

\_\_\_\_\_ 's  
(Your Name Here)

# Activity Book

Fun activities inside about:



**Health**



**Nutrition**



**Exercise**



**Safety**



**Character**



**Bullying**

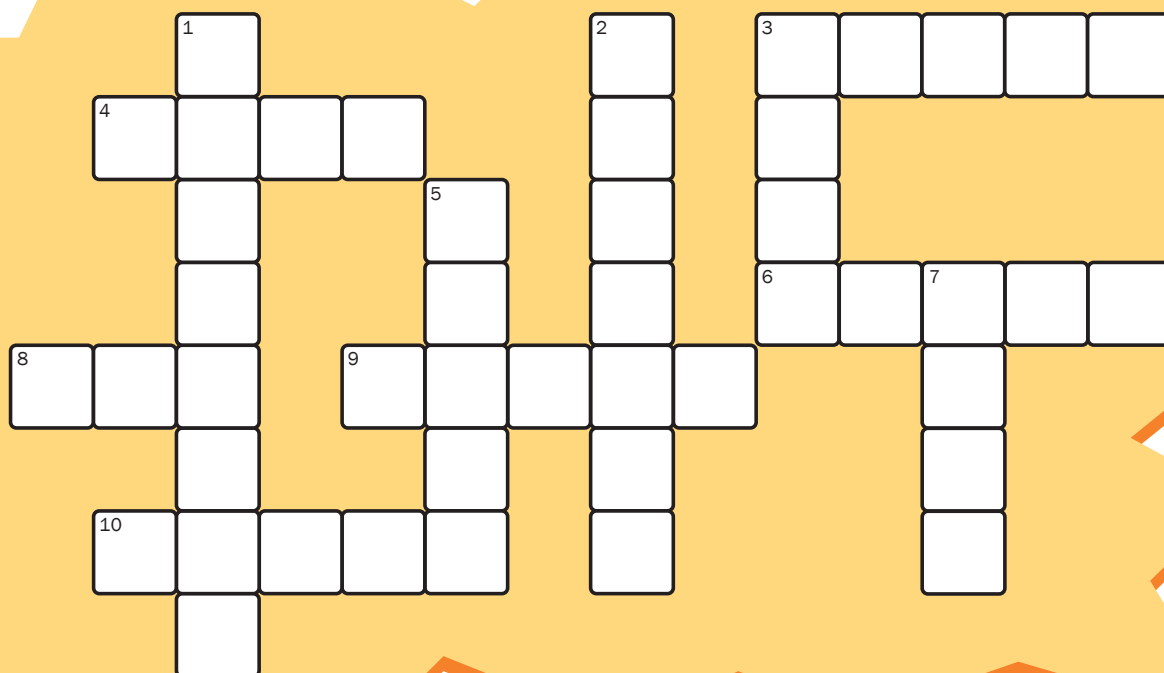
**Color us!**

For ages 5 to 12

# Get in the GOOD HEALTH habit!

Healthy habits are the best way to go. To help stay healthy, keep your body clean by bathing, washing your hands often, and brushing and flossing your teeth at least twice a day.

To learn some tips about keeping healthy, complete the crossword puzzle using these words: **cavities**, **cover**, **eat**, **fingers**, **floss**, **germs**, **hands**, **nose**, **warm**, **wash**, and **water**. Use the hints below to help you.



## ACROSS

3. Drink a lot of \_\_\_\_\_.
4. Wash your hands with soap and \_\_\_\_\_ water.
6. Wash your \_\_\_\_\_, especially before you eat.
8. Brush your teeth after you \_\_\_\_\_.
9. When you cough or sneeze, \_\_\_\_\_ your mouth.
10. \_\_\_\_\_ can make you sick.

## DOWN

1. Sugar on your teeth can give you \_\_\_\_\_.
2. Keep your \_\_\_\_\_ out of your mouth.
3. Before you eat and after you use the toilet, \_\_\_\_\_ your hands.
5. \_\_\_\_\_ your teeth every day.
7. Germs can enter your body through your eyes, mouth, and \_\_\_\_\_.

ANSWERS: Across: 3. water 4. warm 5. floss 6. hands 7. nose 8. brush 9. eat 10. germs Down: 1. cavities 2. fingers 3. wash 4. water 5. floss 6. hands 7. nose 8. brush 9. eat 10. germs

A healthy body helps you feel good and gives you energy to play and to do your best in school

Connect the dots below to see what can help you have a healthy body.



