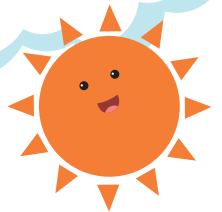


My Healthy Activity Book

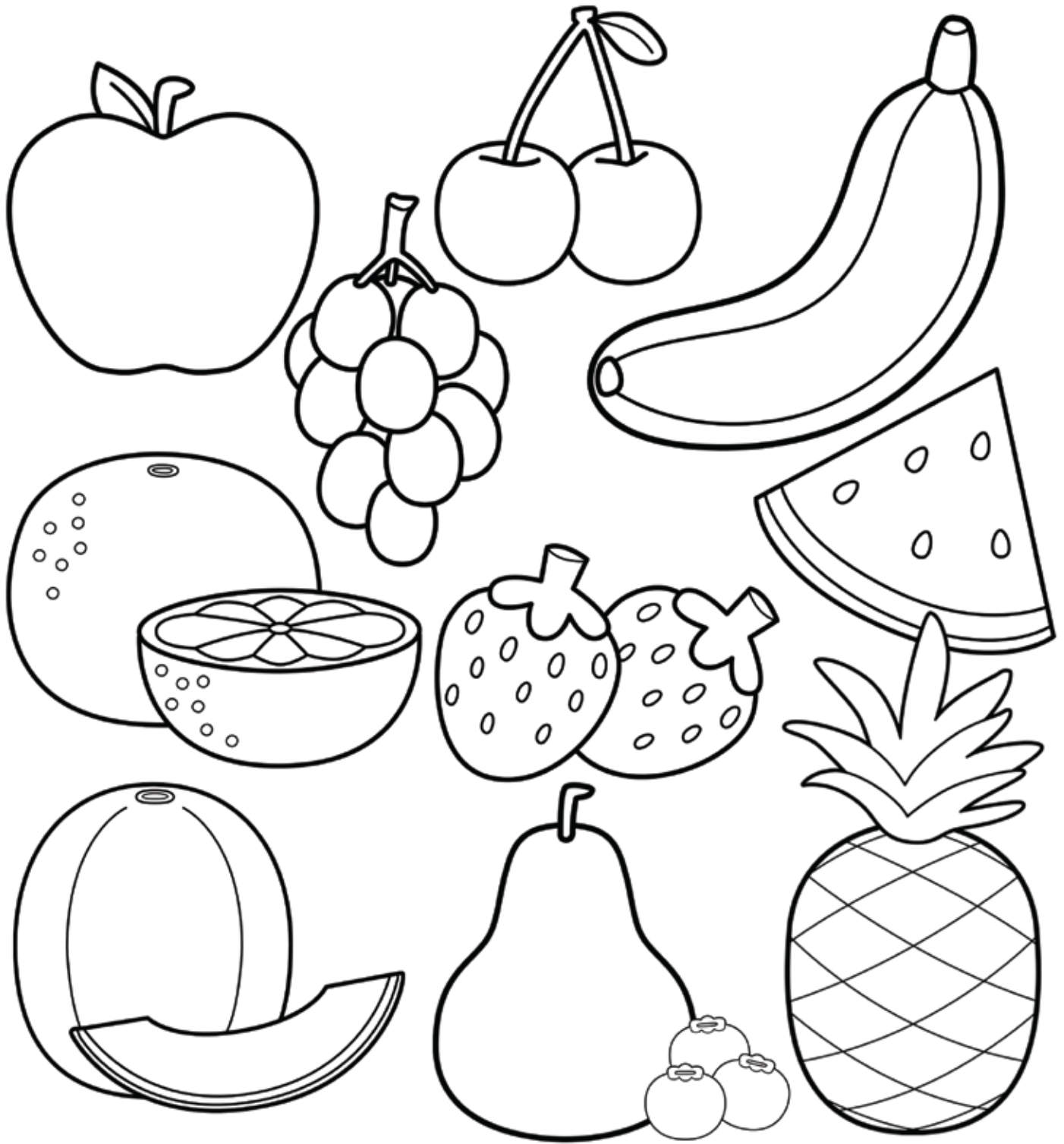


Name



