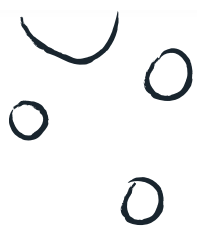




# ACTIVITY BOOK

FUN & GAMES WHILE LEARNING

THIS BOOK  
BELONGS TO

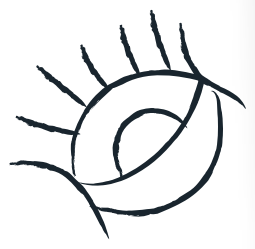
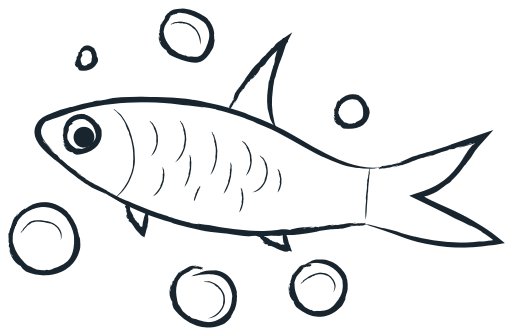


# ACTIVITY

WRITE FIVE GOOD THINGS  
ABOUT YOURSELF

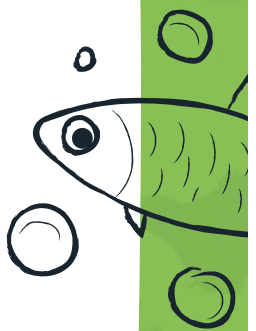


- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_





# DRAW A PICTURE OF YOURSELF



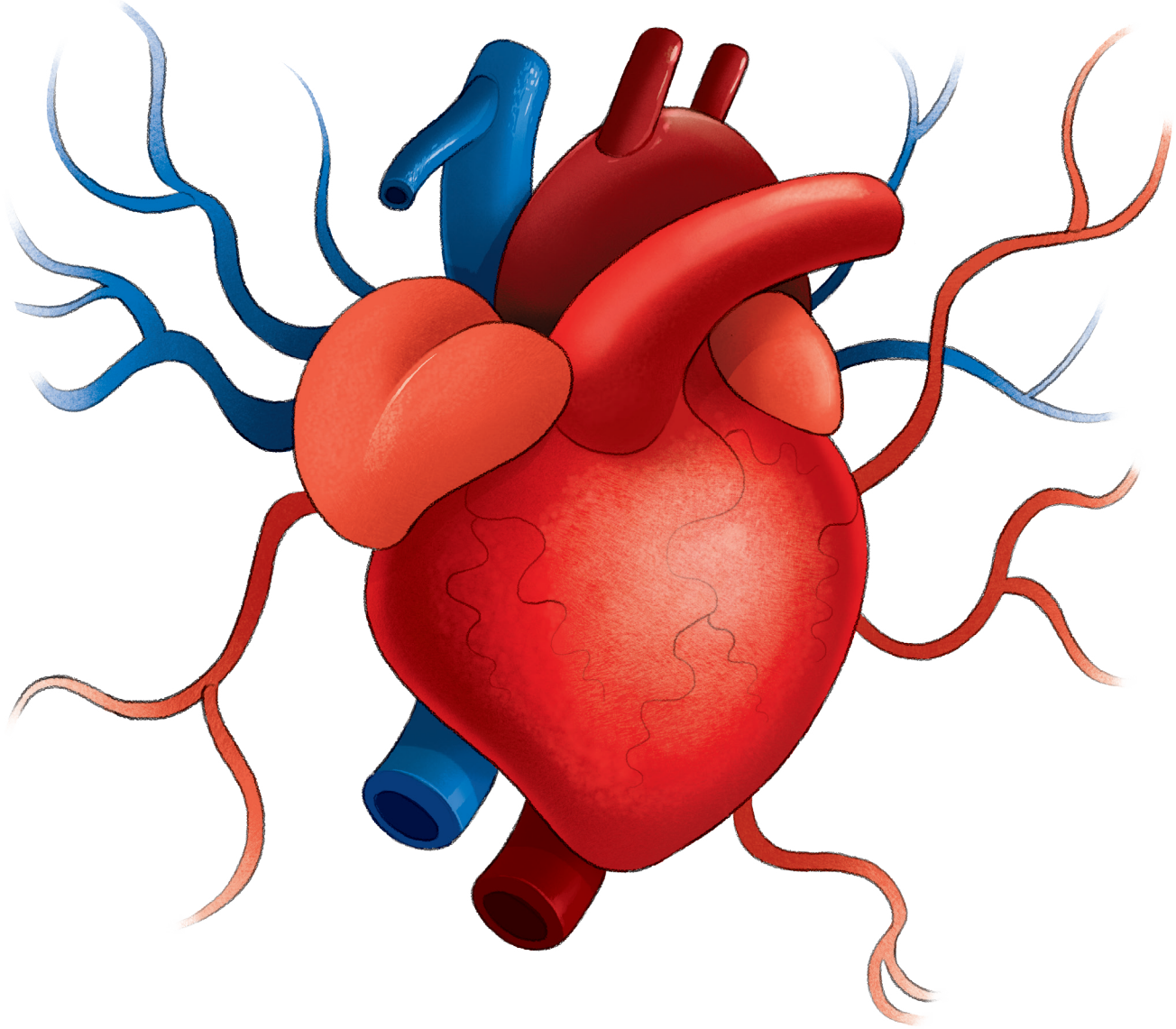
WHO DO YOU WANT TO BE?