What is the child doing?

# Let's get your body MOVING!

Exercising is moving your body to stay healthy.  
Playing is a fun way to exercise.

In the box below, find and circle the following words about fun ways to exercise.  
The words may go down, up, right, left, or diagonal.

bicycle

catch

hop

jumprope

rollerblade

run

skateboard

sports

swim

tag

walk

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



Color us!

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

ANSWERS:

Exercise every day! By exercising, you are making your body stronger. Spending too much time in front of the television or computer is not healthy for your body or mind.

For each number that is missing a letter, find the matching letter in the box to read the important messages about exercising.

1	2	3	4	5	6	7	8	9	10	11	12	13	14
A	B	C	D	E	F	G	H	I	J	K	L	M	N
15	16	17	18	19	20	21	22	23	24	25	26		
O	P	Q	R	S	T	U	V	W	X	Y	Z		

- \_\_\_\_\_ before you exercise.  
19 20 18 5 20 3 8
- Exercise will keep your body \_\_\_\_\_ and give you  
\_\_\_\_\_ to play.  
8 5 1 12 20 8 25  
5 14 5 18 7 25
- Keeping your body healthy will \_\_\_\_\_ you from  
\_\_\_\_\_.  
16 18 15 20 5 3 20  
19 9 3 11 14 5 19 19
- Don't spend too much time in front of the  
\_\_\_\_\_ or \_\_\_\_\_.  
20 5 12 5 22 9 19 9 15 14  
3 15 13 16 21 20 5 18
- When you exercise, drink a lot of \_\_\_\_\_.  
23 1 20 5 18

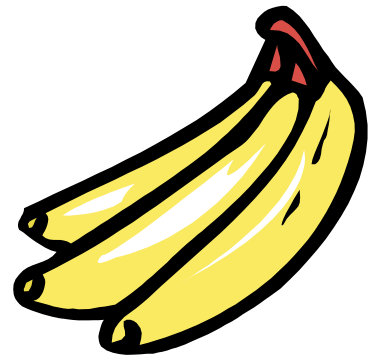
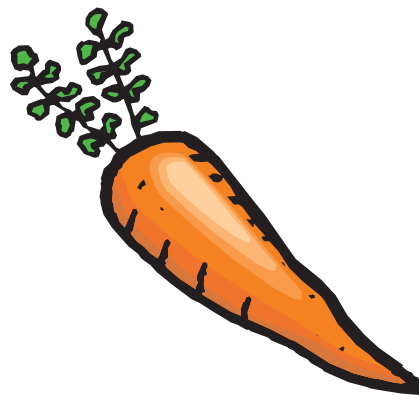
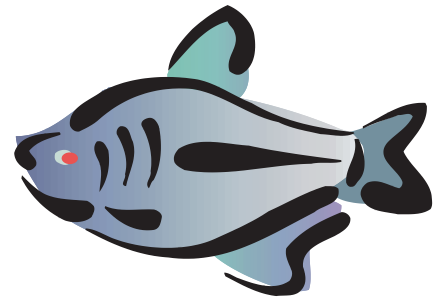
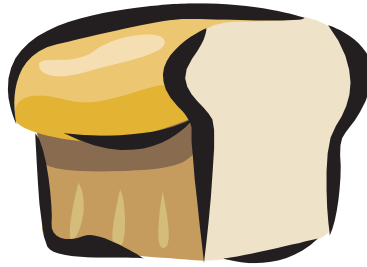
Exercising helps you feel good!

# EAT RIGHT to grow big & strong!

Good nutrition is eating healthy foods so you can grow and have a strong body. Eating breakfast will help you get a great start every day.

There are six different food groups shown below. Draw a line from the food group on the left to the matching picture of food on the right.

1. Empty calorie foods  
(a lot of sugar or solid fat)
2. Dairy: Milk, yogurt, cheese
3. Protein: Fish, poultry, meat,  
beans, eggs, nuts, tofu
4. Vegetables: Broccoli,  
carrots, cucumber
5. Fruits: Apples, bananas, berries
6. Grains: Bread, cereal, rice, pasta



It is recommended to eat a variety of foods from five of the food groups every day. Do you know which one of the groups does not provide the nutrients you need to be healthy and strong?

