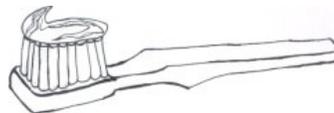




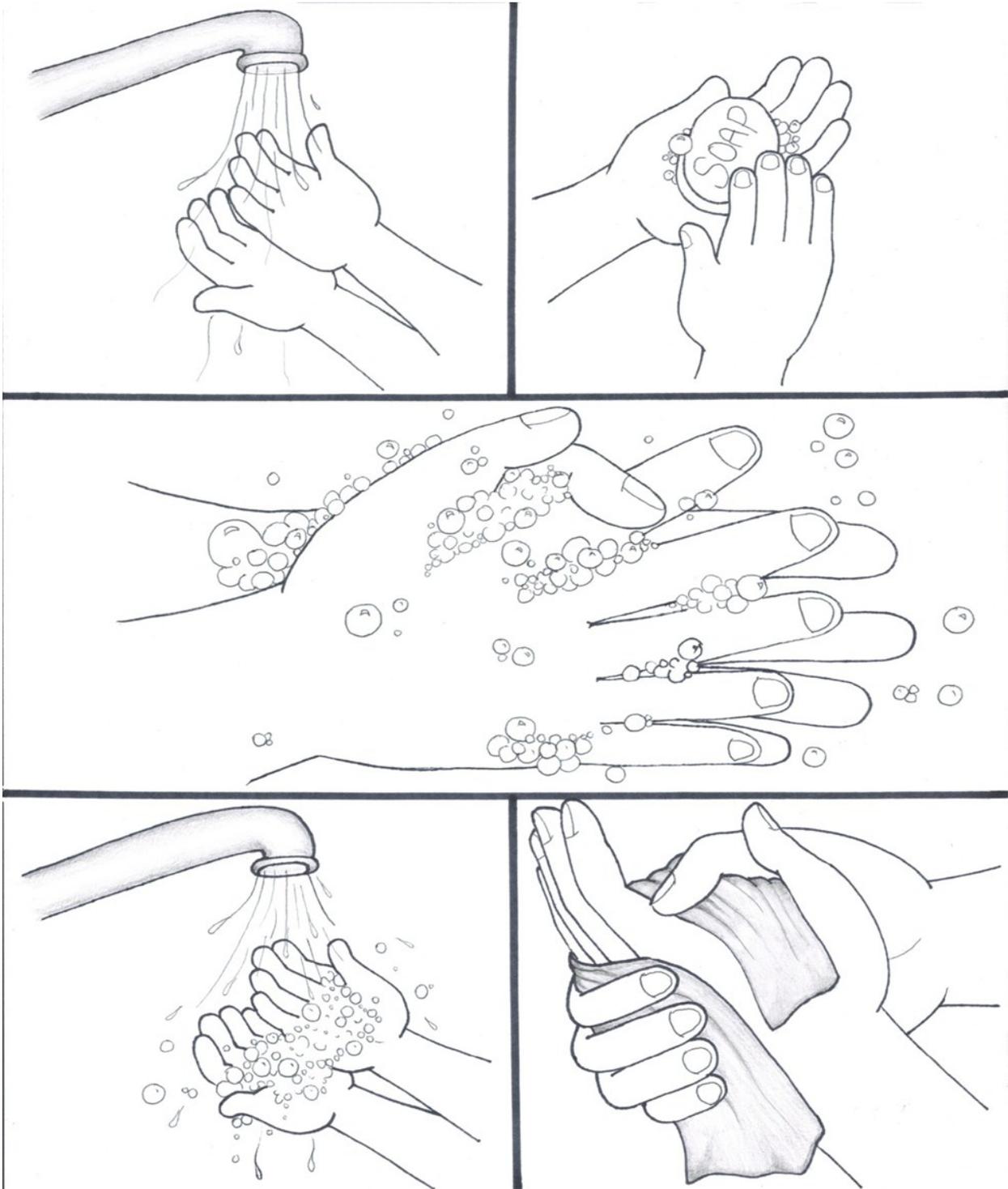
The Healthy Child Coloring Book

My Name: _____





**It is good to bathe every day especially on hot days
or after working and playing.**



Hand washing kills germs and keeps you from getting sick. Be sure to use warm water and soap.



