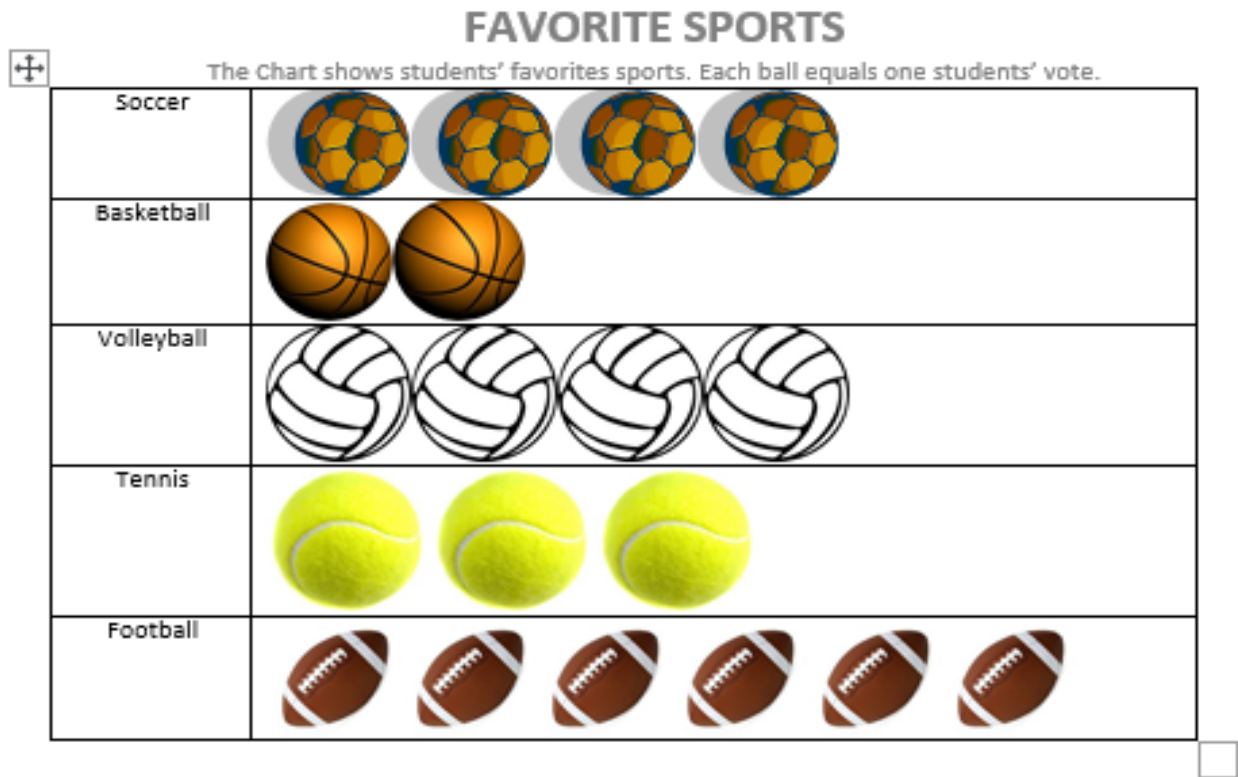
## 2.Sports Rules


Directions: pick a sport and write the sports rules.


SPORT: _____		DATE: _____							
WRITE 5 RULES OF THIS SPORT:									
1. _____									
2. _____									
3. _____									
4. _____									
5. _____									
CIRCLE THE COMPONENTS OF FITNESS THAT WOULD BE RELATED TO THIS SPORT. PICK ONE AND EXPLAIN WHY									
<i>Speed</i> <i>Strength</i> <i>Coordination</i> <i>Flexibility</i>									
<i>Power</i> <i>Endurance</i> <i>Reaction time</i>									
EXPLAIN WHY IT IS IMPORTANT: _____									
_____									
_____									
DRAW THE PLAYING AREA:		KEEP SCORE OF THE GAME:							
		<table border="1"><thead><tr><th></th><th>TEAM</th><th>TEAM</th></tr></thead><tbody><tr><th>SCORE (TALLY)</th><td></td><td></td></tr></tbody></table>			TEAM	TEAM	SCORE (TALLY)		
			TEAM	TEAM					
SCORE (TALLY)									

### 3. Favorite Sports Data

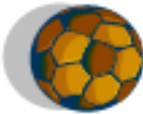

Directions: answer the questions.



