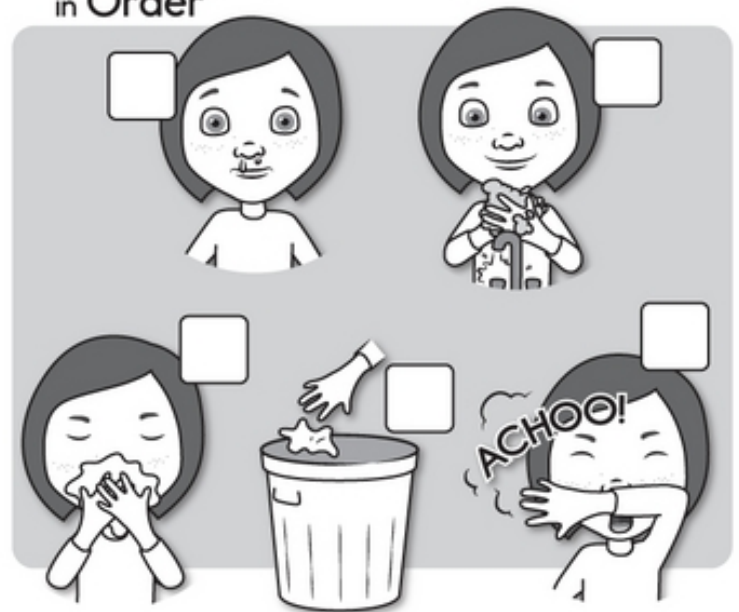


Which things below help you and your classmates stay healthy during cold and flu season?



Put the Events in Order



How many germs do you think are on a person's hands?

- A.) hundreds
- B.) thousands
- C.) millions

# Let's stay healthy this cold and flu season!

There are both good AND bad viruses and bacteria. Can you get to the end of the maze without crossing over any bad germs?



Check all that apply.

You should wash your hands:

- after sneezing into your hands
- after coughing into your hands
- after yawning into your hands
- after using the bathroom
- before using the bathroom
- before eating
- after drinking water
- after playing outside
- before playing outside
- after visiting a sick person
- before hugging a friend
- after thinking really hard
- before gym class
- before rubbing your eyes

\* Hint: You should have checked 7 boxes.

Circle the places where germs can enter the body:



FLU VIRUS



COLD VIRUS



STREP THROAT BACTERIA



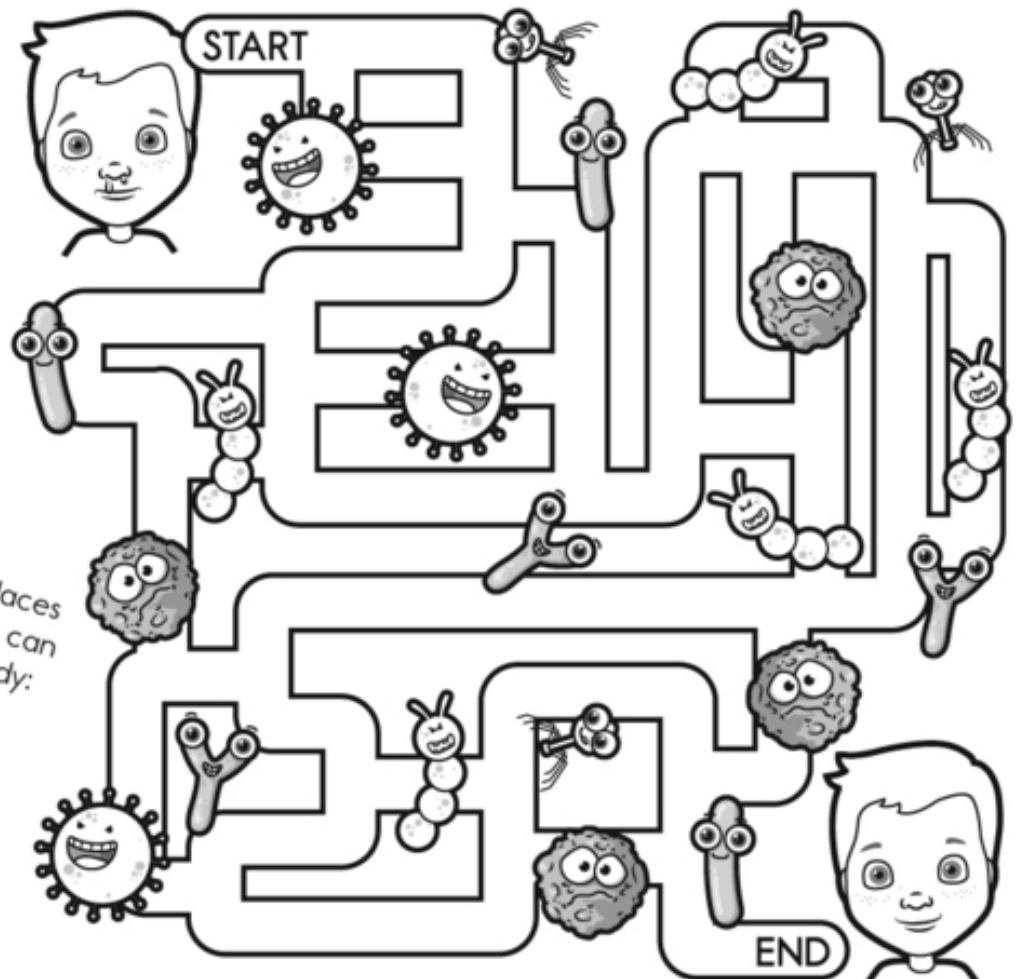
LACTO BACILLUS  
Found in cheese, yogurt, pickles, etc.



