

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

EXPRESS YOUR HEALTH!™

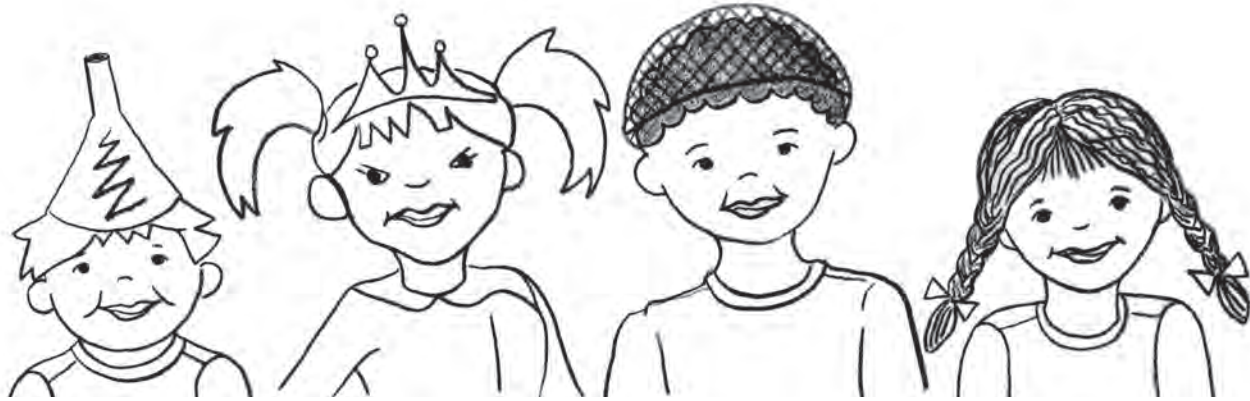
Activity Book for Kids

Coloring Pages • Stickers • Puzzles



Be a healthy hero!

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Be a healthy hero!



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www.cdc.gov/family/kids



Energy Girl is active every day to stay strong and healthy.
She likes to run, dance, and play ball.
What active things do you like to do?



Nutrition Boy eats healthy snacks to get energy.
He likes bananas, carrots, cheese, and milk.
What healthy snacks do you like?



Hygiene Boy
washes his hands
to help fight
germs.

He washes them
before he eats and
after he uses the
bathroom.

When do you
wash your hands?

