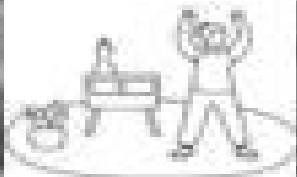


HEALTH TOPICS FOR KIDS

TRI-FOLD HANDOUTS FOR ELEMENTARY STUDENTS

EXERCISE

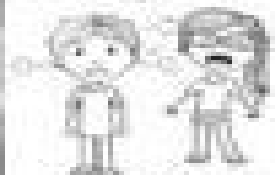


HAVE YOU EVER FELT
DOWN IN THE DUMPS
AND UNMOTIVATED TO
DO ANYTHING?



GET LOST IN
NATURE AND YOU
WILL FIND
YOURSELF.

WALK



IF YOU ARE IN A
BAD MOOD GO FOR
A WALK. IF YOU ARE
STILL IN A BAD
MOOD, GO FOR
ANOTHER WALK.
—LITTOCKMAN'S

YOGA



IF THE OCEAN CAN
CALM ITSELF, SO
CAN YOU. WE ARE
BOTH SALT WATER
PEOPLE WITH AIR.

ZZZZZZZZ



"EARLY TO BED AND
EARLY TO RISE MAKES
A MAN HEALTHY,
WEALTHY, AND WISE."

BENJAMIN FRANKLIN



Elementary School Health Instruction

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