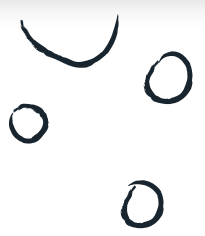
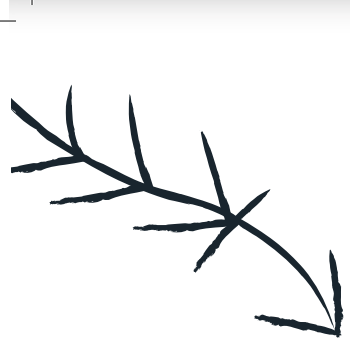




ACTIVITY BOOK

FUN & GAMES WHILE LEARNING

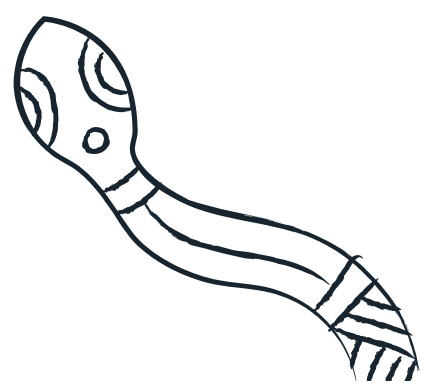
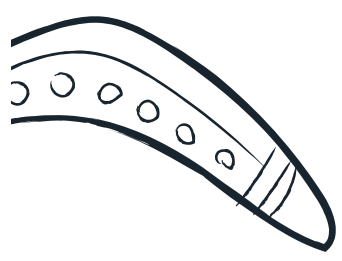
THIS BOOK
BELONGS TO



ACTIVITY

WRITE FIVE GOOD THINGS
ABOUT YOURSELF

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

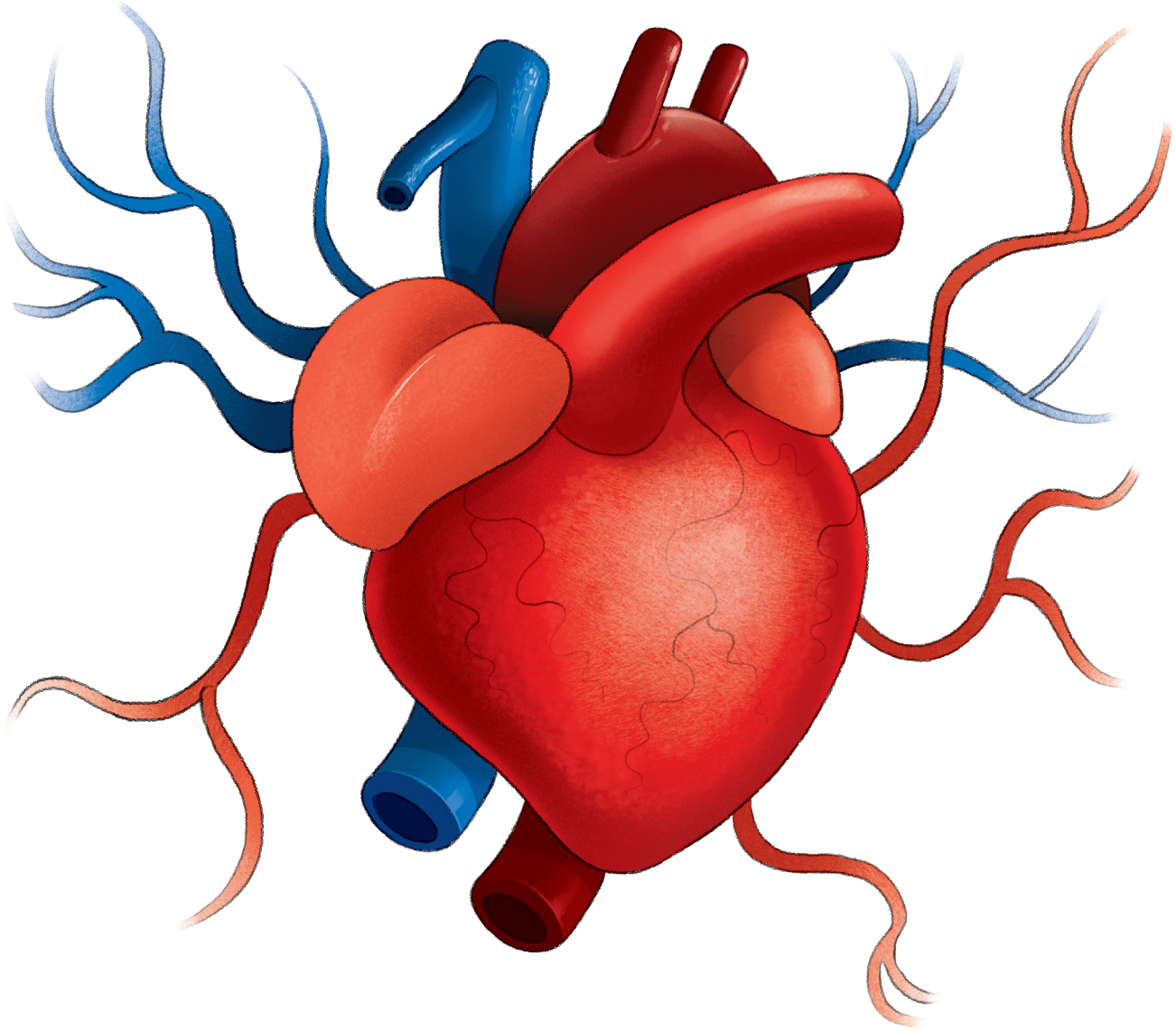


DRAW A PICTURE OF YOURSELF

WHO DO YOU WANT TO BE?

