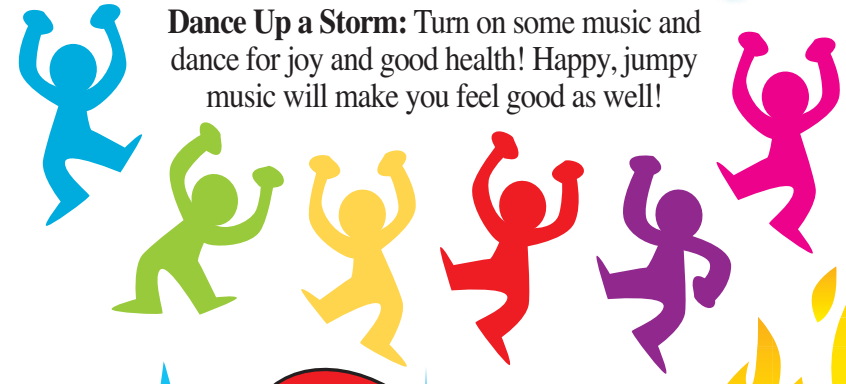


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## Have a Happy, Healthy Winter!

**W**hen the weather outside turns frightful, it gets harder to get your much needed exercise.



**Dance Up a Storm:** Turn on some music and dance for joy and good health! Happy, jumpy music will make you feel good as well!

### The Lava Game

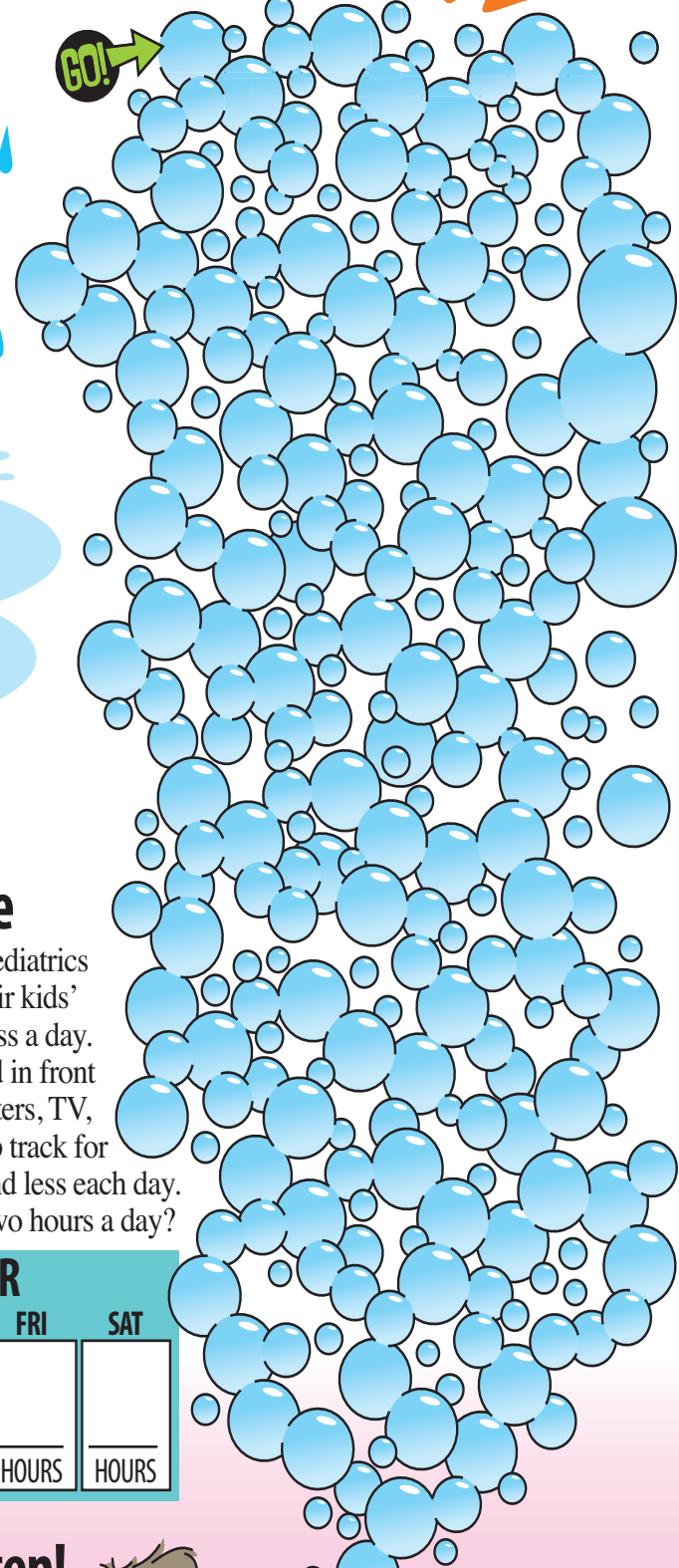
Pretend you can't touch the floor or the lava will burn you up. Travel through the house on chairs, pillows, tables and furniture your parents allow.