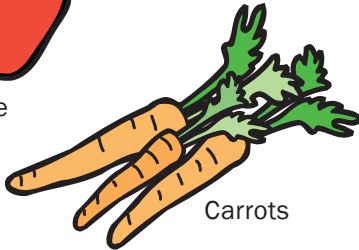
**Circle that food group and the matching picture.**

Eating foods with too many empty calories can give you too much body fat and cavities. Eat healthy snacks!

Circle the pictures of healthy snacks below:



Apple



Carrots



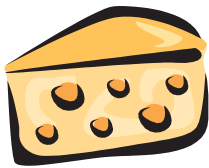
Soda



Ice cream



Celery



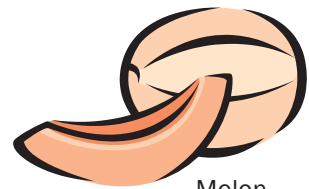
Cheese



Cookies



Yogurt



Melon



Cake



French fries



Crackers



Bagel



Candy



Granola bar

What is the most important meal of the day?

To find out, add the numbers below. Use the number you get to find the matching letter in the box.

1+5    9-4    2+2    18-11    6-5    4+4    14-7    8-6    10-7

1 2 3 4 5 6 7 8  
K S T E R B A F

ANSWERS: Apple, carrots, celery, cheese, yogurt, melon, crackers, bagel, and granola bar should be circled./Breakfast.

# Remember: SAFETY FIRST

Safety means being careful at home, at school, outside, or wherever you are so you don't get hurt. It is important to be safe especially when you play.

Find a word that **rhymes with each word below** and is something you **SHOULDN'T PLAY WITH**.

1.

buns

4.

drove

2.

catches

5.

pants

3.

hives

6.

far

Unscramble the **blue** words to read the important safety tips and write the words in the blanks. The words are: **911**, **adult**, **cover**, **duck**, **roll**, **railroad**, **street**, and **right**.

1. Before you cross the **etsret**, look both ways. \_\_\_\_\_

2. When riding your bike, stay on the **hrtig** side of the road. \_\_\_\_\_

3. Don't play near **drioraal** tracks. \_\_\_\_\_

4. Always swim with an **uatdl** watching you. \_\_\_\_\_

5. In an earthquake, you should **kudc** and **vrcoe**. \_\_\_\_\_ and \_\_\_\_\_

6. If your clothes are on fire, STOP, DROP, and **LORL**! \_\_\_\_\_

7. If there is an emergency, call **191**. \_\_\_\_\_



# Following rules at home, at school, and on the street will help keep you safe.

Circle the pictures below that show children being safe.



If you can't find anyone to help you in an emergency, call 911.

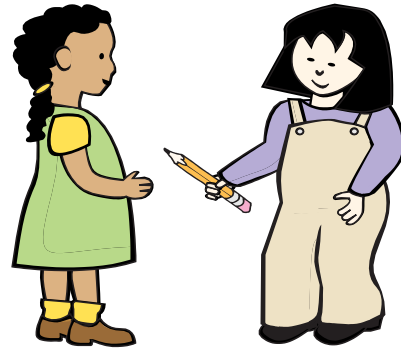
# Being a BULLY is never okay.

Bullying is being mean to someone on purpose with actions or words. Respect is being nice to someone. Everyone deserves respect.

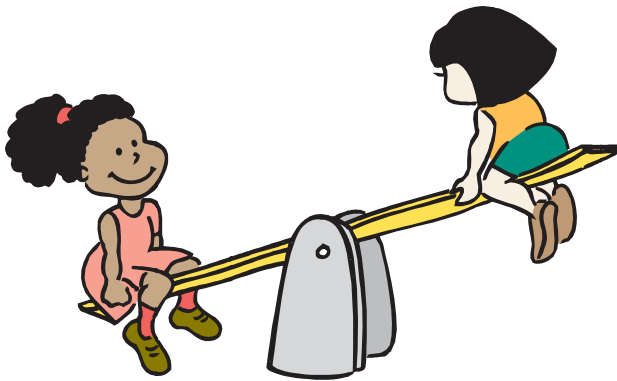
Circle the pictures below that show giving respect.