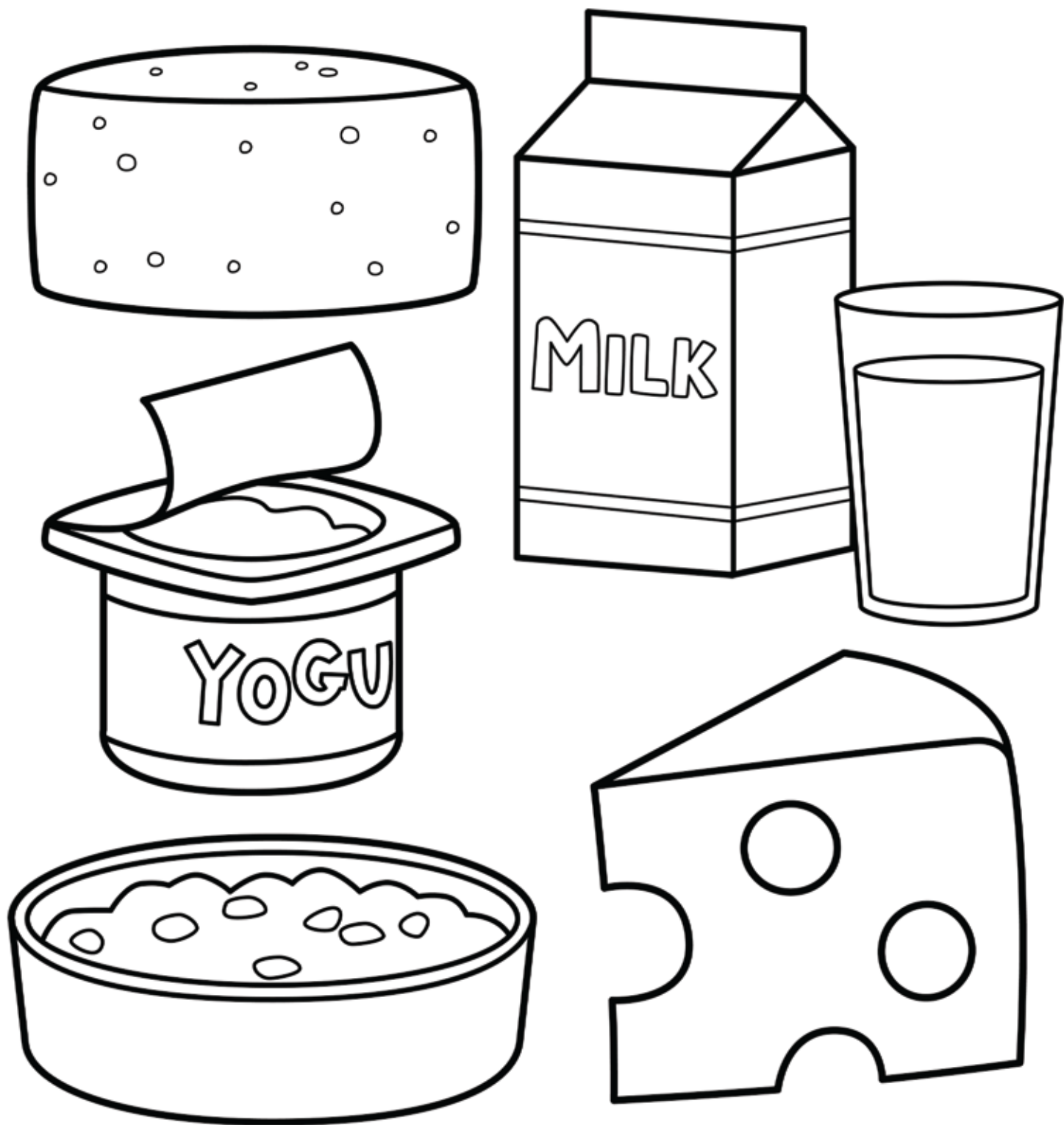
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WHAT'S YOUR



FAVORITE FRUIT?