---

WHAT DO YOU WANT TO BE?

---

# MY SPECIAL PUMP



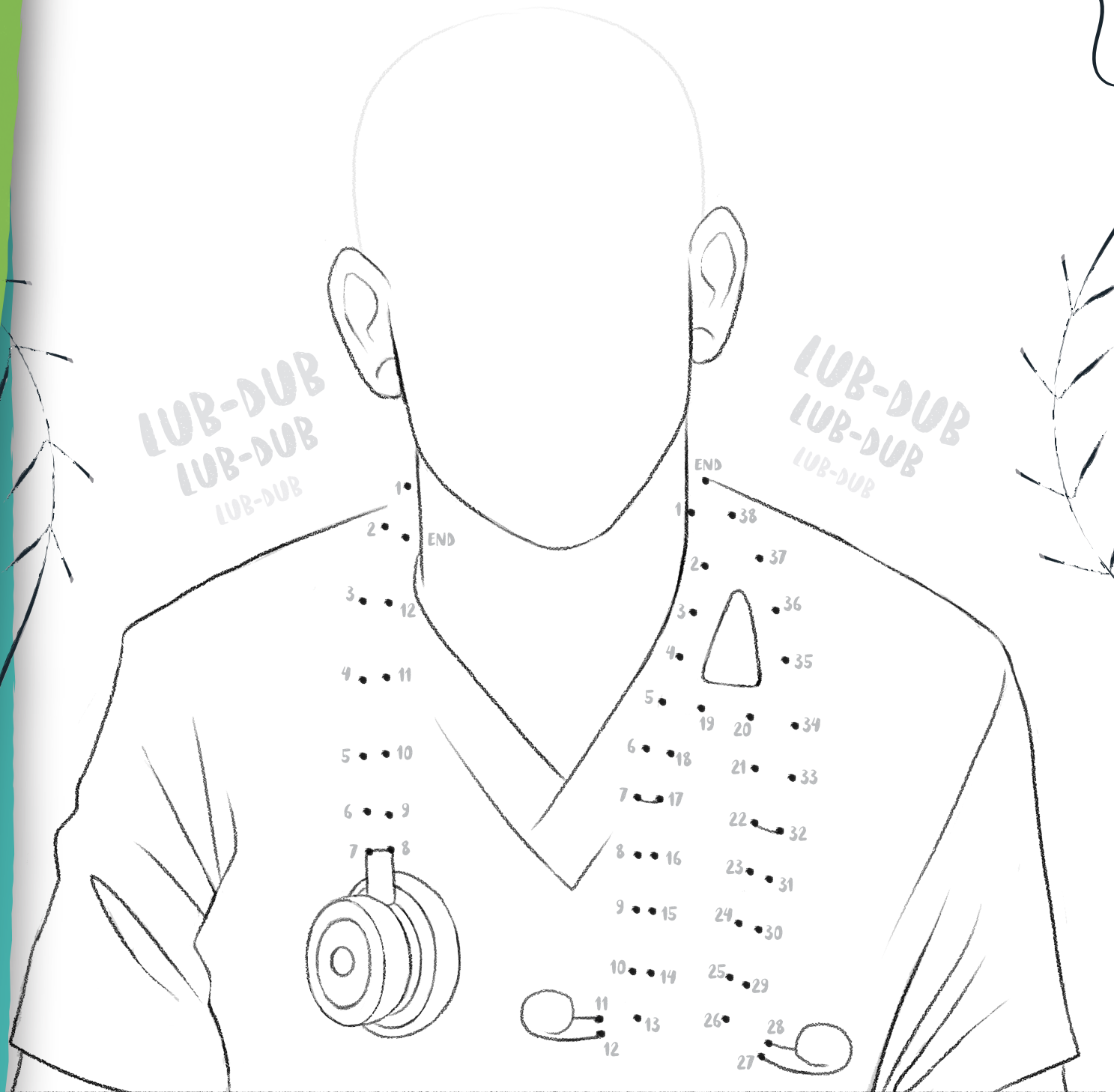
My heart is a special pump and it's good at pumping blood. When I listen to my heart beat I hear it go