1. a. Taking candy from someone's desk without asking



- b. Letting someone borrow your pencil



2. a. Asking someone to play with you



- b. Leaving someone out of a game because you don't want to play with them



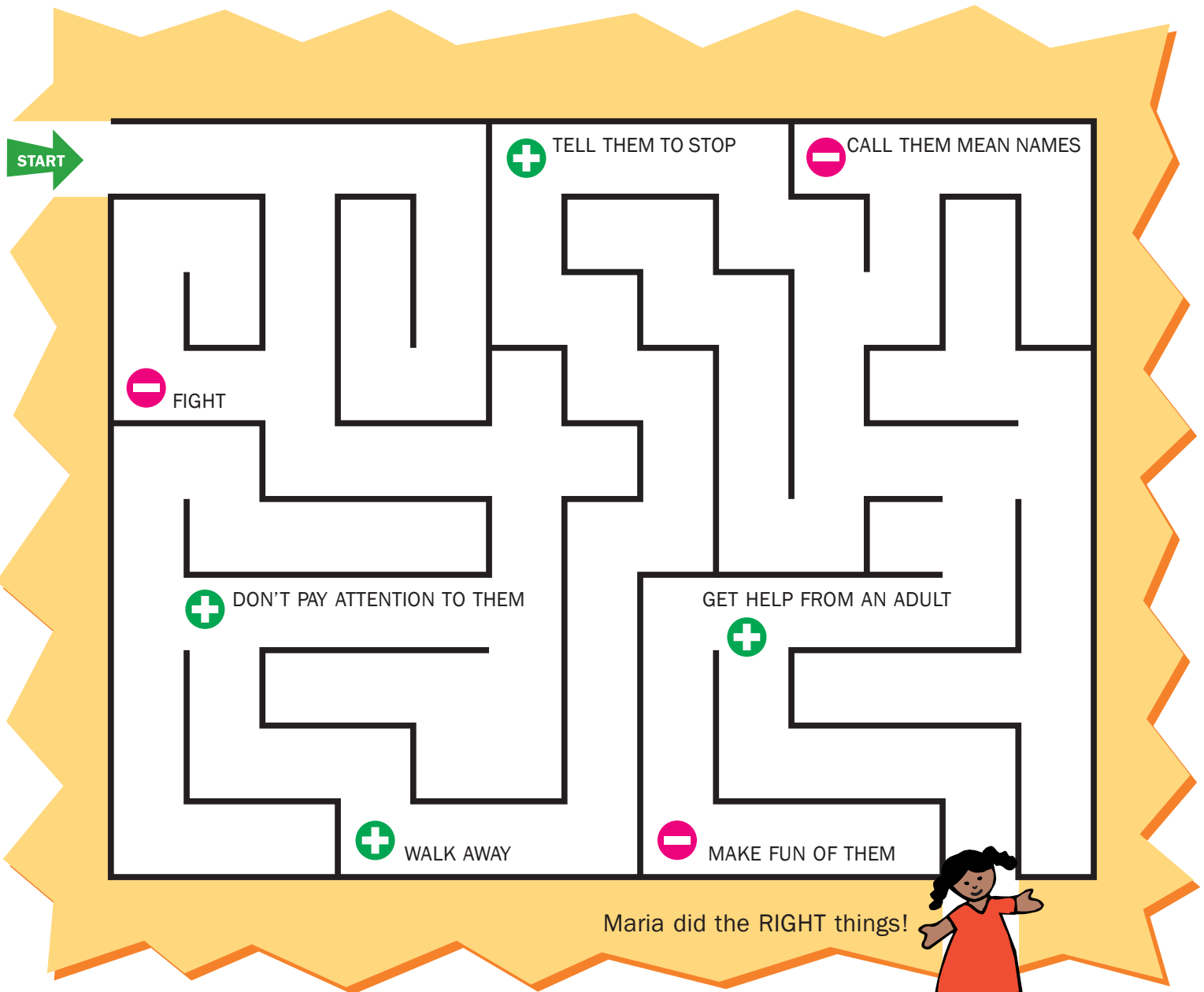
3. a. Saying mean names to a new student



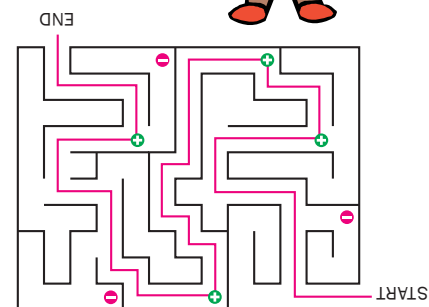
- b. Sitting next to a new student during lunch

Bullying is not okay. If someone is mean to you, there are things you can do and things you shouldn't do to take care of yourself.