WHAT DO YOU WANT TO BE?

MY SPECIAL PUMP

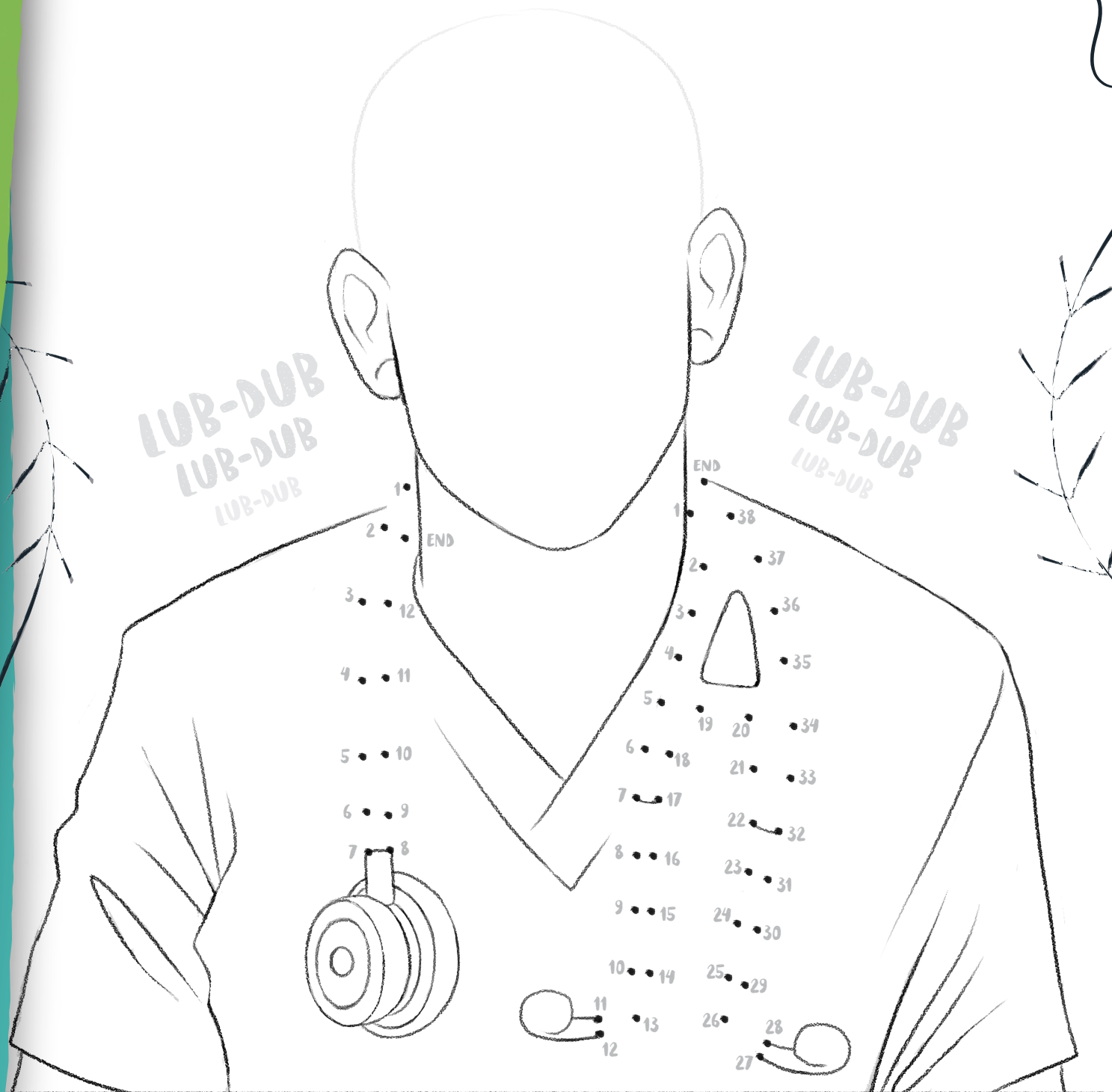


My heart is a special pump and it's good at pumping blood. When I listen to my heart beat I hear it go

LUB-DUB LUB-DUB LUB-DUB

My heart is made of muscle, which makes it very strong. If I work to keep it healthy, it will last my whole life-long!

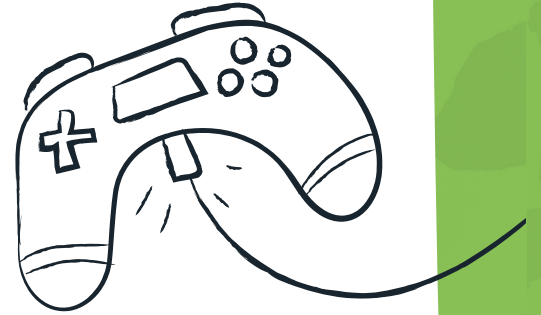
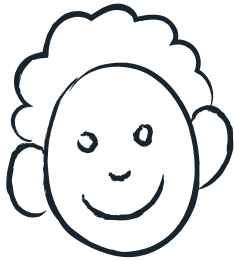
CONNECT THE DOTS DRAW THE DOCTOR'S FACE



A **STETHOSCOPE** is an instrument used
to listen to your _____ beat.