**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!



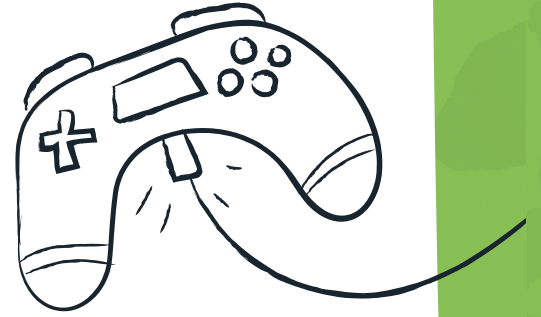
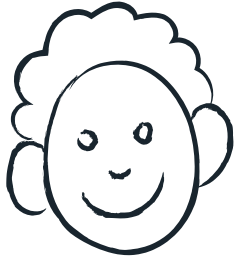
# CONNECT THE DOTS DRAW THE DOCTOR'S FACE



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

# YOUR FAVOURITE THINGS

WHAT'S YOUR...



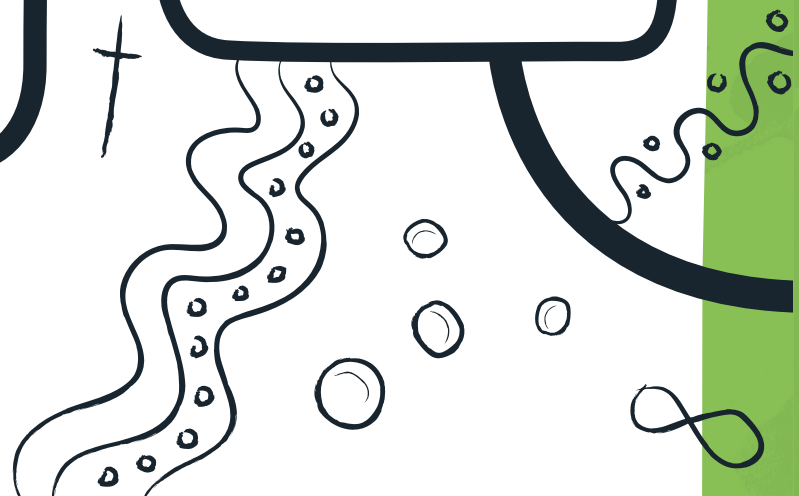
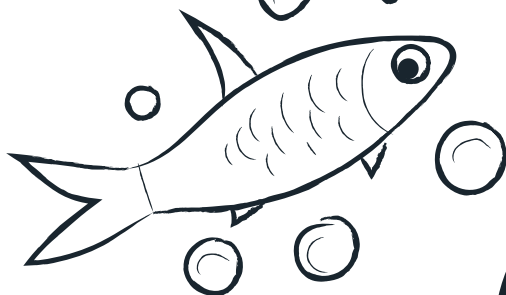
FAVOURITE PERSON