A bully has been bothering Maria. Help her choose the RIGHT things to do as she travels through the maze.



If you see someone being bullied, get help from an adult.

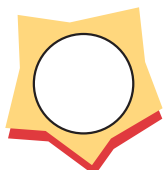


ANSWER:

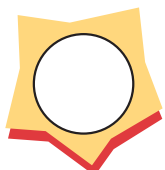
# Remember: DO the RIGHT thing!

Good character is **KNOWING** what is right and wrong and **DOING** what is **RIGHT**. Doing the **RIGHT** thing helps others, but doing the wrong thing can hurt others.

Draw a happy face next to what is **RIGHT** and a sad face next to what is **WRONG**.  
For each number, write your own example in the blue box.



1. **Being kind:** Asking someone new to play with you



2. **Stealing:** Taking something that doesn't belong to you



3. **Being mean:** Making fun of someone because they talk differently



4. **Being responsible:** Cleaning up your room without being asked



5. **Cheating:** Looking at someone's paper during a test



6. **Lying:** Telling your parents you did your homework when you didn't do it



7. **Telling the truth:** Spilling juice and telling your dad that you spilled it

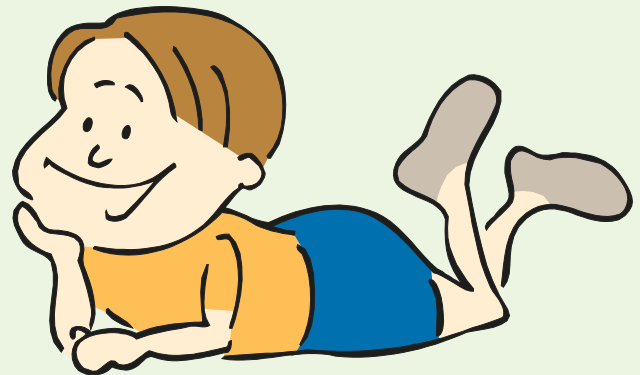


8. **Sharing:** Letting your little sister play with your toy

Doing what is RIGHT helps make the world a better place.  
You can CHOOSE to do what is RIGHT in every situation.

For each item below, circle the sentence that is the RIGHT thing to do.

1. You didn't finish your homework.  
**What should you do?**
  - a. Ask your friend if you can copy theirs.
  - b. Tell your teacher you didn't finish it.
2. You buy strawberries at the store. The cashier gives you too much change.  
**What should you do?**
  - a. Give the extra money back to them.
  - b. Keep the money.
3. During recess, you see Gina crying.  
**What should you do?**
  - a. Ask her what's wrong.
  - b. Tell your friends that you saw her crying.
4. You pushed Juan. Later, the teacher asks if you pushed him.  
**What should you do?**
  - a. Say you did push him and say sorry to him.
  - b. Say you didn't push him.
5. At the market, you accidentally break a jar of jelly. **What should you do?**
  - a. Tell one of the employees.
  - b. Try to hide the mess.
6. You see garbage on the ground.  
**What should you do?**
  - a. Put it in the trash can.
  - b. Walk by it.
7. David accidentally bumps into you and says, "Sorry."  
**What should you do?**
  - a. Yell, "Watch where you're going!" and push him back.
  - b. Say, "It's okay."
8. You see two classmates fighting.  
**What should you do?**
  - a. Cheer for your friend.
  - b. Get a teacher to help.
9. Someone gets mad and pushes you.  
**What should you do?**
  - a. Push them back.
  - b. Try to talk about it.
10. You see your friend jumping off of tables. **What should you do?**
  - a. Try to get them to stop because it's dangerous.
  - b. Jump with them because it looks fun.