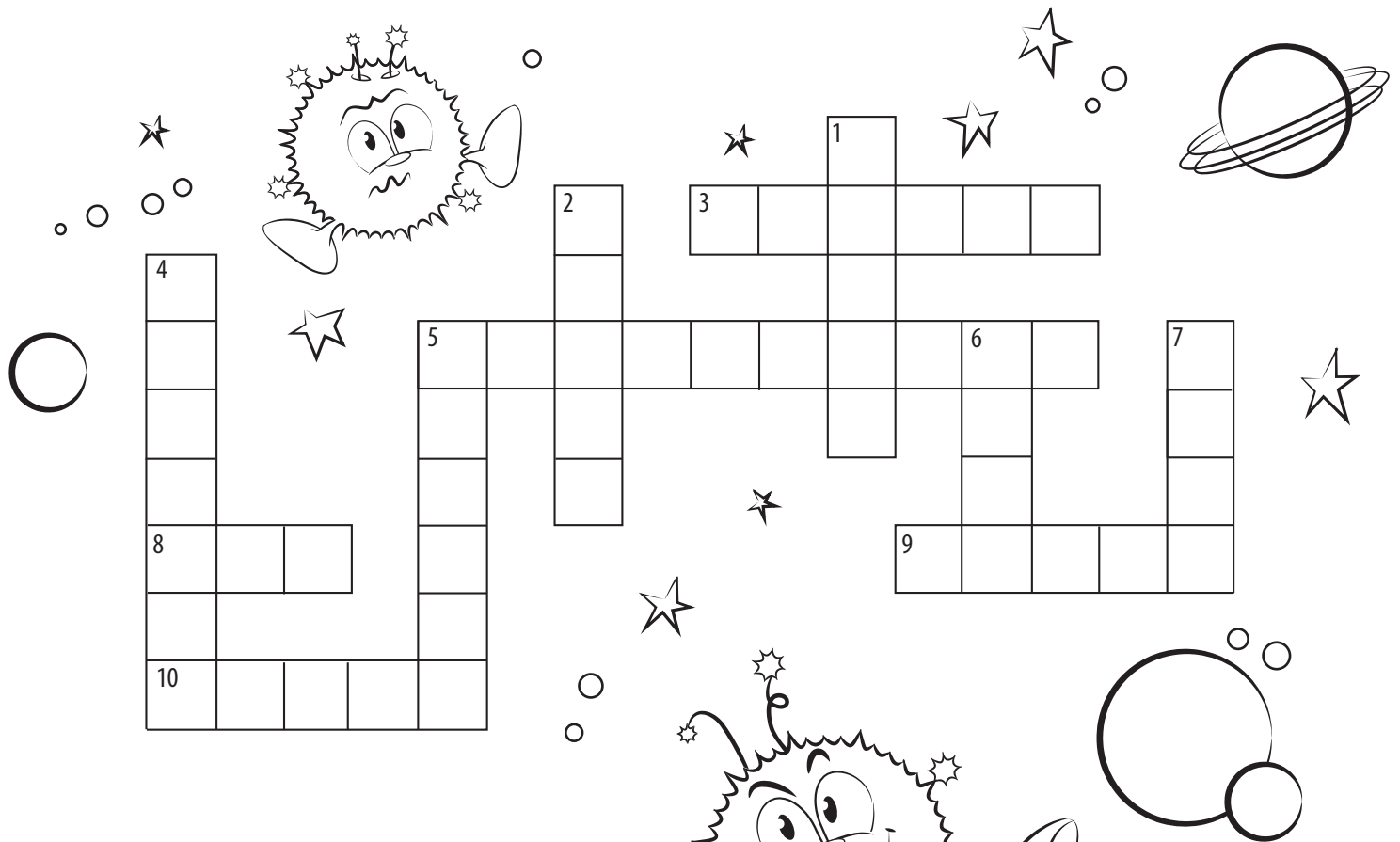
DAIRY PRODUCTS



HELP BUILD STRONG
TEETH & BONES!