---

draw them

FAVOURITE GAME

---



FAVOURITE COLOUR

---



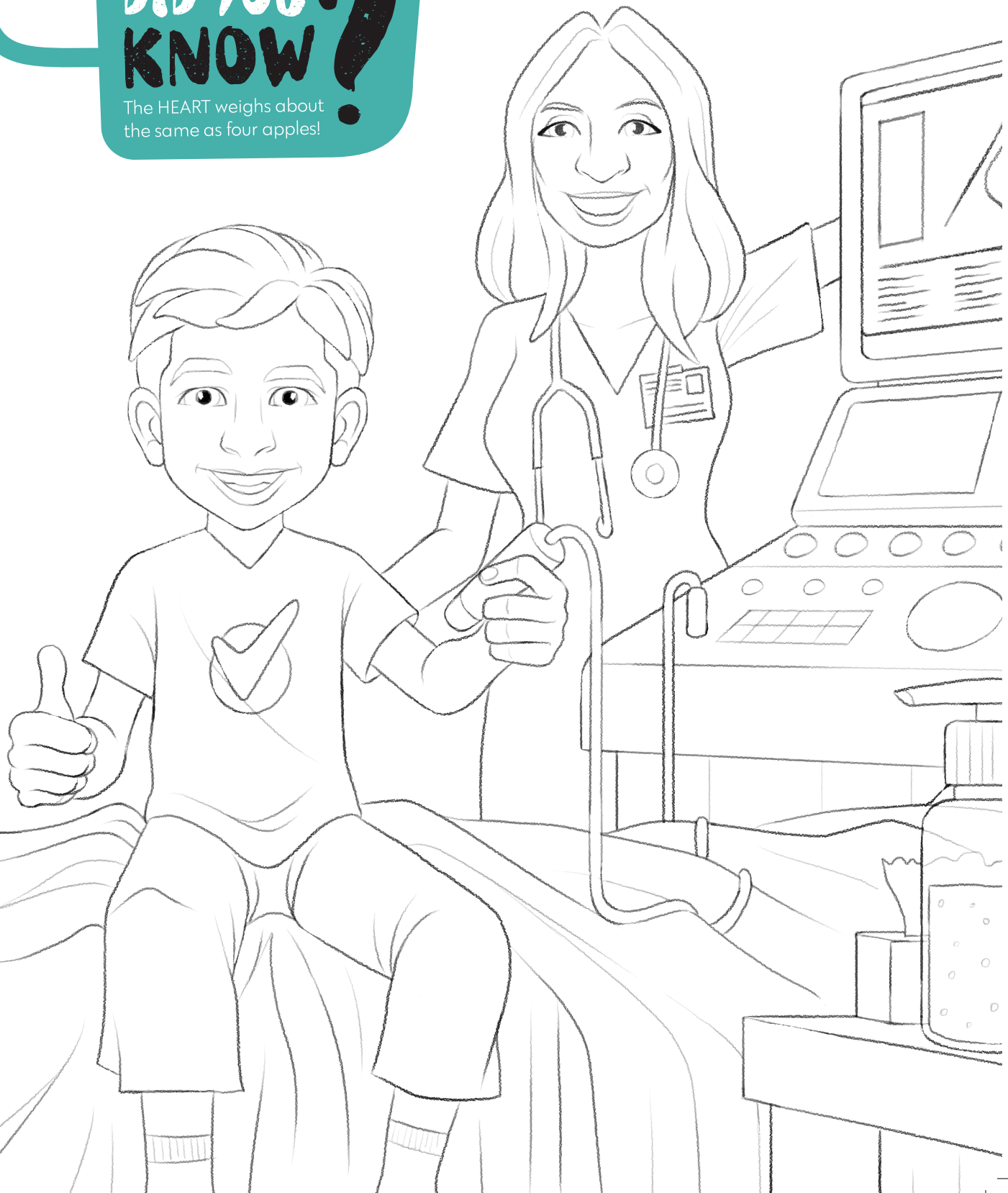


# COLOUR ME IN!

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?**



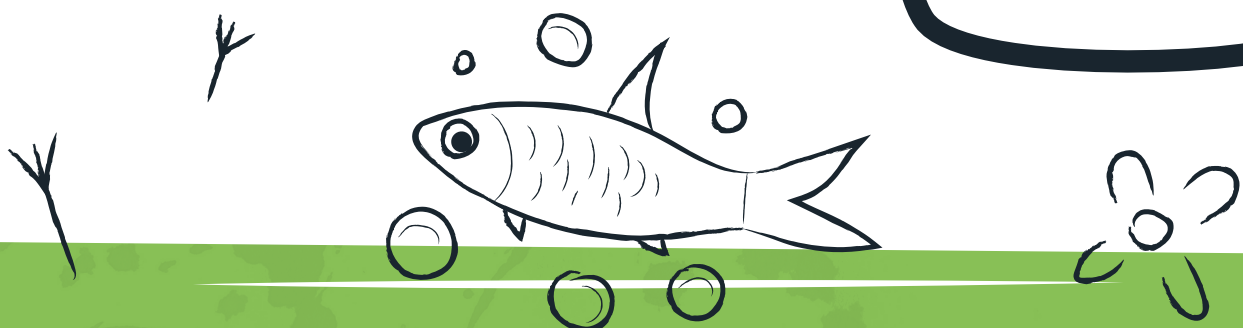
# WORD SEARCH

R	O	Y	P	X	R	P	L	A	I	E
U	B	A	S	K	E	T	B	A	L	L
N	U	A	S	K	L	Y	N	C	H	U