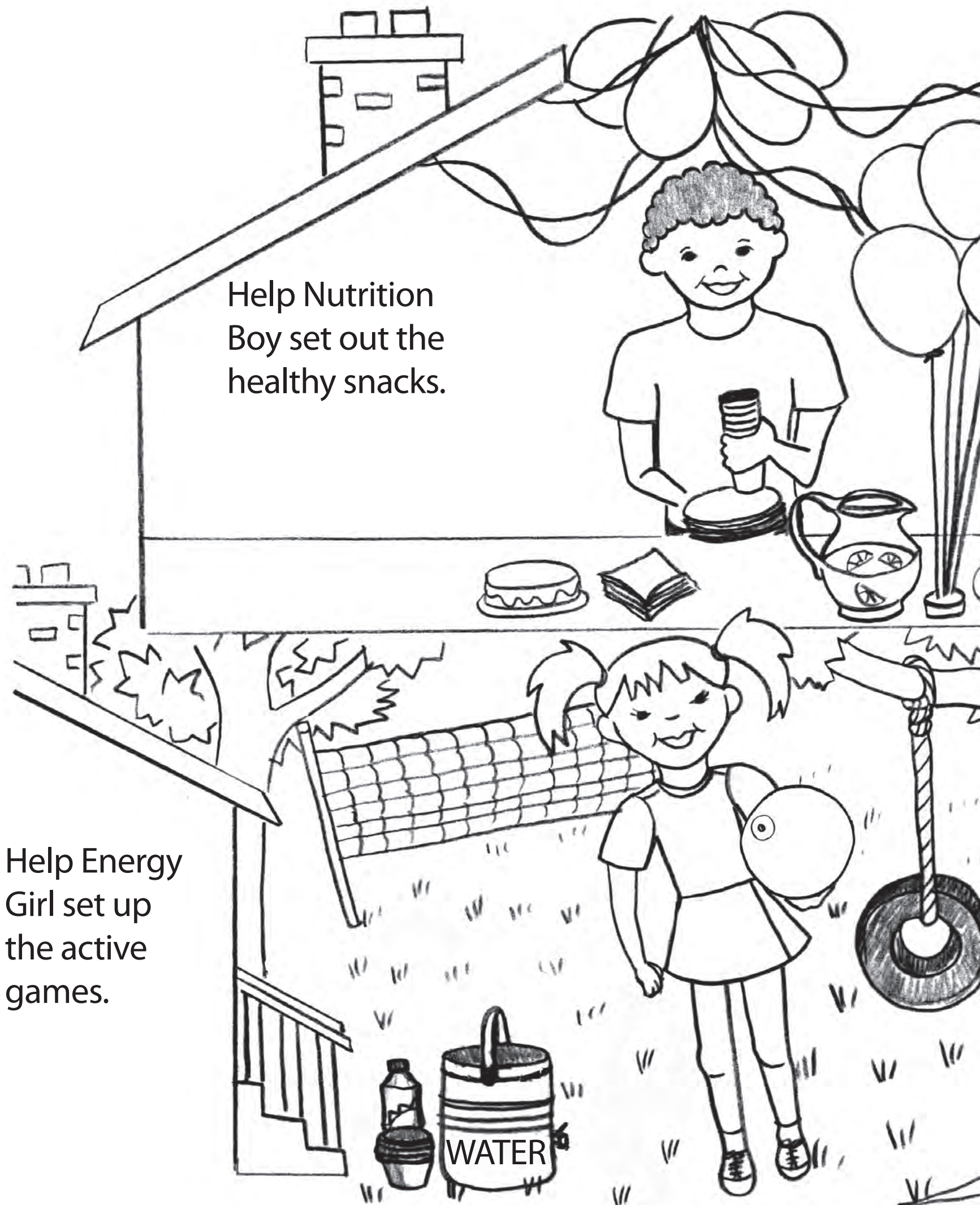


Safety Girl stays safe so she doesn't get hurt.
She wears a helmet when she rides her bike.
She also looks both ways before crossing the street.
What do you do to stay safe?

It's a party! Use the stickers to help the healthy heroes get ready.

Help Nutrition
Boy set out the
healthy snacks.

Help Energy
Girl set up
the active
games.





Help Hygiene
Boy wash his
hands and
brush his teeth.



Help Safety
Girl get to the
party safely.



Nutrition Boy's Garden: Connect the Dots



Connect the dots to find out what three vegetables Nutrition Boy grows in his garden.

