

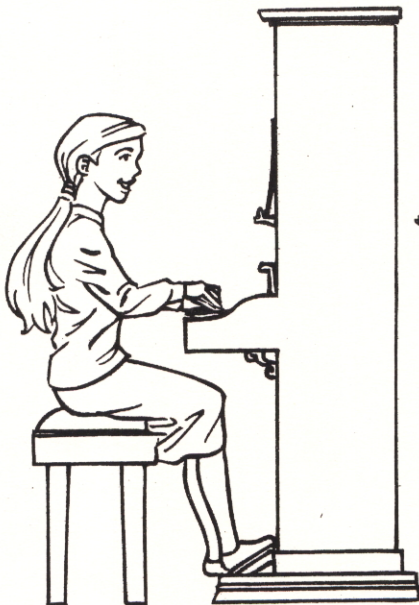
**STOP LOOK & learn™**

# **A Guide To Health and Safety**

**An Educational Coloring & Activity Book**







**Have fun!**



**Do  
things  
you  
enjoy!**



**PRACTICE  
MAKES  
PERFECT!**

Exercising both your mind and body will lead to a happy,  
healthy life!



**Unscramble  
the  
words.**



1. ceiesxer \_\_\_\_\_

2. tidatuet \_\_\_\_\_

3. ischaylp \_\_\_\_\_

4. itnriotunr \_\_\_\_\_

5. tiovpsei \_\_\_\_\_

6. rsuelyfo \_\_\_\_\_

7. tsyefa \_\_\_\_\_

8. ehepontel \_\_\_\_\_

ANSWERS: 1. exercise 2. attitude 3. physical 4. nutrition 5. positive 6. yourself 7. safety 8. telephone



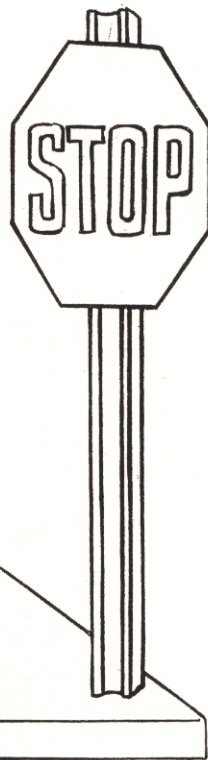


## **Always buckle up!**

Always fasten your seat belt when you get into a vehicle. Ask your parents or another adult for help if you need it.

## **Be alert!**

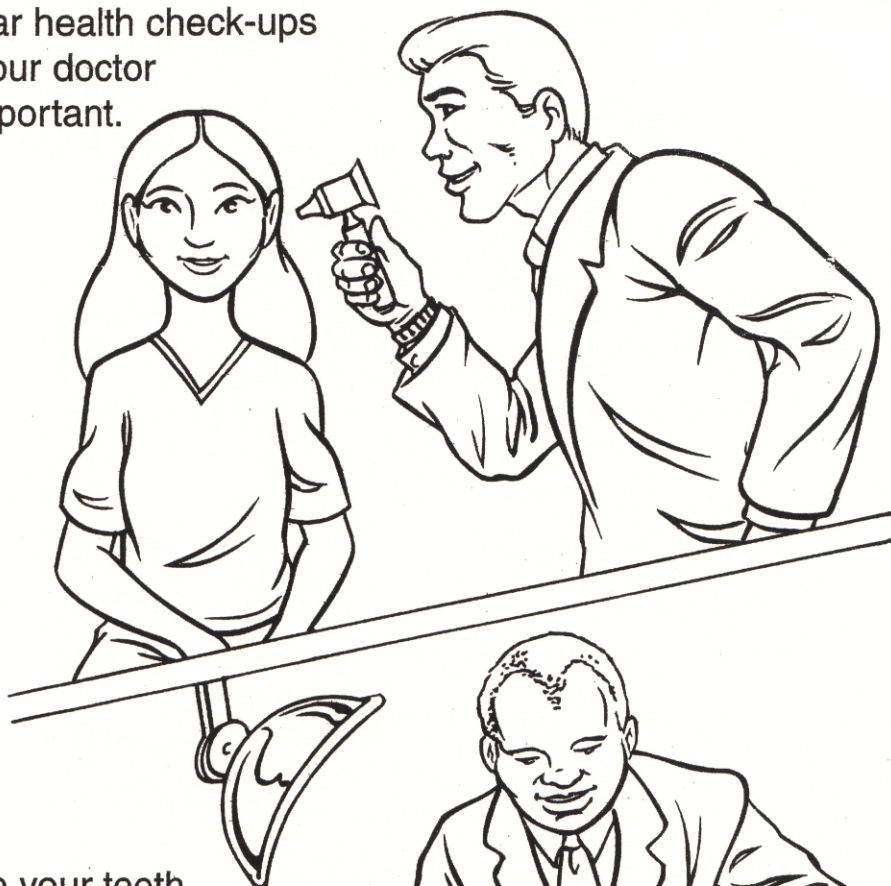
Don't forget to obey all traffic laws when you ride your bike on the street.