Moving around keeps you healthy and feeling good. Give these safe and fun indoor activities a try and let us know what you think!

### WINTER HEALTH TIP: Hydrate!

If it's cold outside, you might not feel thirsty. However, it is important that you keep drinking water throughout the day. A good reminder is to drink a glass of water each time you go to the bathroom.

How many differences can you find between this boy and his reflection?



**Juggle with balloons.** They're a great way to start juggling. Start with two, then try to add a third and a fourth!

### WINTER HEALTH TIP: Limit Screen Time

The American Academy of Pediatrics recommends parents limit their kids' screen time to two hours or less a day. How much time do you spend in front of a screen each day? Computers, TV, phones ... it all adds up. Keep track for one week and try to do less and less each day. Can you keep it to less than two hours a day?



SCREEN TIME TRACKER						
SUN	MON	TUE	WED	THU	FRI	SAT
HOURS	HOURS	HOURS	HOURS	HOURS	HOURS	HOURS

### Wash Your Hands Often!

Exercise keeps you healthy. Remember to wash your hands throughout the day. Visit [kidscoop.com/scrub-squad/](http://kidscoop.com/scrub-squad/) to find a Kid Scoop video and printable activity pages that help make hand washing fun!



Starting up top at "GO," can you find your way through the gaps in these bubbles all the way back down to this little boy?

**Extra! Extra!**

### Hundred Toss

Crumple up a sheet of newspaper into a small ball. Cover the entire ball with masking tape. Toss the ball back and forth with one or more pals, counting from 1 to 10 each time the ball is successfully caught. If someone drops the ball, start counting from 1 again. Can you make it all the way to 100?

**Standards Link:** Reading comprehension: Follow simple written directions

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**Kid Scoop VOCABULARY BUILDERS**  
This week's word: **OBSERVANT**  
The adjective **observant** means quick to take notice.  
The bone in the sand was spotted by the **observant** student.  
Try to use the word **observant** in a sentence today when talking with your friends and family.

**Write On!**

**Greatest Treasure in the World**  
What is the world's greatest treasure? Why?

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### Kid Scoop Puzzler

**Unscramble each of the mixed-up words.**

### When should I wash my hands?

- after playing DISTOUE O \_ \_ \_ \_ I \_ \_ \_
- after using the STROMORE R \_ \_ \_ T R \_ \_
- before eating or KONCOGI \_ O O \_ \_ \_
- after petting SANIMLA \_ \_ \_ \_ \_ L S \_
- before and after visiting a sick DRFNEI F \_ \_ \_ \_
- after blowing your nose, coughing or sneezing
- after taking out the RATHS T \_ \_ \_ \_

**Standards Link:** Reading Comprehension: Follow simple written directions.

**Let's Talk:** With your family, discuss things you can do to be healthier in 2020. Come up with a plan to eat healthier foods, get more exercise and spend fun time together!

### Double Double Word Search

REMINDER

EXERCISE  
HEALTHY  
HYDRATE  
WEATHER  
PRETEND  
THIRSTY  
MOVING  
TRAVEL  
DANCE  
STORM  
LIMIT  
SAFE  
TIME  
WASH

Find the words in the puzzle. How many of them can you find on this page?

E	W	H	E	N	L	E	G	I
S	H	T	C	F	E	T	T	N
I	S	E	N	V	A	S	I	P
C	A	W	A	R	I	S	M	V
R	W	R	D	L	N	I	E	O
E	T	Y	T	S	T	O	R	M
X	H	W	E	A	T	H	E	R
E	T	H	I	R	S	T	Y	E
R	E	D	N	I	M	E	R	R

**Standards Link:** Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

### FROM THE Kid Scoop LESSON LIBRARY

### Healthy Feels Good!

Everyone feels better when they eat right, exercise and get plenty of rest. Look through the newspaper for things that are good for your body. Choose three or more that appeal to you.

**Standards Link:** Health: Students recognize and practice positive health behaviors.

**What do mountains wear in cold weather?**

ANSWER: Snowcaps