BIFIDO BACTERIUM  
Lives in your gut and helps keep you healthy.



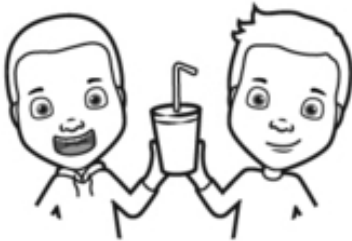
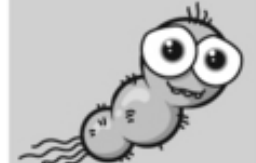
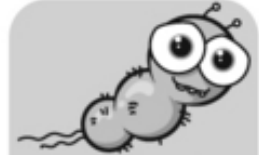
BACTERIOPHAGE  
Virus that can eat bad bacterial



Circle the things below that help you and your classmates stay healthy during cold and flu season.



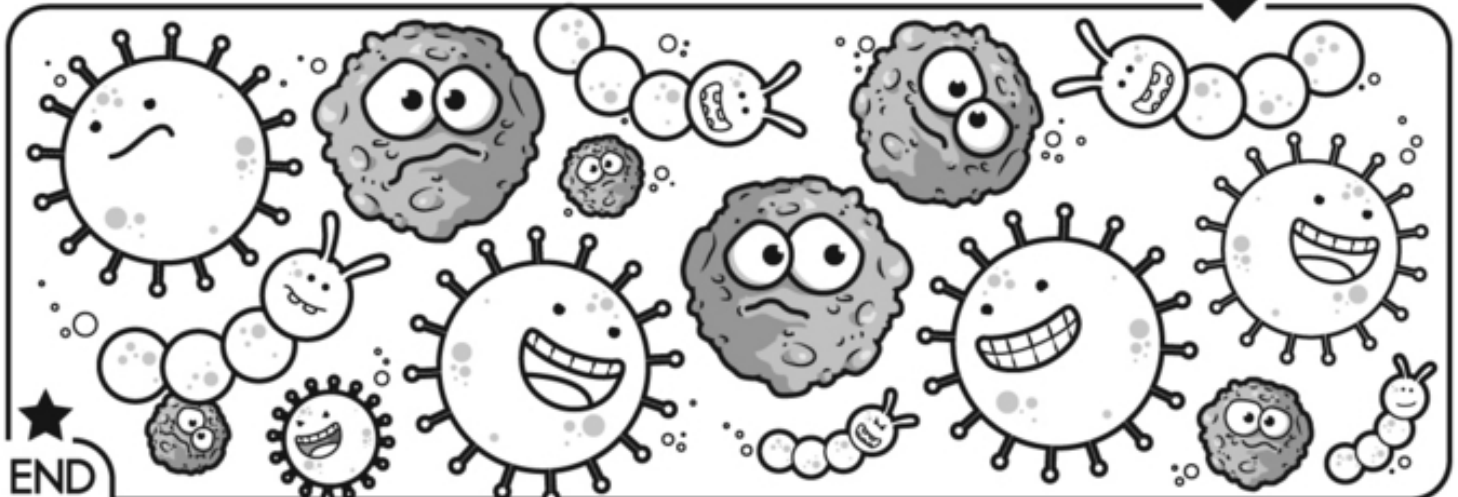
Which germ is the same?