How many students chose  ? \_\_\_\_\_

How many students chose  ? \_\_\_\_\_

How many students chose  ? \_\_\_\_\_

How many students chose  and  ?

#### 4. What is exercise?

Directions: read then answer the questions.

## Exercise

### WHAT IS EXERCISE?



**Exercise** is any physical activity that is done for the purpose of fitness or health. Fitness experts divide exercise into two categories: aerobic activity and muscle strengthening. **Aerobic activity** or what is often called "cardio" gets you breathing harder and your heart beating faster. **Muscle strengthening** are activities that work major muscle groups of your body such as legs, back, chest, abdomen, shoulders, and arms. For good overall health, it is important to do both aerobic and muscle strengthening activities, each week.

There are many ways to exercise. Common or traditional types of exercise that most of us are familiar with are running, lifting weights, swimming, biking or aerobics. However, exercise doesn't have to be boring, and doesn't require expensive equipment or a gym membership. In fact, 80 percent of people that own gym memberships or exercise equipment don't use it. It is important to keep in mind that any activity that increases your heart rate and/or helps strengthen muscles can count as exercise if done for at least ten minutes. Thus, we can get exercise by doing many different activities that cost nothing or little. For instance, walking, hiking, martial arts, skateboarding, dancing, yoga, and even gardening can count as exercise.

*Answer each question with a complete sentence on a separate piece of paper.*

1. What does exercise mean?
2. What two categories is exercise divided into?
3. What do aerobic activities do for you?
4. What do muscle strengthening activities do for you?
5. What are common types of exercise?
6. What does exercise NOT require?
7. What is needed for an activity to count as exercise?

### 5. Put your best foot forward Fitness

Directions: trying the following exercises.



\* Get your team into a single file line and on go the first person does the activity and then high five the next person on your team, so they can go. Count your total laps for the activity.

 2 min. of Running =

 2 min. of Carioca =

 2 min. of Skipping =

 2 min. of Power Walking =

 2 min. of Shuffle =

 2 min. of Running =

Total Laps Completed =






## Coping Skills and Mental Health Worksheets | LF

### 1. Learning to Bounce Back

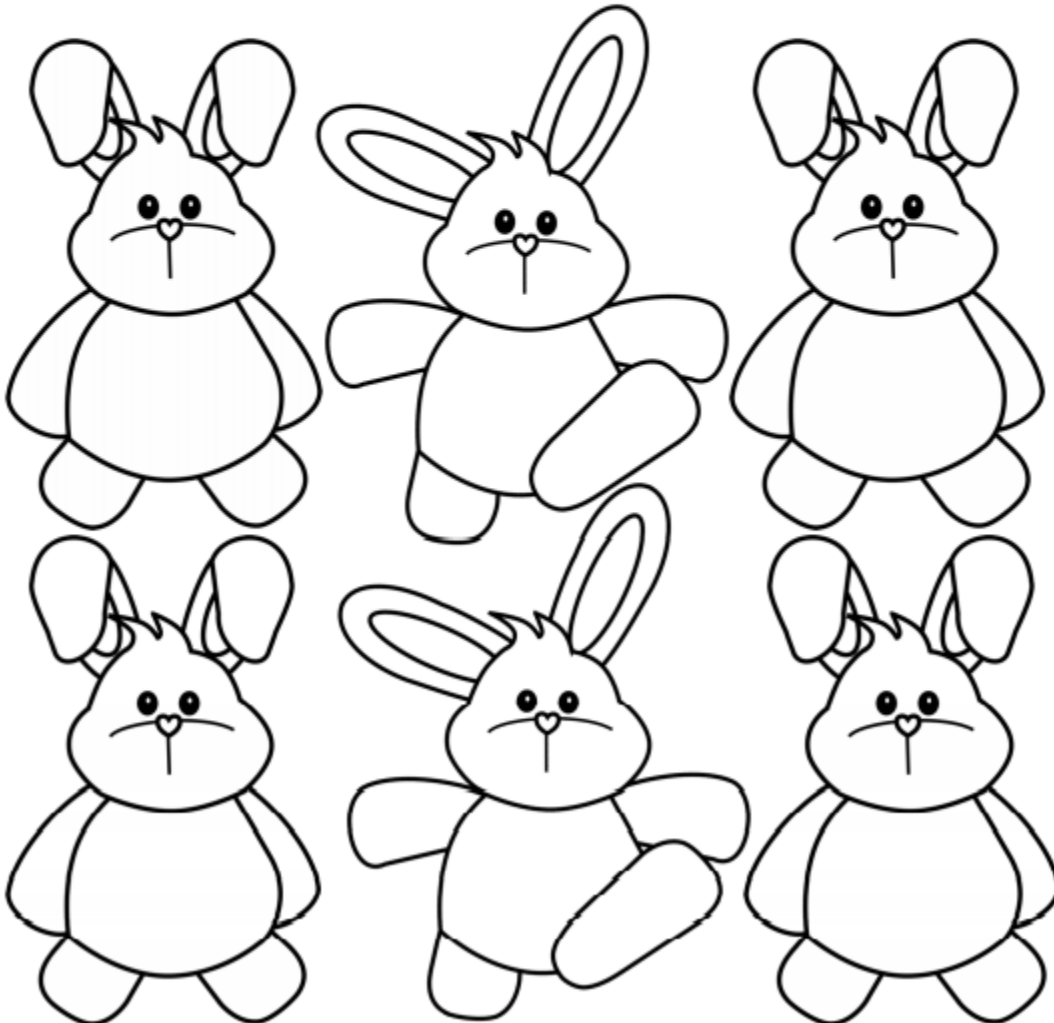
Directions: on each bunny, write or draw a coping skill that can help you bounce back when you are having a hard time.