N	O	V	W	B	R	J	S	A	M	M
I	G	B	B	M	G	P	G	S	C	Z
N	F	O	F	O	O	T	B	A	L	L
G	L	X	O	A	H	D	E	L	C	P
T	F	I	D	S	S	O	C	C	E	R
U	B	N	C	K	W	V	O	L	T	E
U	W	G	S	W	I	M	M	I	N	G

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

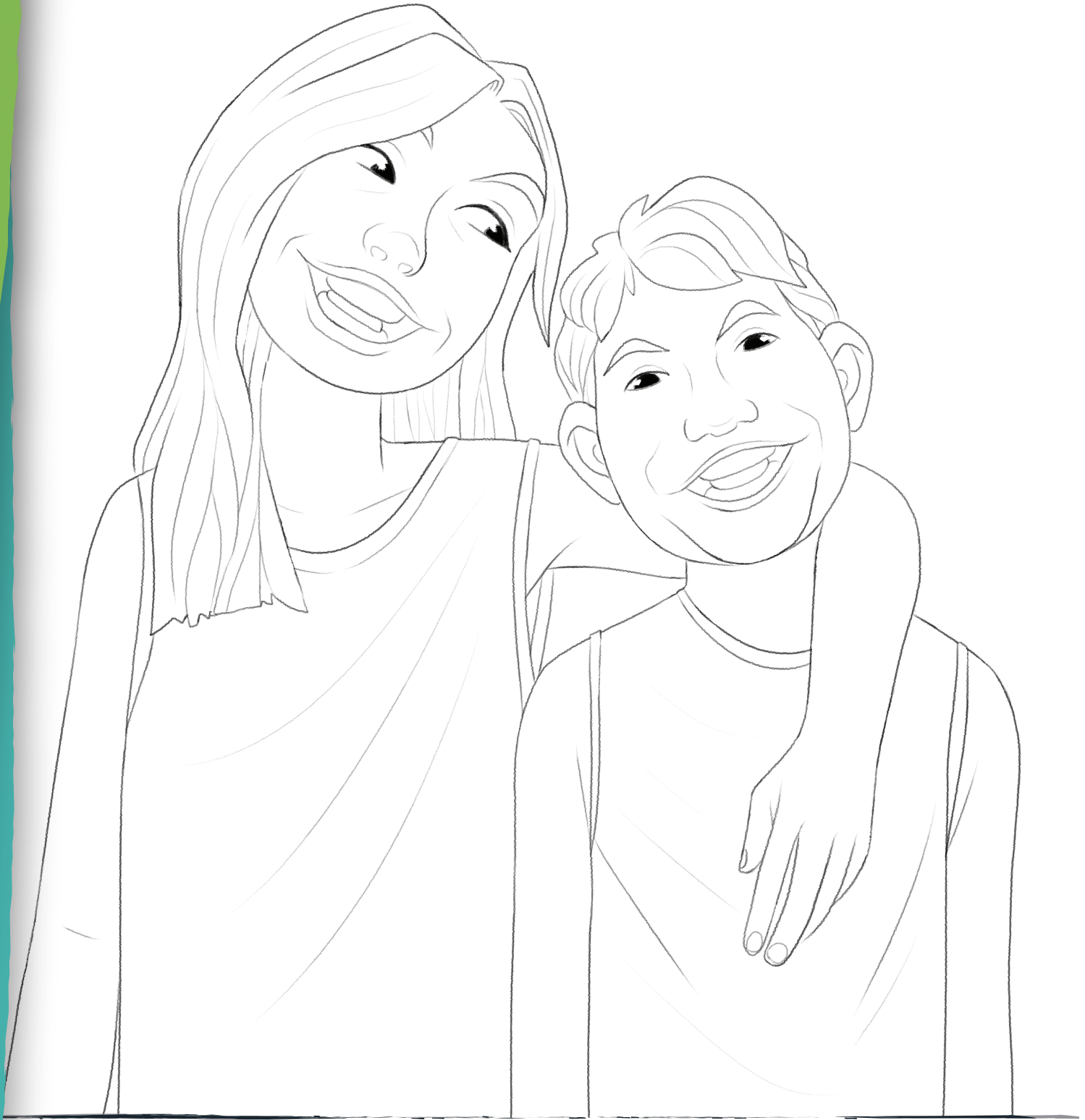
WHAT'S YOUR FAVOURITE SPORT?