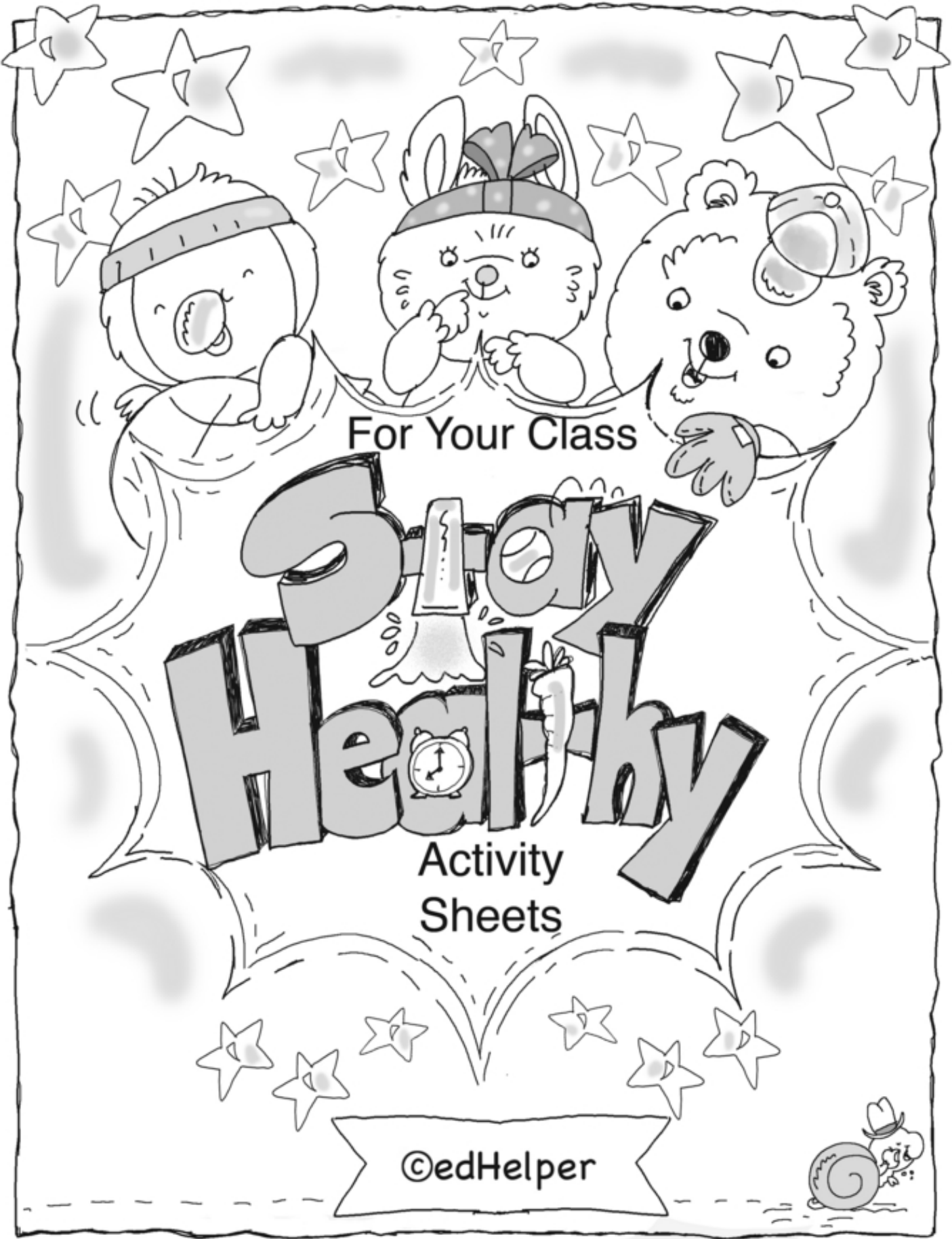


**Don't catch a cold!**

Travel through the box without touching any germs.