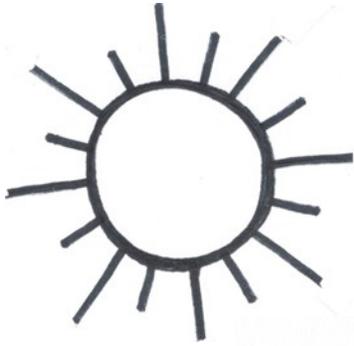
**Brushing your teeth two times every day
keeps them healthy and cavity-free.**



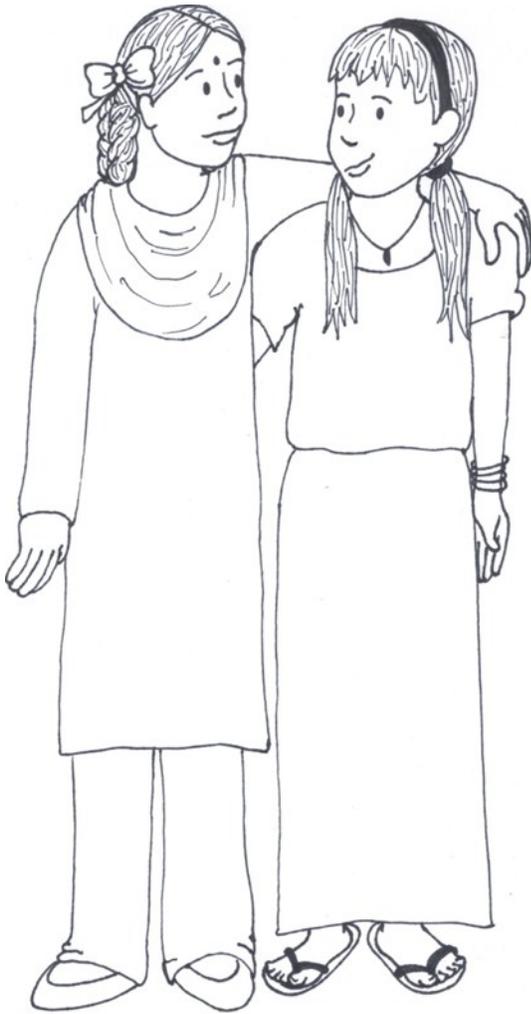
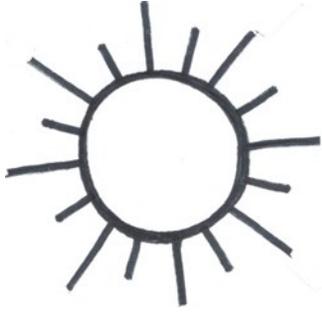
**Always sneeze and cough into your arm
to avoid spreading germs to others.**