YOUR FAVOURITE THINGS

WHAT'S YOUR...

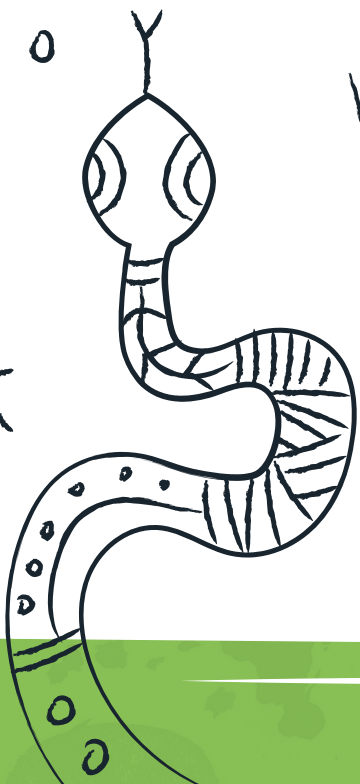


FAVOURITE PERSON

FAVOURITE GAME

draw them

FAVOURITE COLOUR

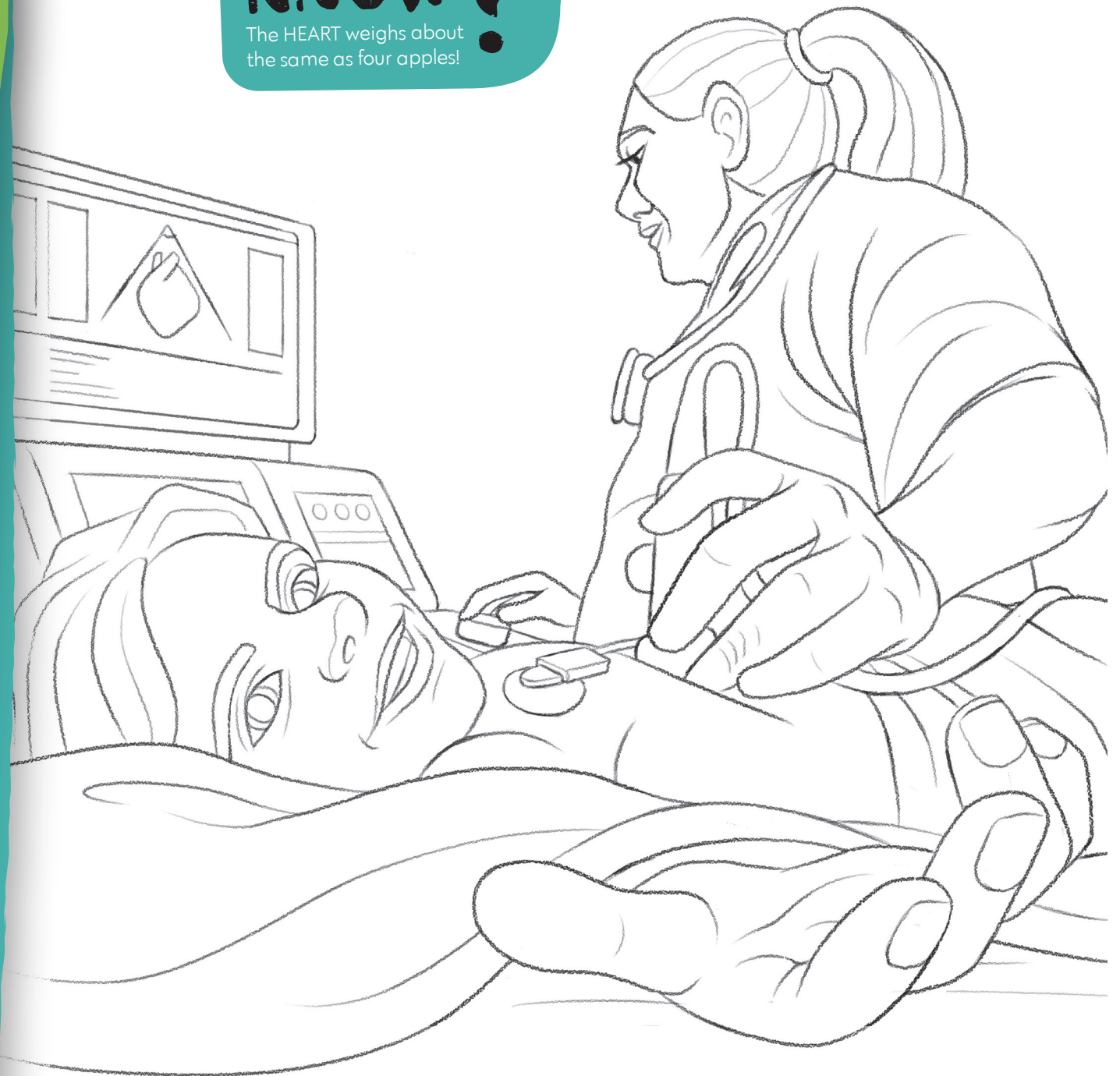


COLOUR ME IN!