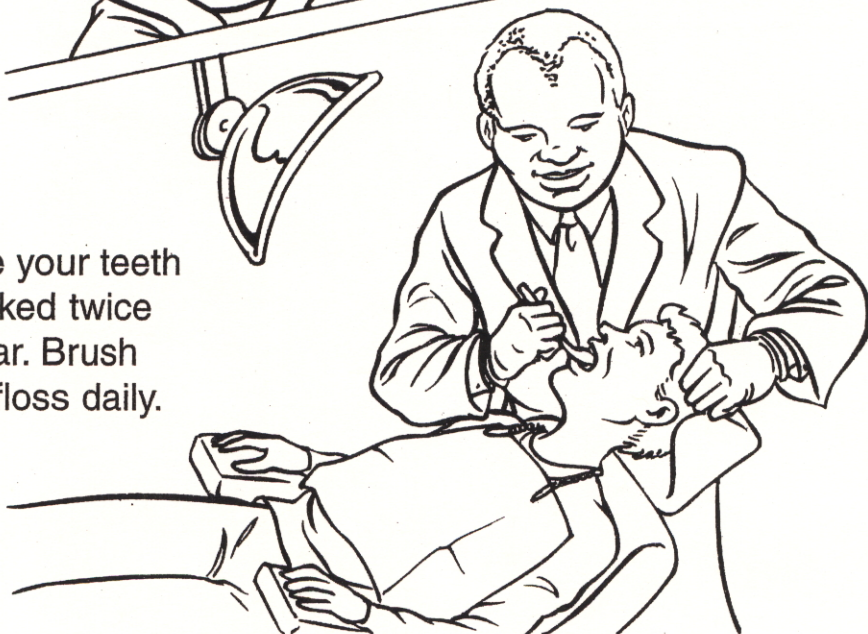
Remind your friends and family of the importance of following safety rules!



Regular health check-ups  
with your doctor  
are important.