**START**





For Your Class

# Stay Healthy

Activity  
Sheets

©edHelper



Pretend you are packing a healthy lunch. Circle things it could include. Cross out the things it would not.



Apple



Fruit Snacks



Mozzarella Cheese Stick



Soda



Hardboiled Eggs



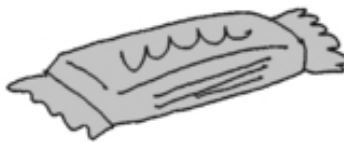
Water



Homemade Turkey Sandwich



Potato Chips



Candy Bar

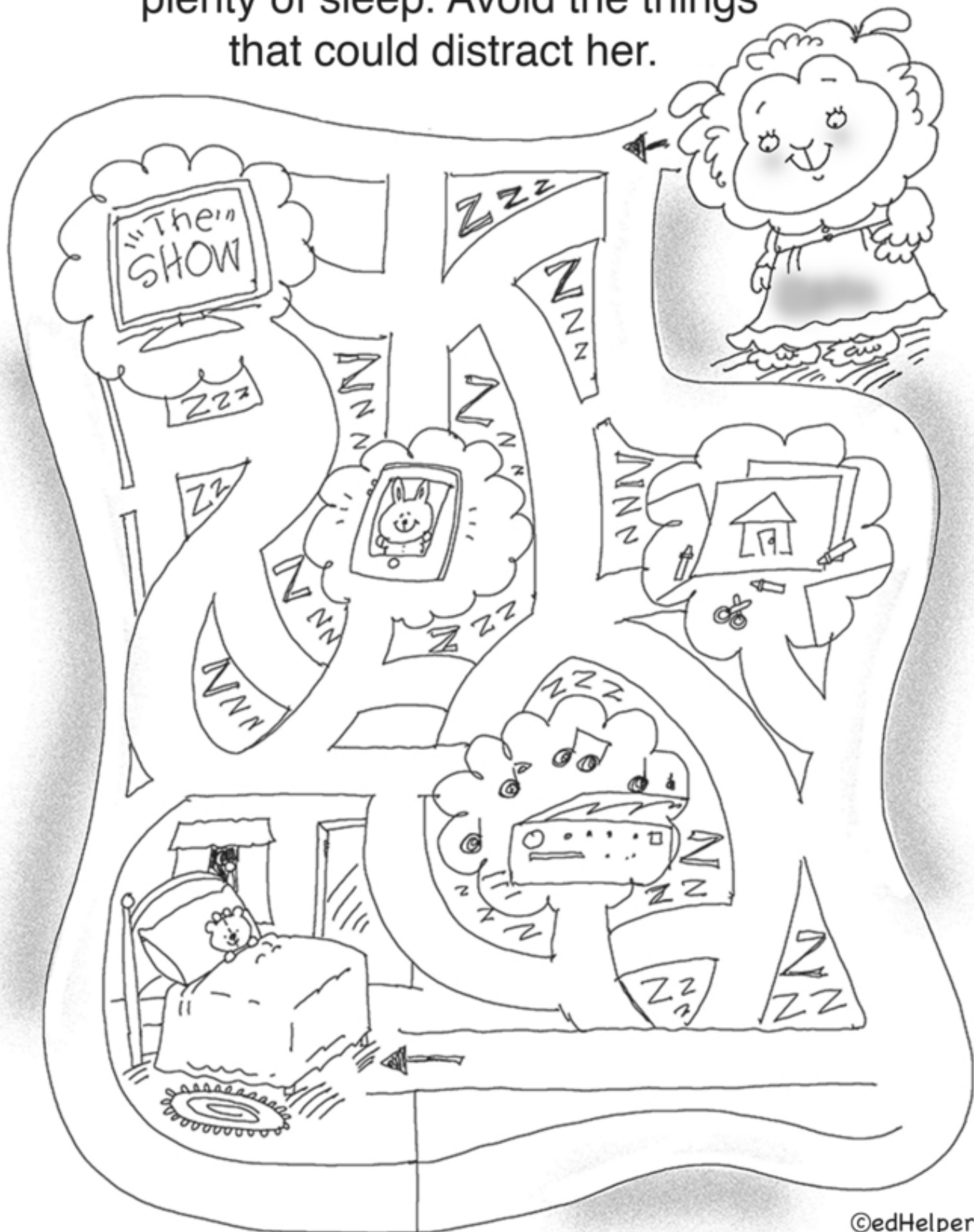


Nut and Dried Fruit Trail Mix



Baby Carrots

Help Alisha get to her bed so she can get plenty of sleep. Avoid the things that could distract her.