Sometimes the doctor will need to take a special picture of your heart. This is called an **'ECHOCARDIOGRAM'** or an **'ECHO.'**

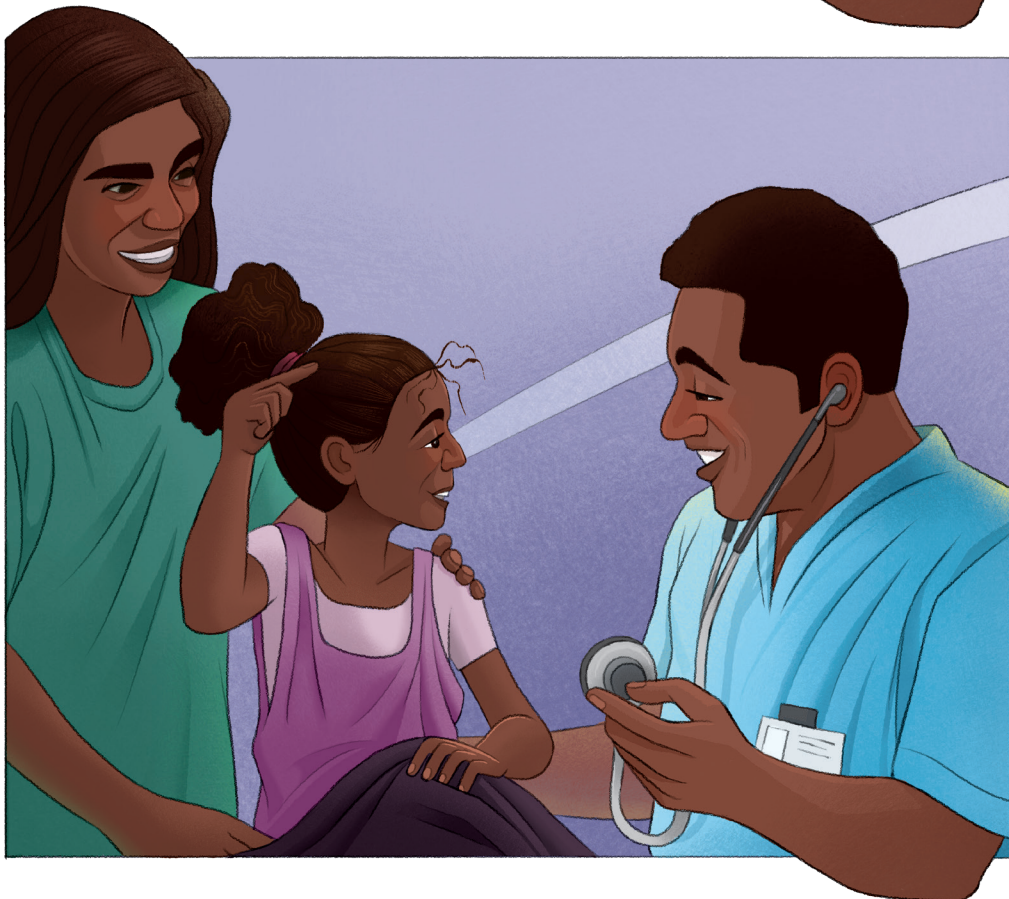
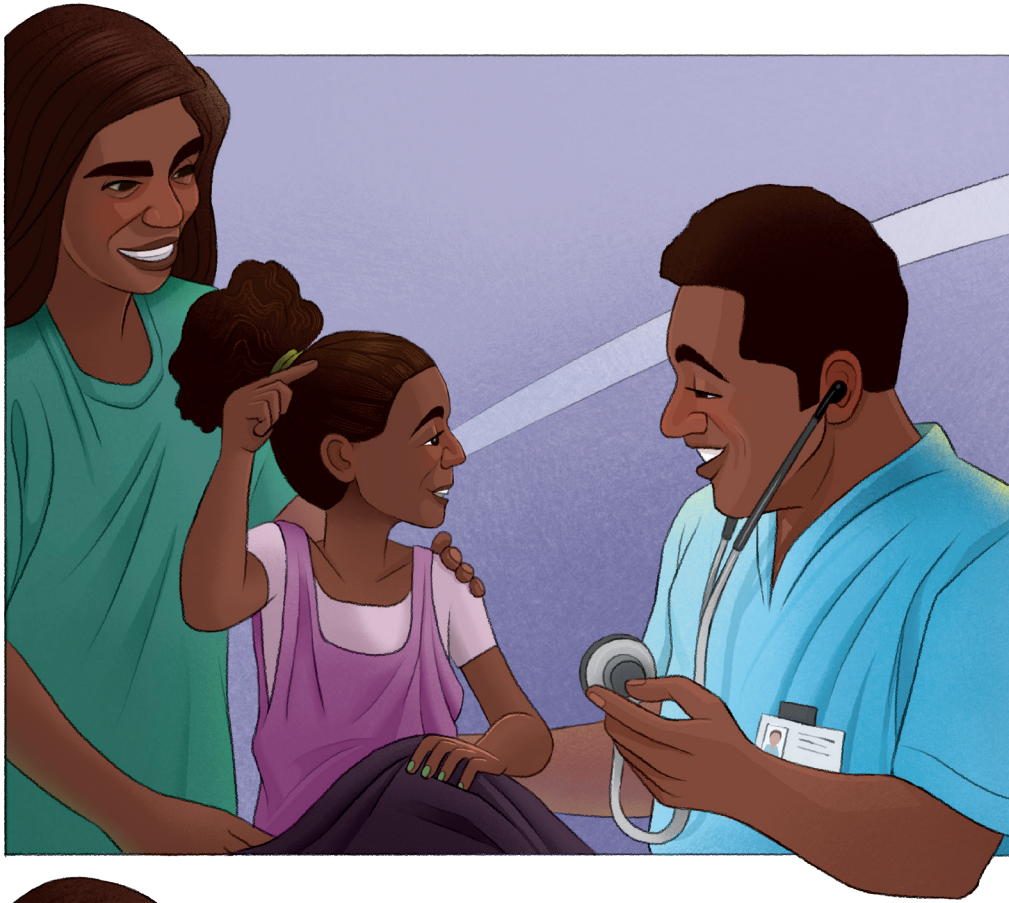
DID YOU KNOW?