This crossword is out of this world!

Use the words in the list to complete the puzzle!

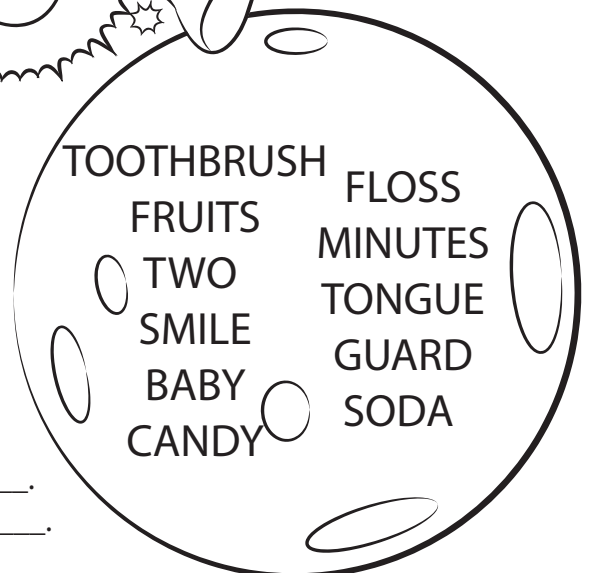


ACROSS

3. Eat lots of healthy _____ and vegetables.
5. Use a _____ to clean your teeth.
8. Visit your dentist _____ times a year.
9. For a healthy smile don't eat a lot of _____.
10. Another word for grin.