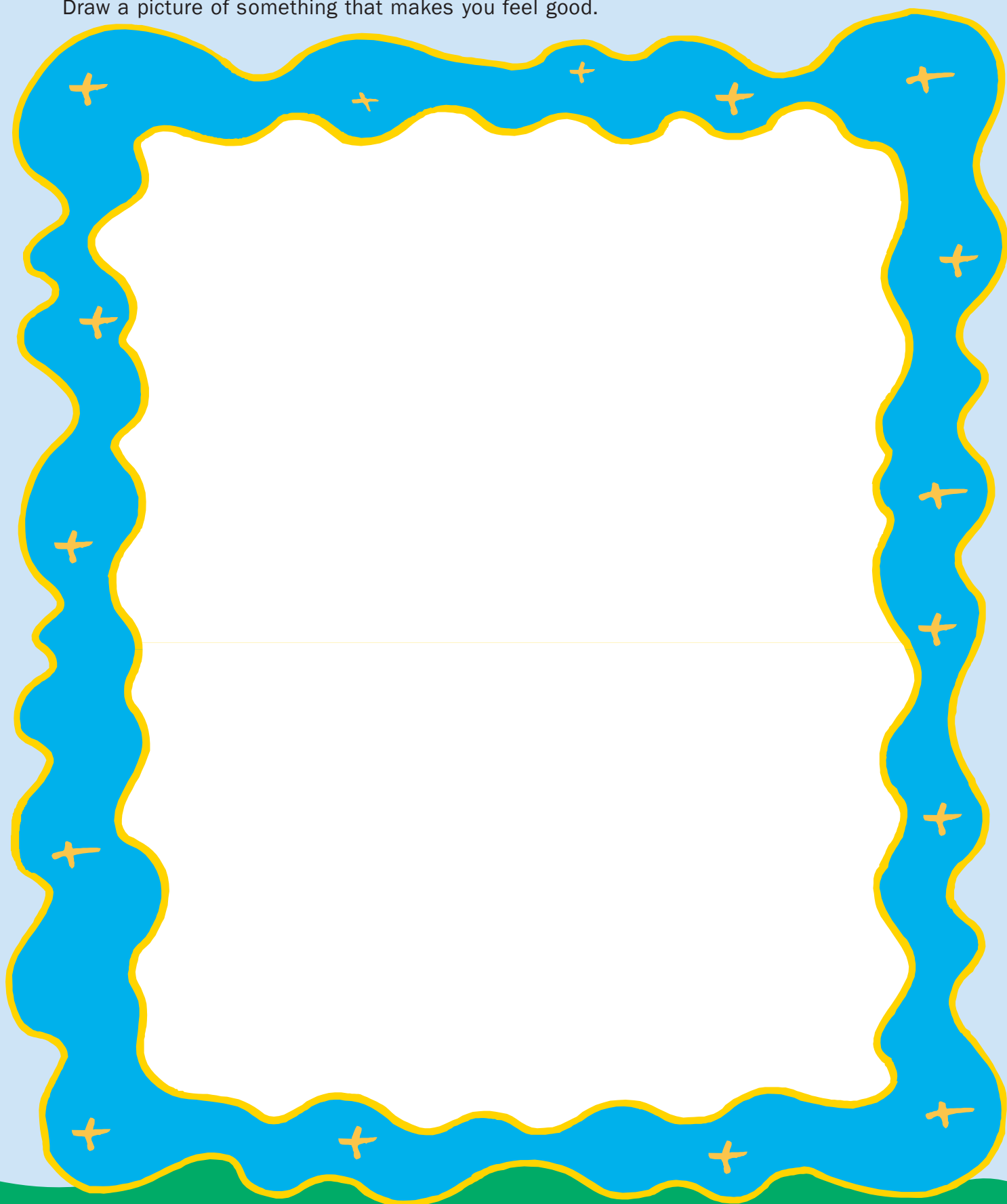


If you have good character, people around  
you can trust and count on you.

# What makes YOU feel good?

Feeling good about yourself is good for your health.

Draw a picture of something that makes you feel good.



# REMEMBER:



STAY HEALTHY by Keeping germs away. Keep your body clean and floss and brush your teeth.



EXERCISE every day by moving your body.



EAT healthy meals and snacks. Don't forget to eat BREAKFAST!



Practice SAFETY and follow the rules wherever you are, especially when you play.



BULLYING is not okay. If you are ever bullied, get help from an adult.



Choose to have GOOD CHARACTER. Be honest, kind, and helpful to others.

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