**Learning to**  
**BOUNCE BACK!**

**Everyone gets upset sometimes. When that happens, we can use our coping skills—healthy ways to deal with tough feelings and situations.**

***DIRECTIONS:*** On each bunny, write or draw a coping skill that can help you **BOUNCE BACK** when you are having a hard time.



## 2. Coping Sort

Directions: sort the coping skills.

### Coping Skills Sort

Unhealthy

Healthy



Kicking	Lying	Taking Space	Yelling	Harming Self
Walking	Taking Medicine	Hitting	Coloring	Sleeping
Exercise	Punching	Overeating	Harming others	Throwing Toys

### 3. What to do when you lose a game

Directions: read.

# What to do When I Lose a Game

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## Helpful things to think or say:

It's just a game.

Congratulations

Maybe I'll win next time.

Oh well, never mind.

That was a good game.

That's okay, you won.

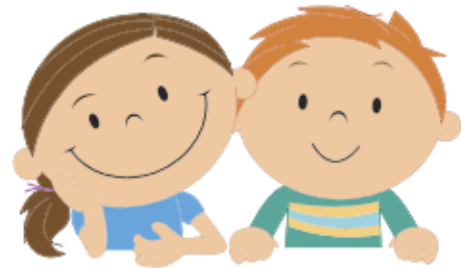


## Helpful things to do:

Shake hands with the winner.

Do a high five with the winner.

Tell the winner they played well.



If you're feeling angry - take a break.

**Remember - it's not about winning, it's about having fun!**



#### 4. Grounding Exercises

Directions: take a moment to observe and write.

## 2. Grounding Exercise #1

Take a moment to notice what is happening around you.  
What do you see? What do you hear? What can you touch?  
What can you smell? What can you taste?



5. Ground Exercise #2

Directions: can you find 5 things for every color?