The HEART weighs about the same as four apples!



SPOT THE DIFFERENCE

THERE ARE FIVE TO SPOT



DRAW YOUR FAMILY

WHO CARES FOR YOU?

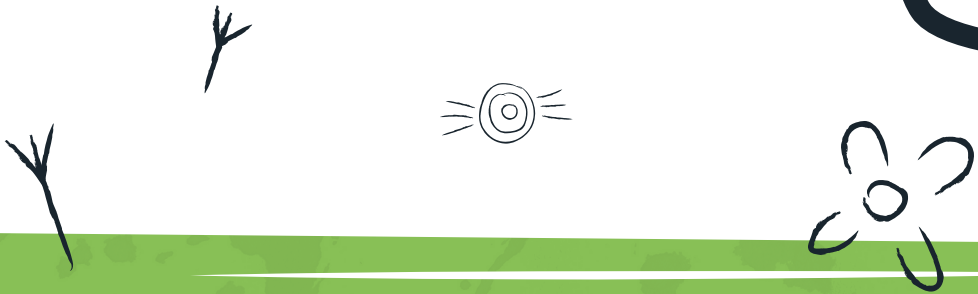


WORD SEARCH



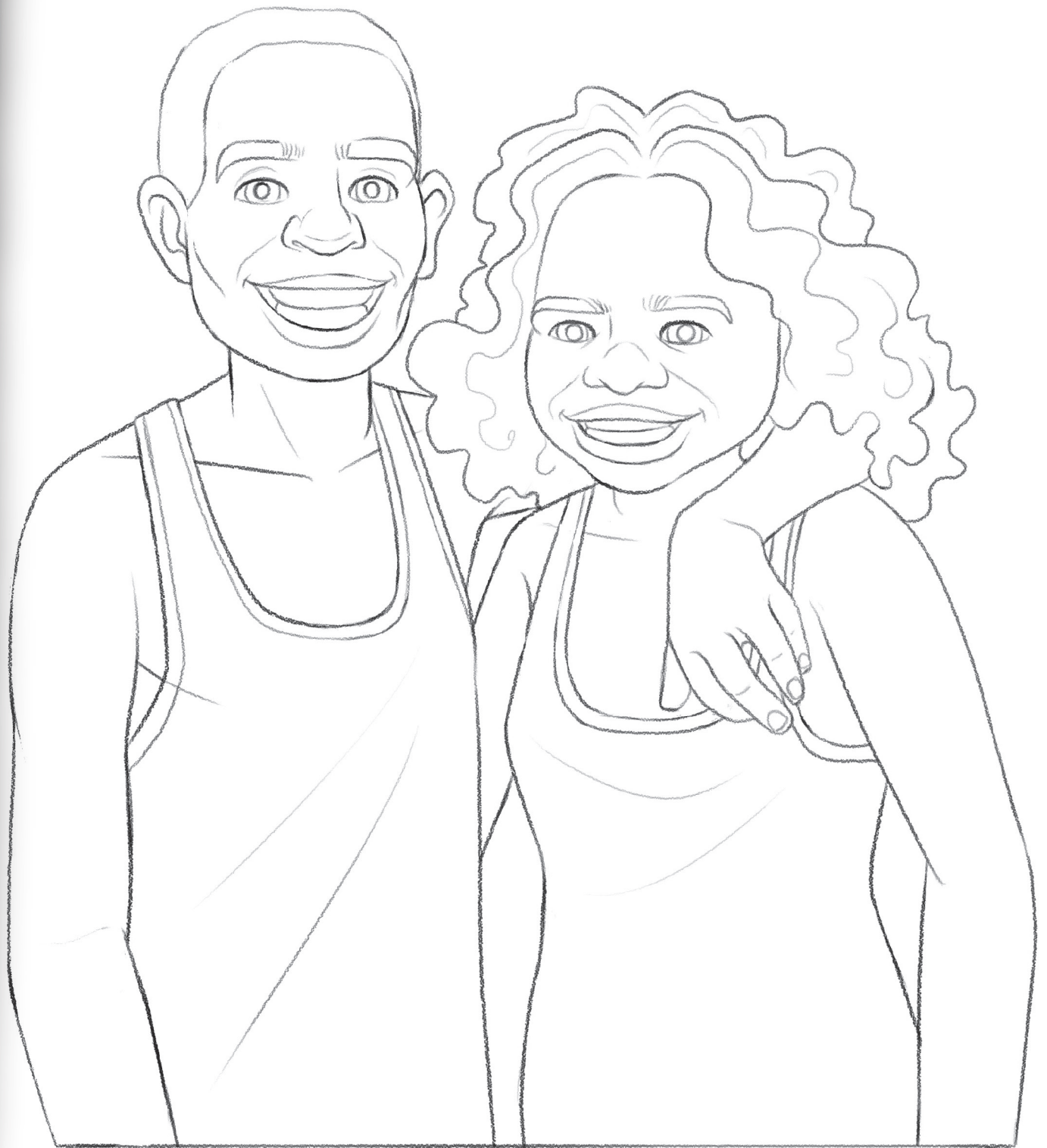
Words can be horizontal or vertical and some words may share a letter. We've started the first one for you. **GOOD LUCK!**