Energy Girl's Activities: Word Search

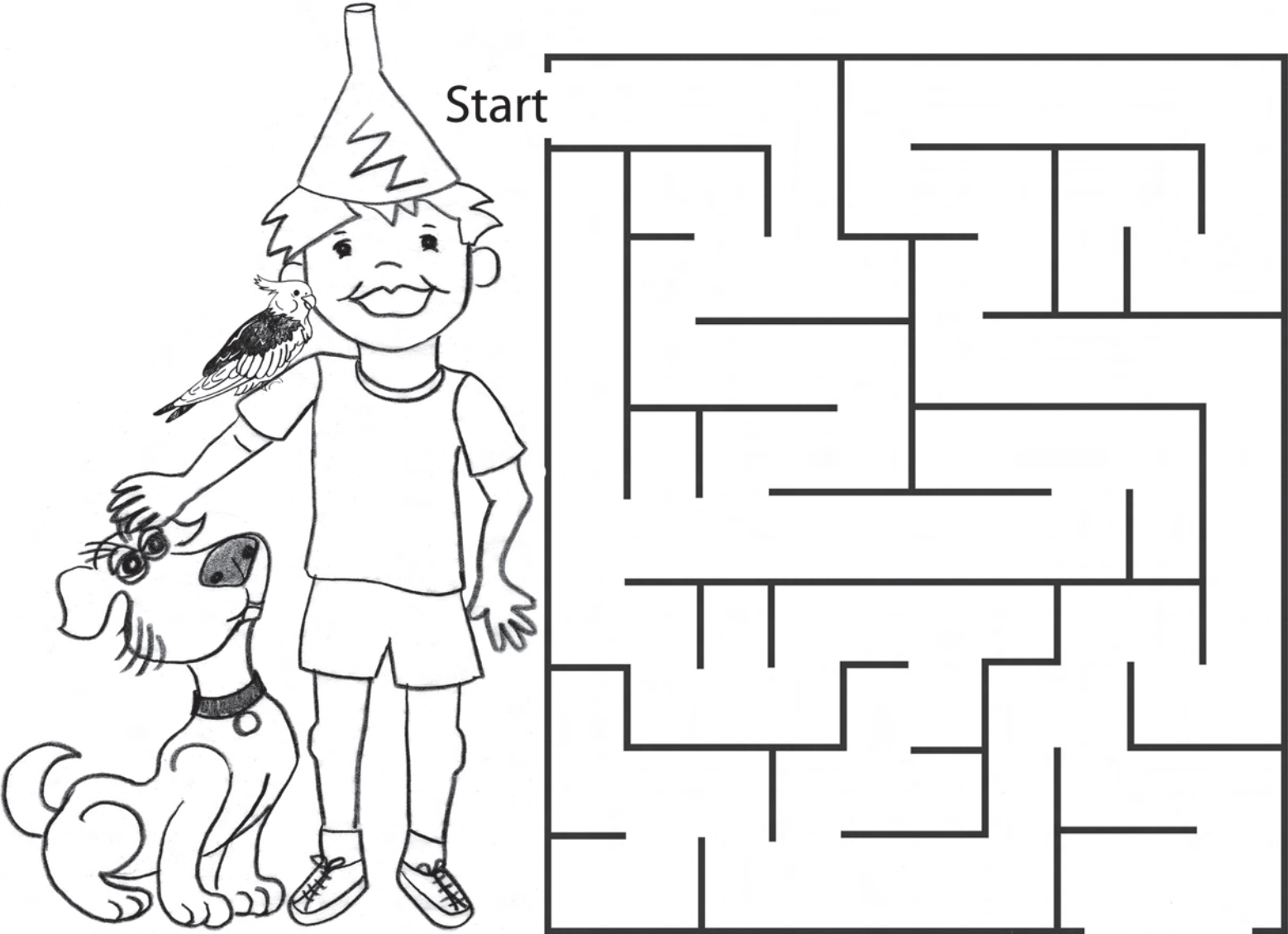


Find and circle the five things Energy Girl likes to do.

P C F N C J
O A M N U R
H T F M U R
T C P I K S
O H G Z P Z
A R X H Z N

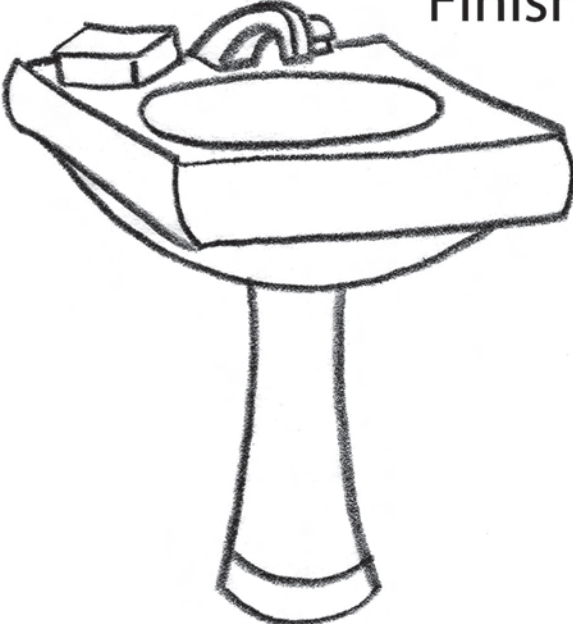
CATCH
HOP
JUMP
RUN
SKIP

Hygiene Boy's Clean Hands: Maze



Finish

Help Hygiene Boy get to the sink to wash his hands after playing with his pets.