### 3. Grounding Exercise #2

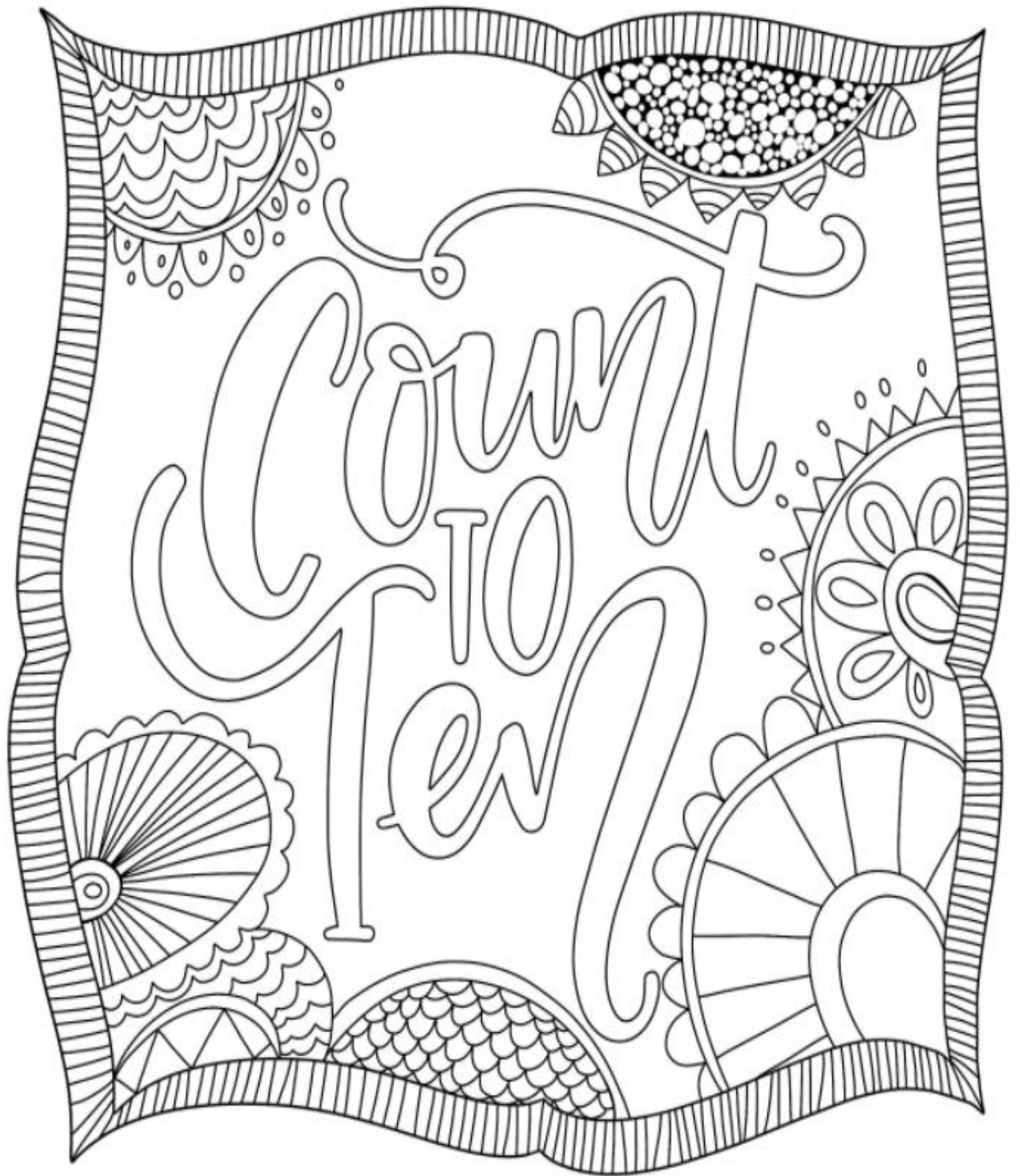
Take a moment to notice what is happening around you.  
Can you find 5 things for every color?



6. Motivational Coloring Pages

Directions: color.







## Option 4 | FaceTime and Phone Option | LF

### 1: Let's Talk

*Directions: Ask the participants the following questions:*

- 1) How often do you go swimming?
- 2) How often do you brush your teeth?
- 3) How often do you play football?
- 4) How often eat fast food?
- 5) How often do you cook? Or help cook at home?
- 6) What is your favorite healthy snack?
- 7) Is tomato a fruit or vegetable?
- 8) What is your favorite sport?
- 9) What is your favorite winter sport?
- 10) Do you or your family play sports or participate on any physical activity during holidays? Hikes? Running?
- 11) Have you ever played tennis?
- 14) Do you like going on exercise walks?
- 15) Have you ever gone on an exercise walk to a national park?
- 16) Have you gotten a hair cut this year?
- 17) How many fruits and vegetables do you eat daily?
- 18) Do you help grocery shop?
- 19) Do you go to bed before 9pm?
- 20) For how many seconds do you wash your hands?
- 21) Name fruits that are the color red.
- 22) Name fruits that are the color green.
- 23) Name fruits that are the color yellow.
- 24) Name fruits that are the color orange.
- 25) Name Fruits that are purple.
- 26) Name fruits that are blue.
- 27) Name your favorite fruit.
- 28) What is your favorite spring treat?
- 29) Do you Recycle?

### 2: Simple Exercises

*Encourage participants to complete 10 repetition of the following exercises:*

2. 10 Sit-ups
3. 10 Push-ups
4. Jog in place for 30 seconds
5. Sitting down touch your toes for 30 seconds
6. Standing up touch your toes standing up
7. Hop on your right foot 10 times
8. Hop on your left foot 10 times
9. 10 Squats
10. 10 air jumps
11. Reach up to the sky for 10 second