- BASKETBALL
- BOXING
- ~~FOOTBALL~~
- RUNNING
- SOCCER
- SWIMMING





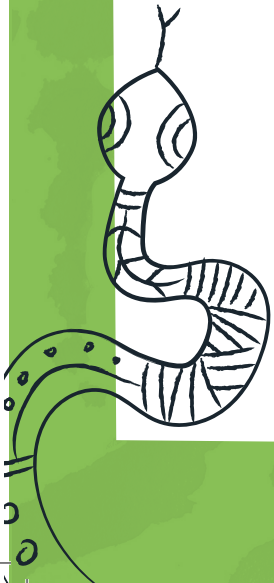
COLOUR IN YOUR TEAM COLOURS



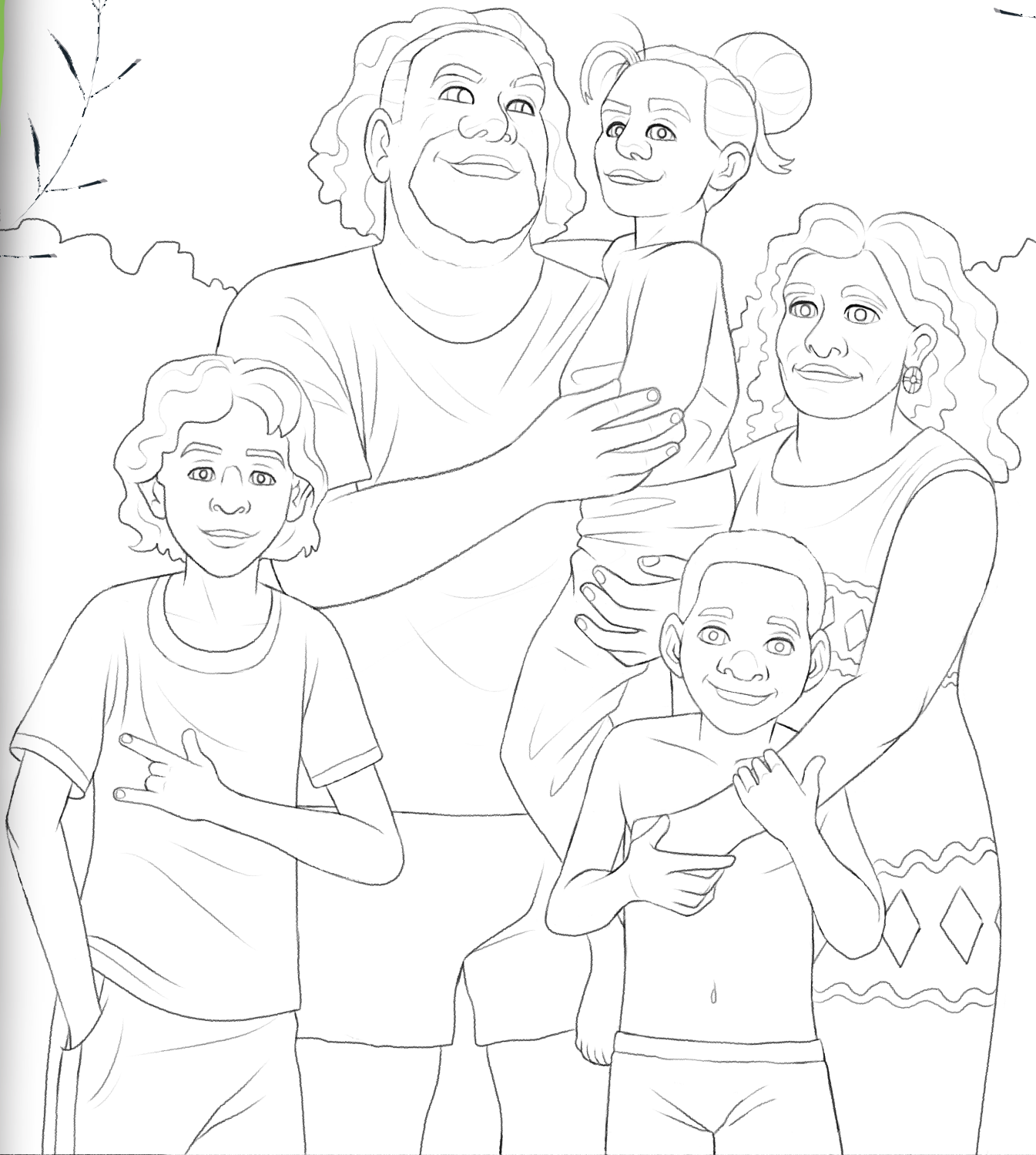
Eat good foods, be active and do regular exercise.