Finish important personal hygiene tips that are good for your physical and mental health by filling in the blanks using these vowels.



✓ W\_\_sh y\_\_ \_\_r h\_\_nds \_\_ft\_\_n.

✓ Sh\_\_w\_\_r \_\_r b\_\_th\_\_ d\_\_ \_\_ly.

✓ Br\_\_sh \_\_nd fl\_\_ss y\_\_ \_\_r  
t\_\_ \_\_th m\_\_rn\_\_ng \_\_nd n\_\_ght.

Unscramble these letters to spell fun things  
you can do with family and friends  
for exercise.



ekbi \_\_\_\_\_



nedac \_\_\_\_\_

kawl \_\_\_\_\_

keih \_\_\_\_\_

adgrne \_\_\_\_\_

wmis \_\_\_\_\_

ogj \_\_\_\_\_

tbaakoedsr  
\_\_\_\_\_

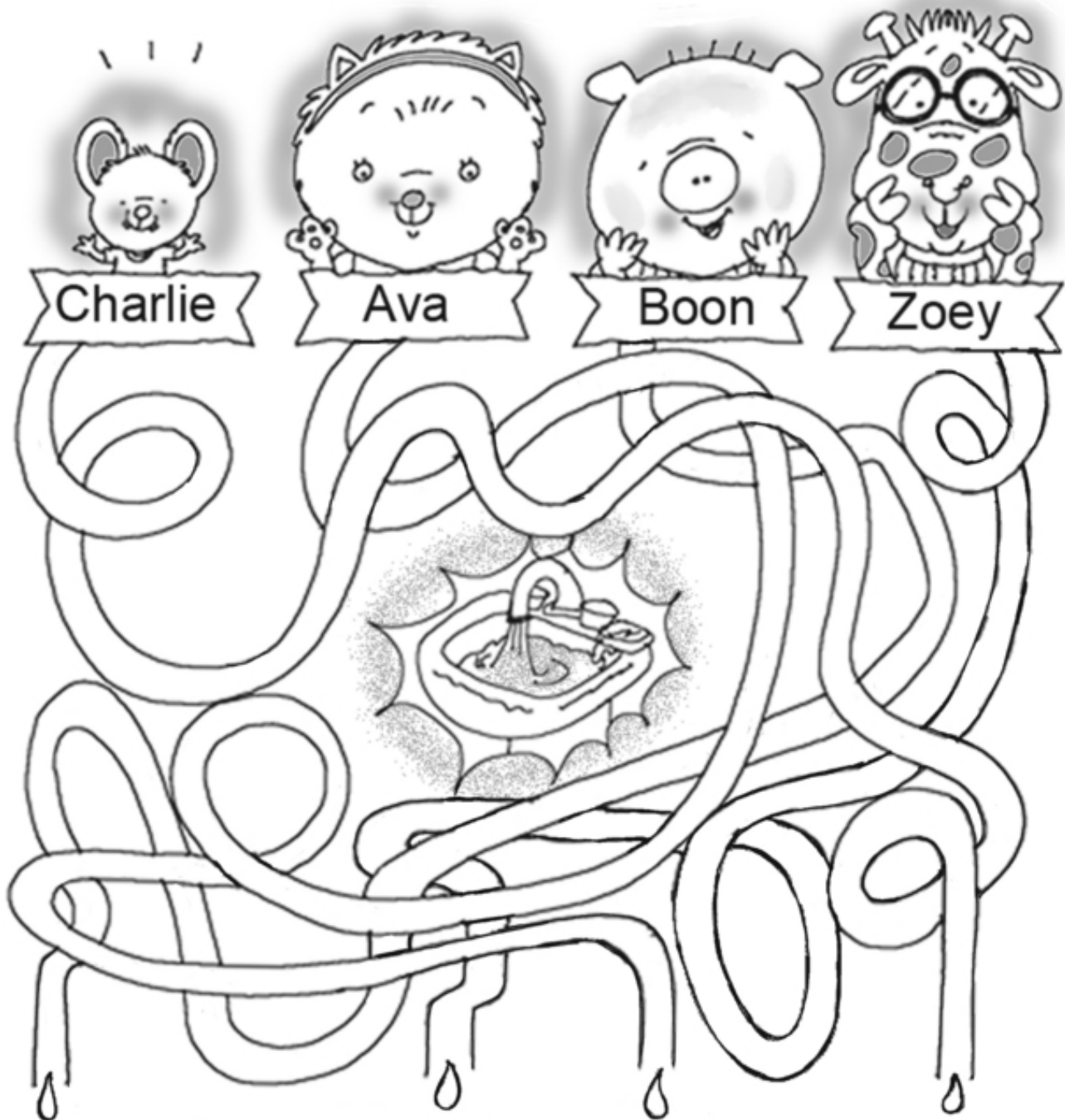
alpy \_\_\_\_\_

krea \_\_\_\_\_





Follow the tangled paths to find why each child is going to wash their hands. Write their names on the correct lines.



\_\_\_\_\_ is going to eat a meal.

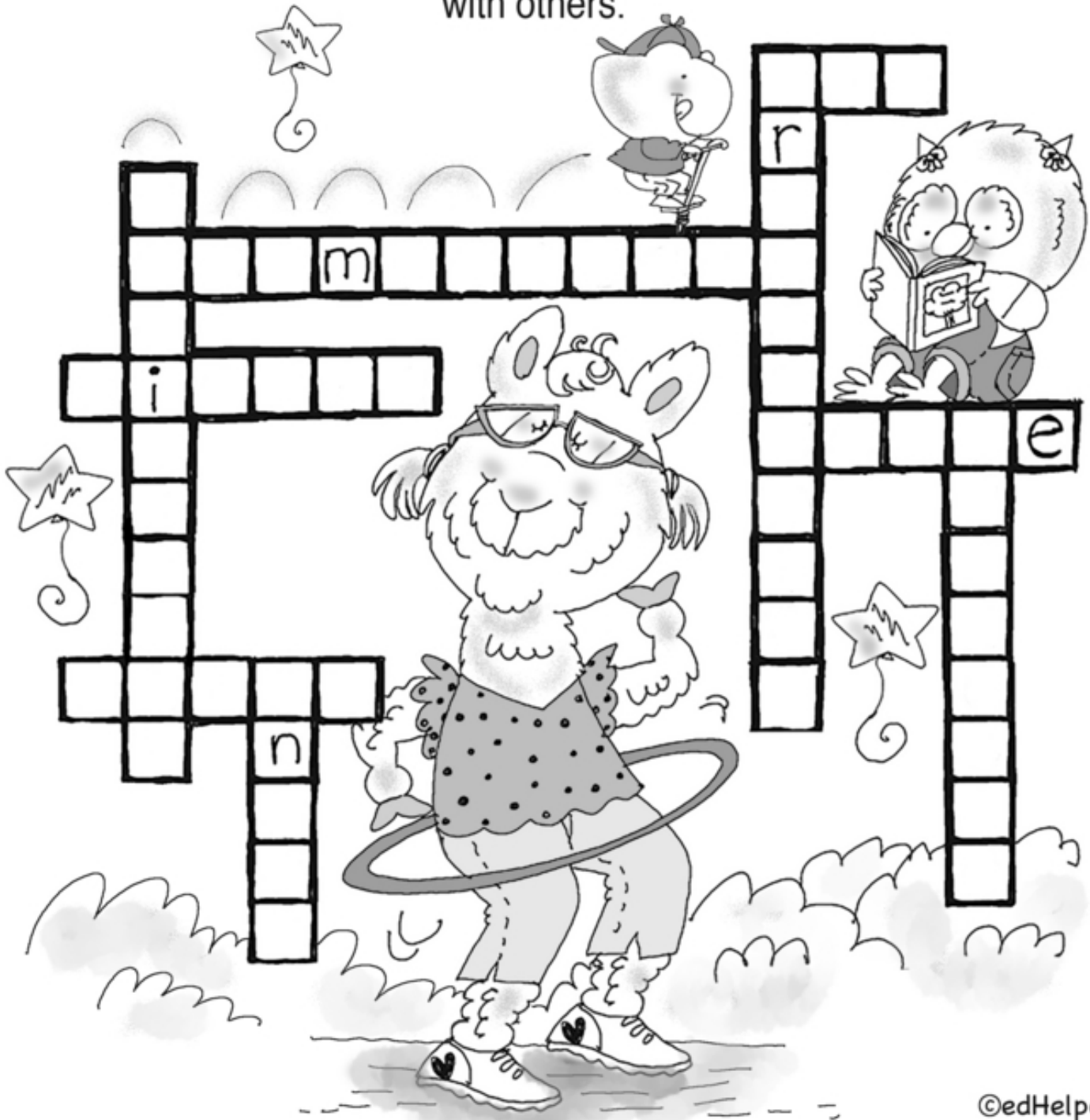
\_\_\_\_\_ is going to help care for a baby.