# 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?

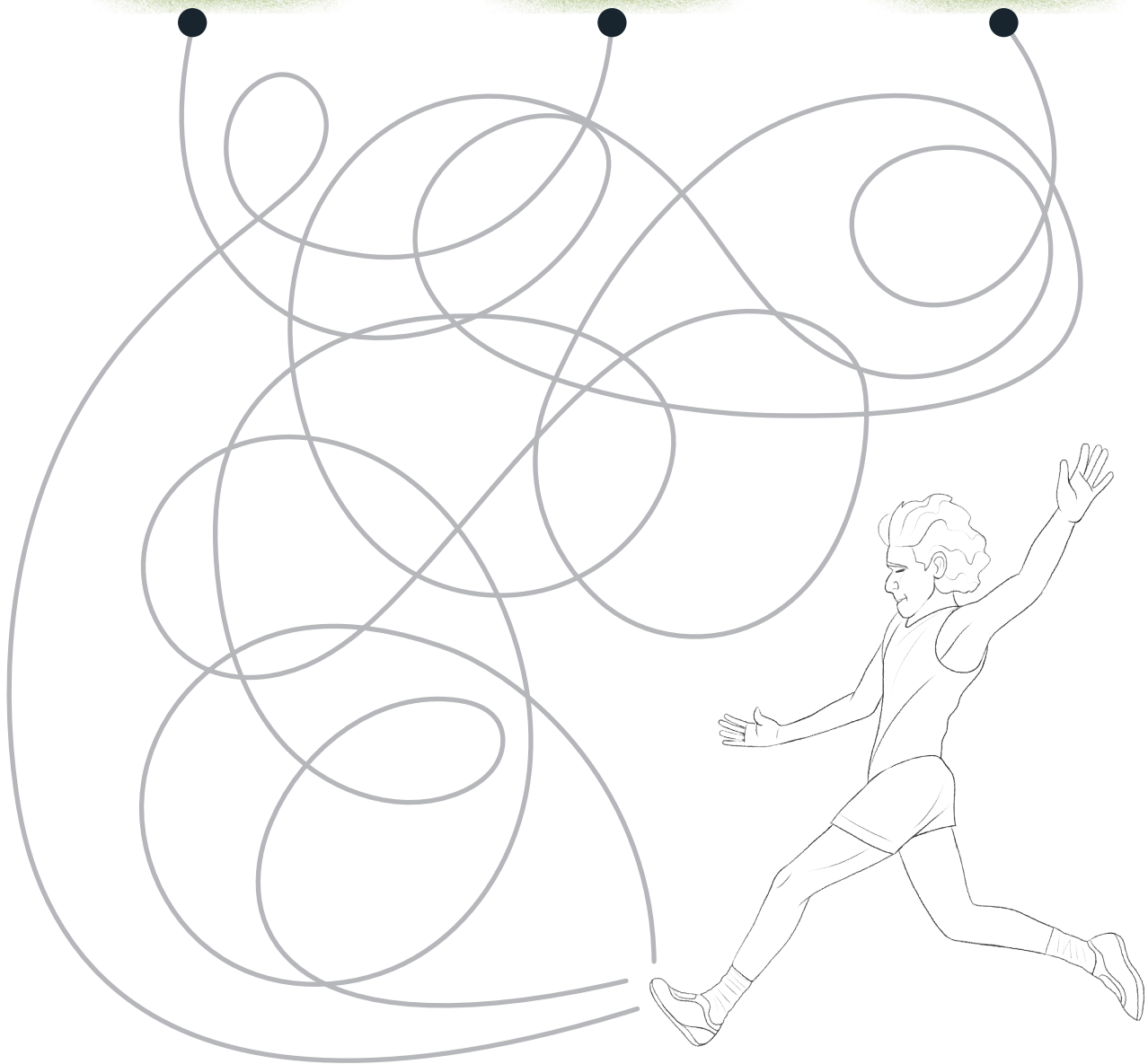
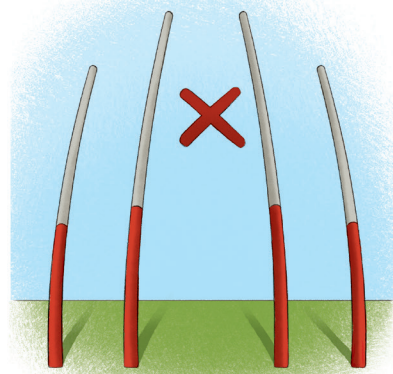
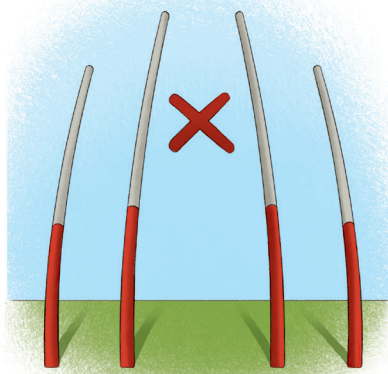
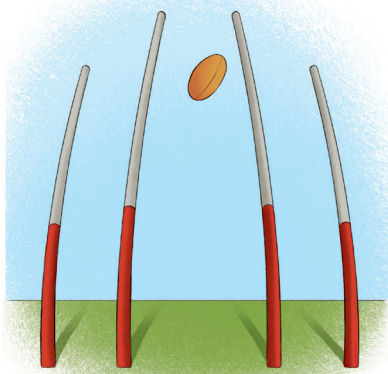
**BRUSH YOUR** \_\_\_\_\_