SPOT THE DIFFERENCE

THERE ARE FIVE TO SPOT



COLOUR ME IN!



**KIDS AND GROWN-UPS CAN
GET ACUTE RHEUMATIC FEVER.**

**DID YOU
KNOW?**

The HEART is about the
size of a clenched fist!

CONNECT THE DOTS

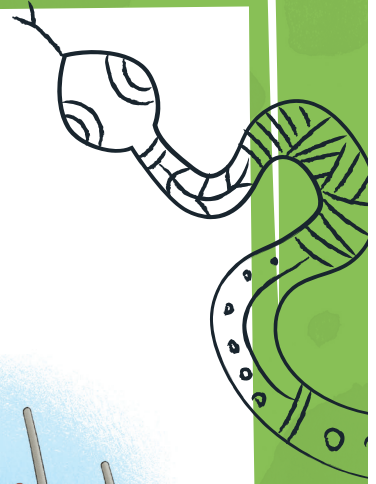


What should you do twice a day?

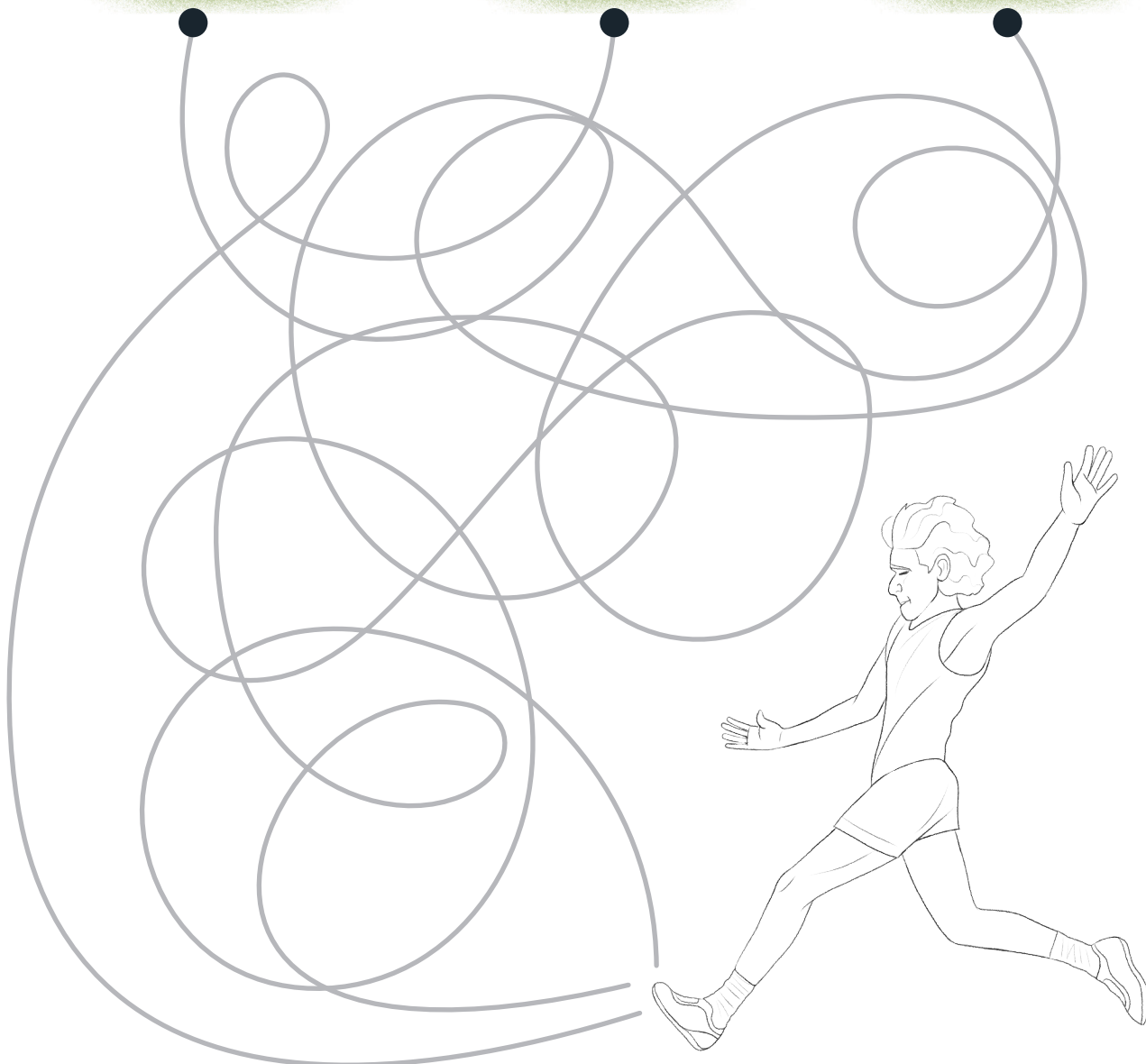
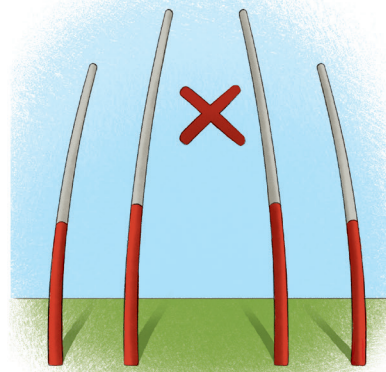
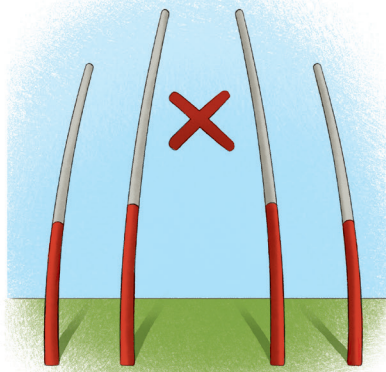
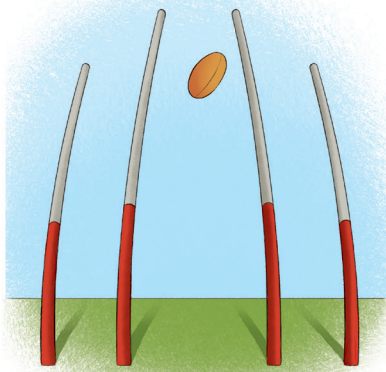
BRUSH YOUR _____