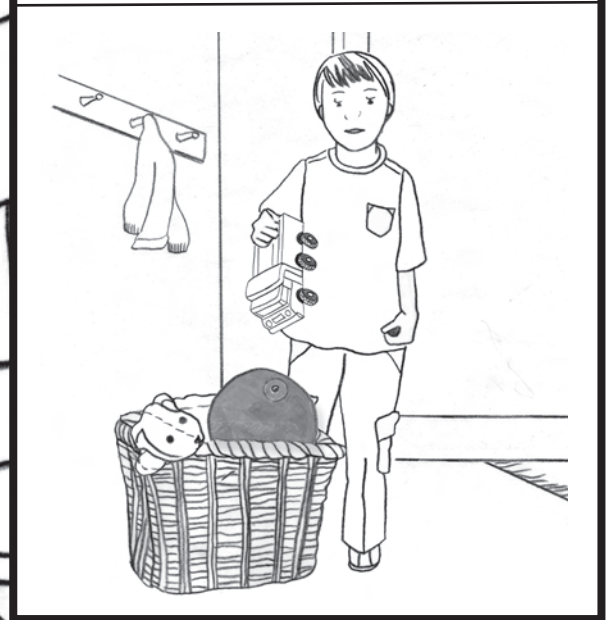
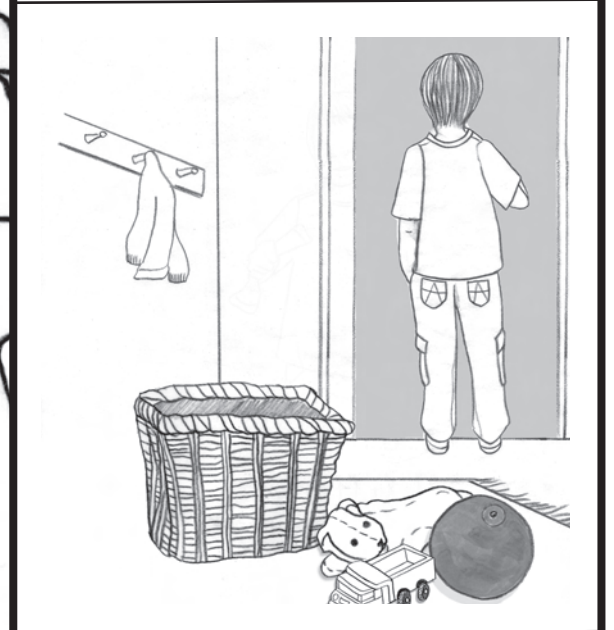
Safety Girl's Tips: The Safe Way



Draw a circle around the picture that shows the safe way to ride in a car.



Help Safety Girl show her friends how to stay safe.



Draw a triangle around the picture that shows the safe way to end play time.

Answer Key

Nutrition Boy's Garden: Connect the Dots

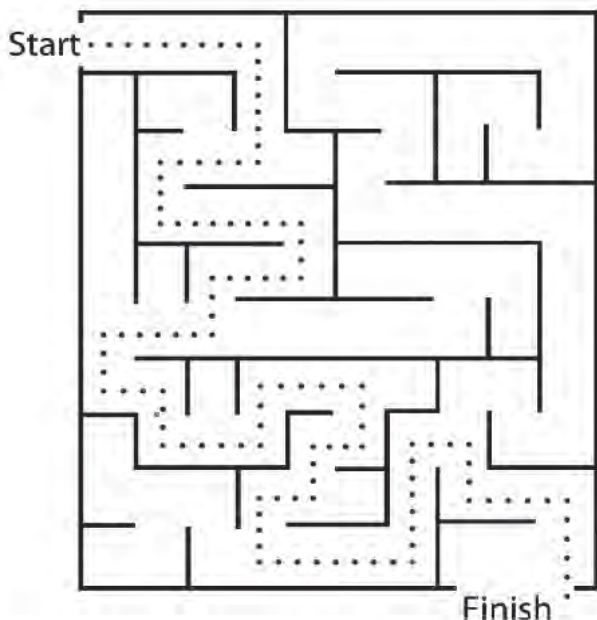


Nutrition Boy grows corn, tomatoes, and carrots in his garden.

Energy Girl's Activities: Word Search



Energy Girl does many things to stay active every day.



Hygiene Boy's Clean Hands: Maze

Hygiene Boy washes his hands after petting animals to help fight germs.

Safety Girl's Tips: The Safe Way

Safety Girl says to sit up straight with a seat belt on to help keep you safe in the car.

She also says to put toys away after play time to help keep you and others from tripping over them and getting hurt.



Nutrition Boy's Healthy Snacks



VEGETABLES



FRUIT



CHEESE

Hygiene Boy's Bathroom Items



TOOTHBRUSH



TOOTHPASTE



SOAP

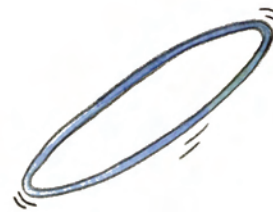
Energy Girl's Active Games



BADMINTON



JUMP ROPE



HULA HOOP

Safety Girl's Safety Gear



HELMET



WRIST & ELBOW PADS



KNEE PADS

Certificate



Certificate of Achievement

This certifies that

_____ (your name) _____ (date)

has helped the Healthy Heroes and learned to:

- ✓ eat healthy
- ✓ fight germs
- ✓ be active
- ✓ stay safe

by completing the
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Healthy Heroes



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Meet the healthy heroes, everyday kids with the power to stay safe and healthy. Through these fun coloring pages, stickers, and puzzles, you can learn how to stay safe and healthy, too!