# 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

potato

it's **RED** AND CRUNCHY

it's **BIG** AND ORANGE

it's **LONG** AND YELLOW

it's **ORANGE** AND JUICY

**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



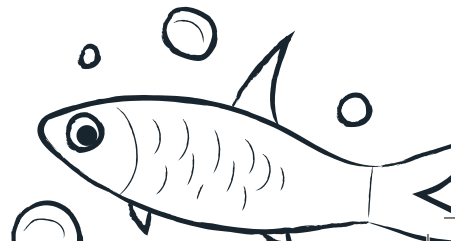
SPOT JOSH



SPOT CODY



SPOT JUDE



# DRAW A PICTURE OF YOUR FAMILY

WHAT DO YOU LOVE ABOUT YOUR FAMILY?

---

WHO DO YOU ADMIRE IN YOUR FAMILY?

---

# WHAT HAVE YOU LEARNED?

---

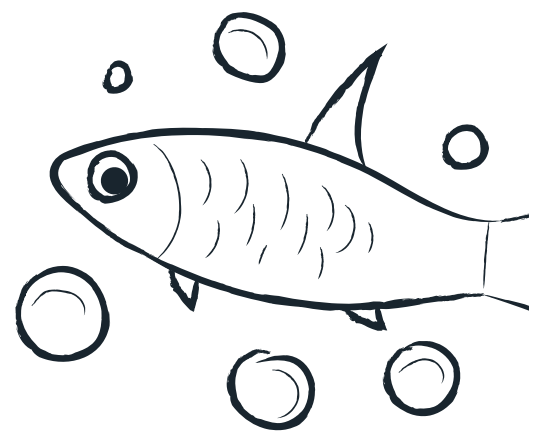
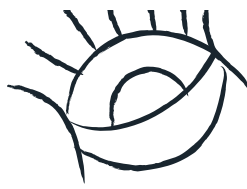
---

---

---

---

---





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

To order more activity books  
email [ArfRhdRegister@health.qld.gov.au](mailto:ArfRhdRegister@health.qld.gov.au)

Illustrations by Nicky Boo Art.