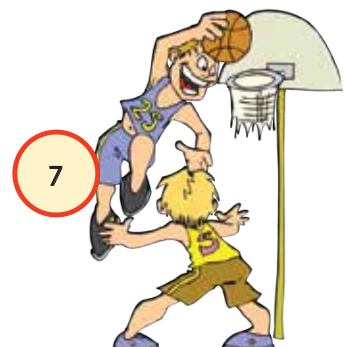
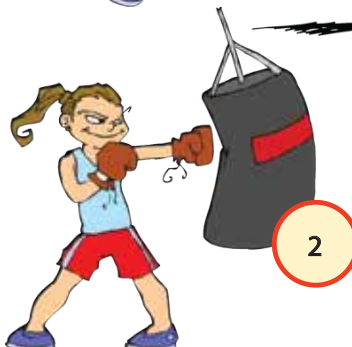
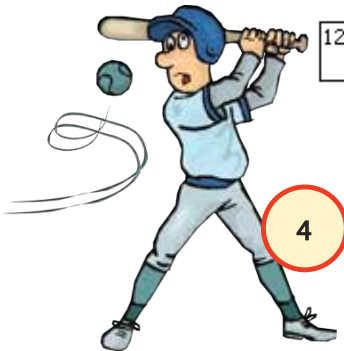
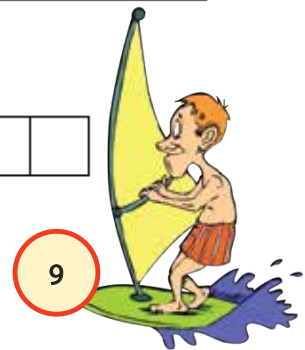
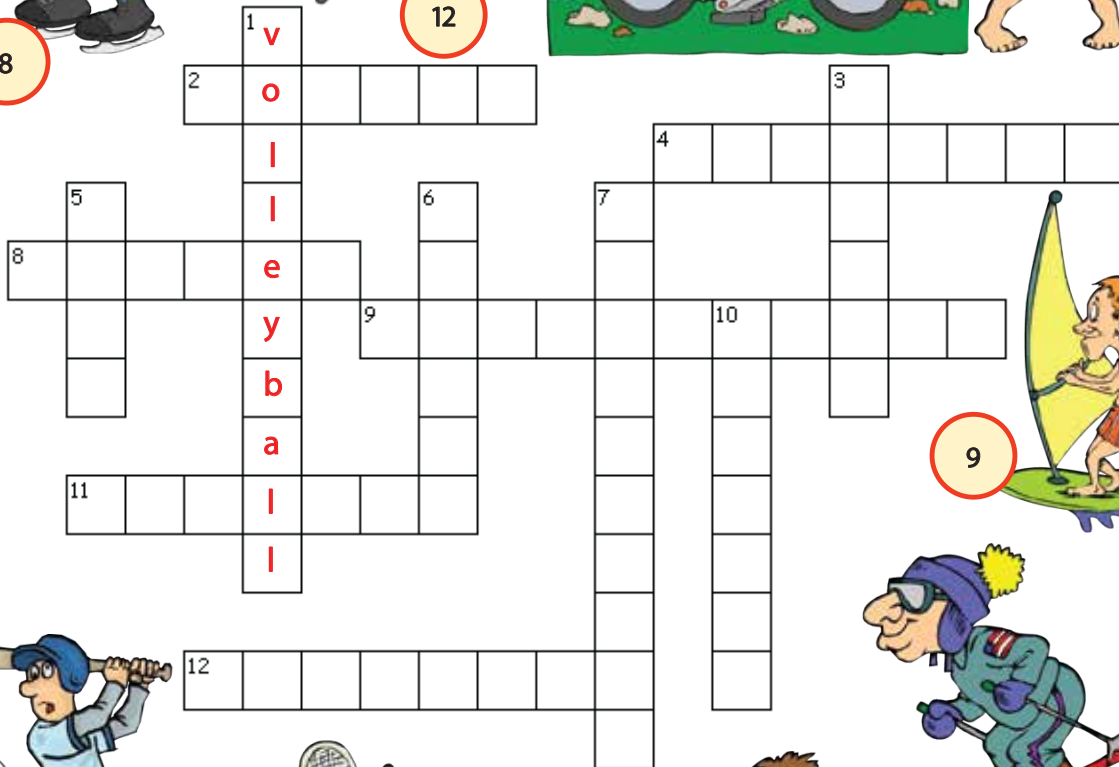
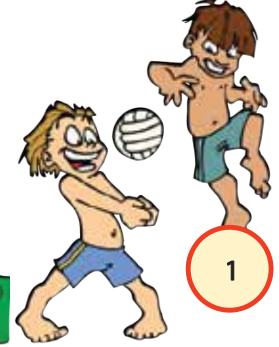
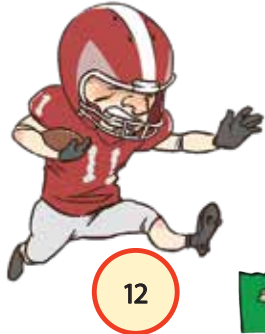
DOWN

1. Don't forget to wear a mouth _____ when playing sports.
2. Use _____ to clean between your teeth.
4. Brush your teeth two _____ two times a day.
5. When you brush your teeth, don't forget to brush your _____.
6. Better to have a drink of water when you're thirsty than _____.
7. Your first teeth are called _____ teeth.





SPORTS



Mental Wellness Puzzle

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

MOTIVATION
 MOOD
 ANXIETY
 MASSAGE
 HAPPINESS
 DEPRESSION
 MENTAL
 TREATMENT
 SOCIAL
 MEDITATION
 ENVIRONMENT
 HEALTH
 FEELINGS
 PAIN
 HELP
 RELAXATION
 STRESS
 ANGER
 FRIENDS
 LIFE



The emotional well-being of children is just as important as their physical health.

Good mental wellness allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

Unscramble The Dental Words!

1. slfos

2. nsier

3. pelpa

4. tednsit

5. tmuh

6. hotot

7. dyeca

8. ubhsr

9. nelac

10. liems


{1. floss 2. rinse 3. apple 4. dentist 5. mouth 6. tooth 7. decay 8. brush 9. clean 10. smile}



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Caring For Your Health Worldwide®

 **1620 L Street NW, Suite 800
Washington, DC 20036**

 **202-833-4910**

 **health@afspa.org**

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