SCORE A GOAL



Help your team mate score.
Then have fun colouring your team colours.



CROSSWORD FUN

it's **BROWN** WITH **MILK**

it's **YELLOW** AND ON A **COB**

it's **RED** AND **CRUNCHY**

it's **BIG** AND **ORANGE**

it's **LONG** AND **YELLOW**

it's **ORANGE** AND **JUICY**

potato

FRUITS AND VEGIES

Fit the words below into the crossword above:

corn
pea
apple

mango
banana
carrot

orange
~~potato~~

coconut
pumpkin

SPOT THE PEOPLE

THERE ARE THREE TO SPOT



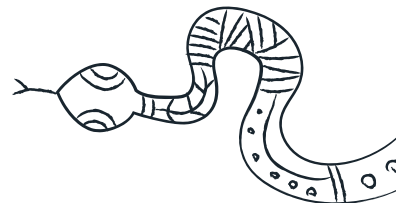
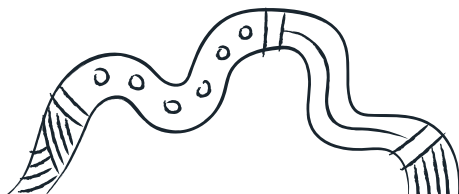
SPOT JOSH



SPOT CODY



SPOT JUDE

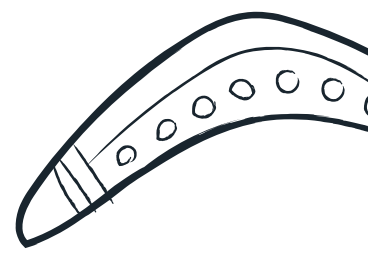
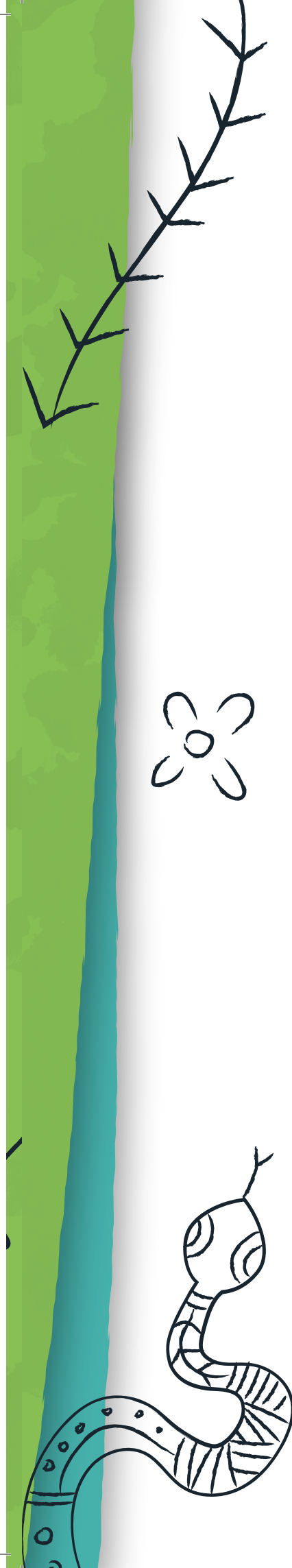


DRAW A PICTURE OF YOUR COMMUNITY

WHAT DO YOU LOVE ABOUT YOUR COMMUNITY?

WHO DO YOU ADMIRE IN YOUR COMMUNITY?

WHAT HAVE YOU LEARNED?



For more information **ask your**
doctor, nurse or health worker TODAY!

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