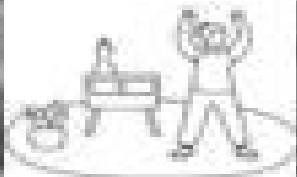


# HEALTH TOPICS FOR KIDS

TRI-FOLD HANDOUTS FOR ELEMENTARY STUDENTS

## EXERCISE

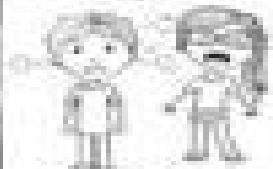


HAVE YOU EVER FELT  
DOWN IN THE MORNING  
AND UNMOTIVATED TO  
DO ANYTHING?



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.  
—LITTONKING'S

## YOGA



IF THE OCEAN CAN  
CALM ITSELF, SO  
CAN YOU. WE ARE  
BORN WITH WATER  
FIXED WITH AIR.

## ZZZZZZZZ



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

BENJAMIN FRANKLIN



# Elementary School Health Instruction

**Carl E. Willgoose**



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