\_\_\_\_\_ has just used the toilet.

\_\_\_\_\_ is going to help prepare dinner.

These tips can help you manage stress. Fit the underlined words into this crossword. Letters have been added to help you.

Stop to relax. Have fun! Try to solve problems. Remember you are valuable! Manage your anger. Know who will listen. Build good friendships! Do activities you enjoy. Do your best to communicate with others.

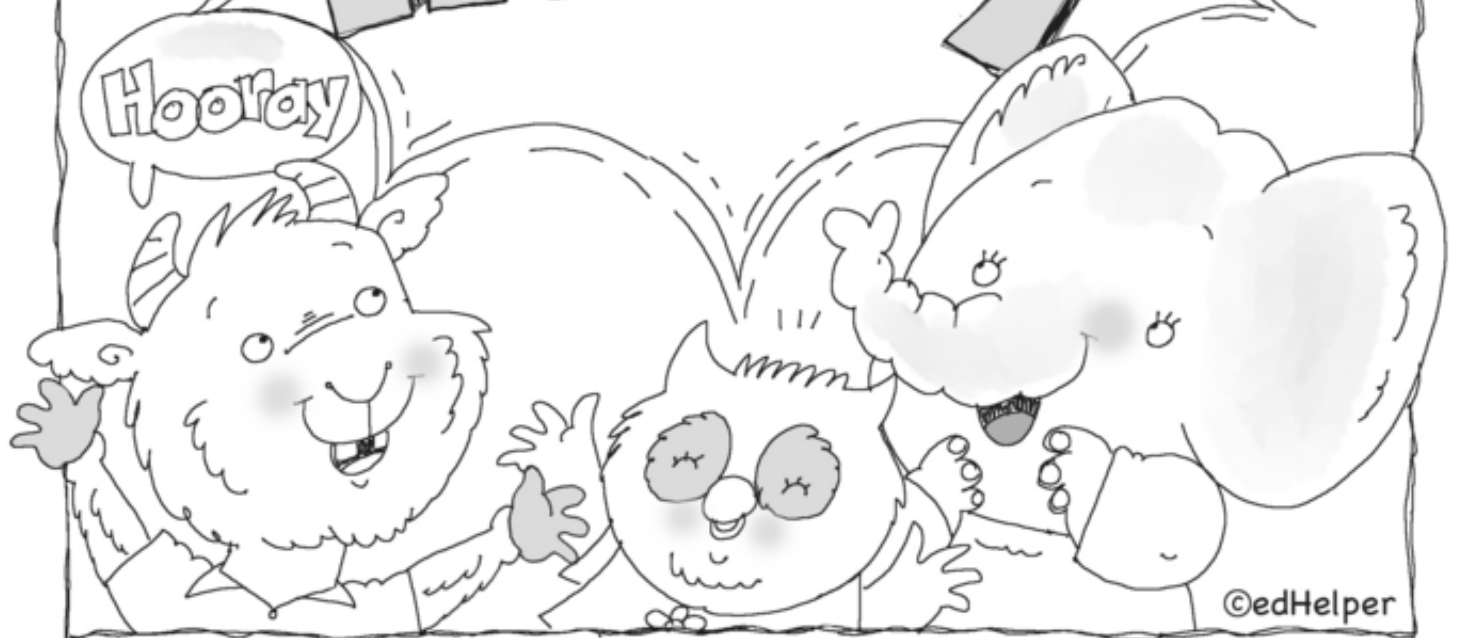


\_\_\_\_\_

Name

Wants to

# Stay Healthy



A change I will make is to \_\_\_\_\_

\_\_\_\_\_.