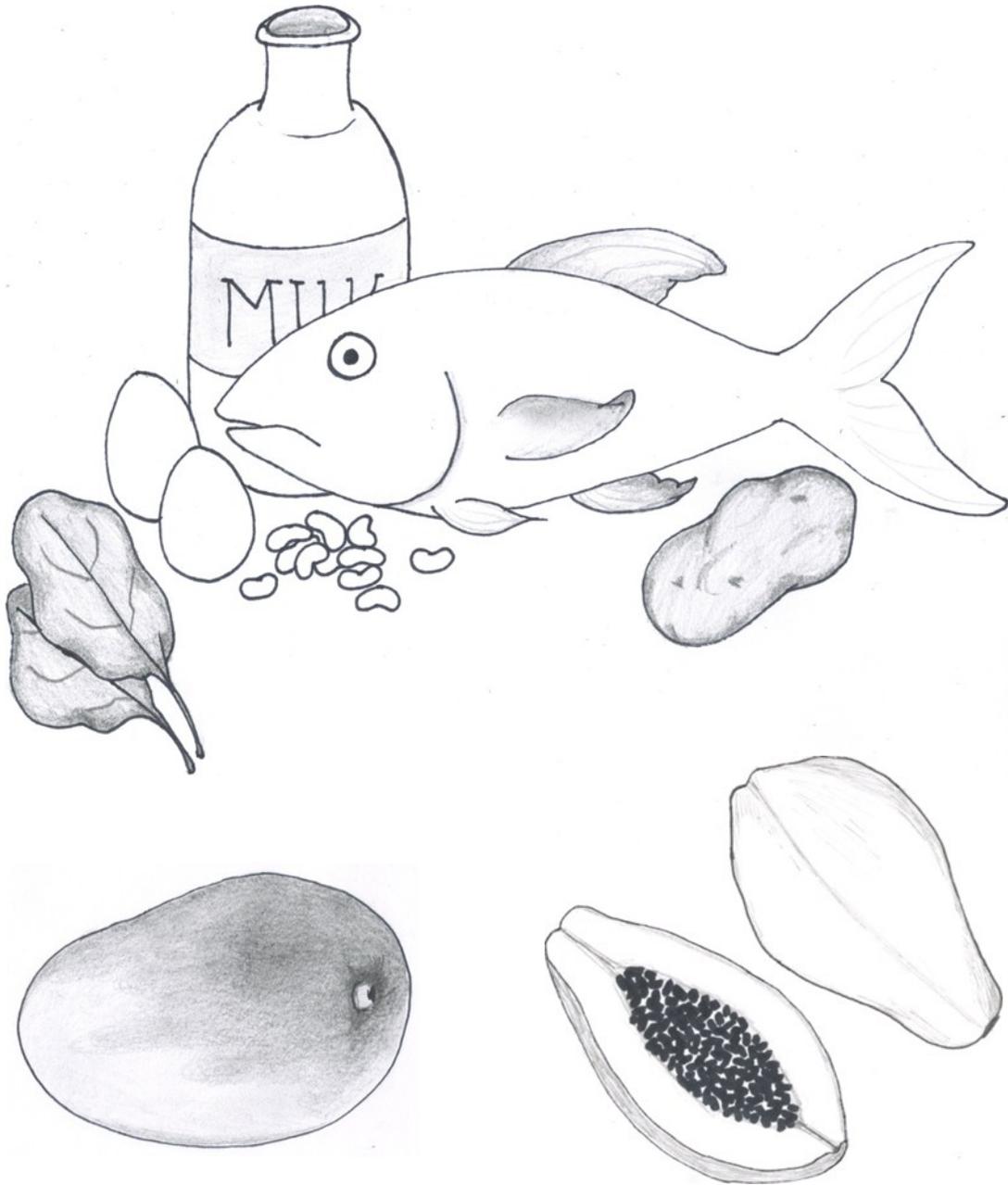
Some children have allergies which cause them to sneeze and have runny noses even when they are healthy.



You can wear a hat or other protective clothing to avoid getting a sun burn.



**A home garden is a fun project
friends can do together.**



**Eating a variety of foods helps you grow strong
and stay healthy.**



**Drinking lots of water helps keep you
from getting sick.**



**Eating carrots is an easy way to keep
your eyes healthy.**



Dancing, jumping rope and running are great ways to get the exercise you need.



**Playing cricket is a fun way to be active
and stay healthy.**



**It is important to be kind to others.
Please, never say bad things about other children.**



**Reading and studying hard will help you
be smart and successful.**



It is important to talk to an adult whenever you feel sick or have questions about your health.