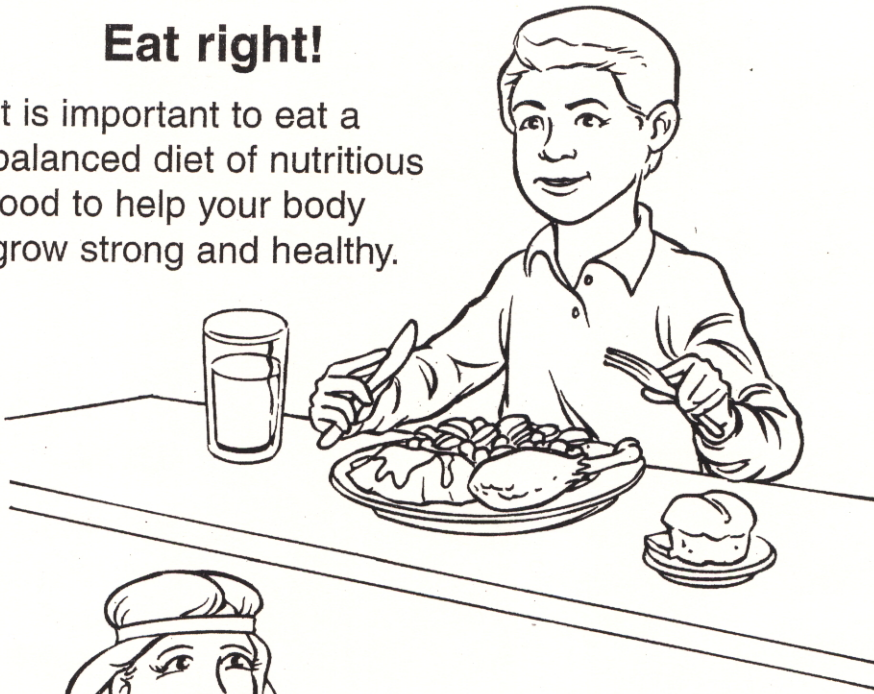
Have your teeth  
checked twice  
a year. Brush  
and floss daily.



**Take good care of your body!**

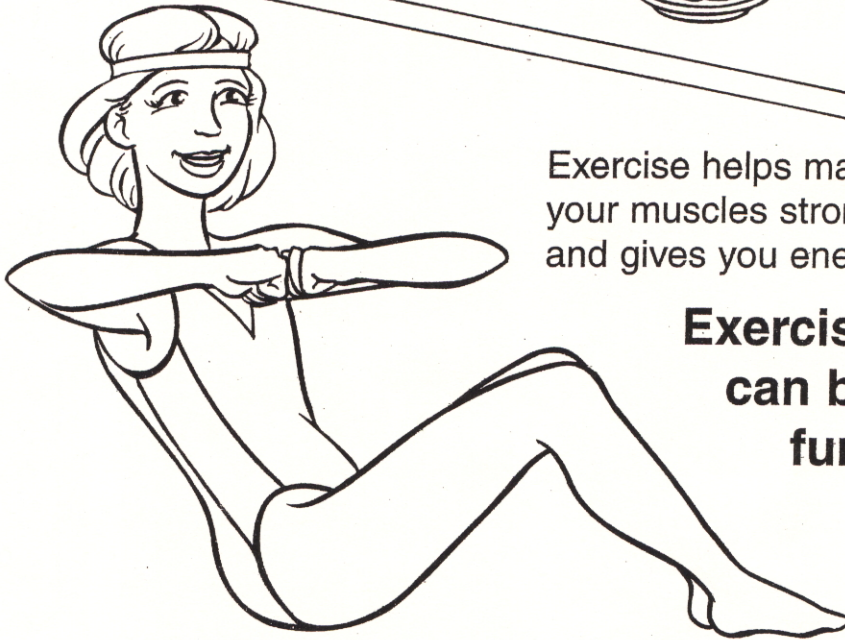
## Eat right!

It is important to eat a balanced diet of nutritious food to help your body grow strong and healthy.



Exercise helps make your muscles strong and gives you energy.

**Exercise  
can be  
fun!**



Remember to exercise and eat healthy food daily. Don't forget that your body also needs plenty of sleep every night to help stay healthy and strong.





**STOP, DROP, and ROLL!** **NEVER** play with matches or a lighter!



Know how to use the fire extinguisher in case of a fire. **DON'T PANIC!** If your clothing catches on fire remember the words **STOP, DROP and ROLL.** Have your family practice what to do in case of a fire.



**What do you like to  
do for exercise?**

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**Do you have favorite foods?**



**Can you fill in the missing words?**

1. Always \_\_\_\_\_ your seat belt when you get into a vehicle.
2. You should always keep the doors \_\_\_\_\_ if you are home alone.
3. Have your teeth checked \_\_\_\_\_ a year.
4. Regular health \_\_\_\_\_ with your doctor are important.
5. You can reach your goals easier if you have a positive \_\_\_\_\_ !!

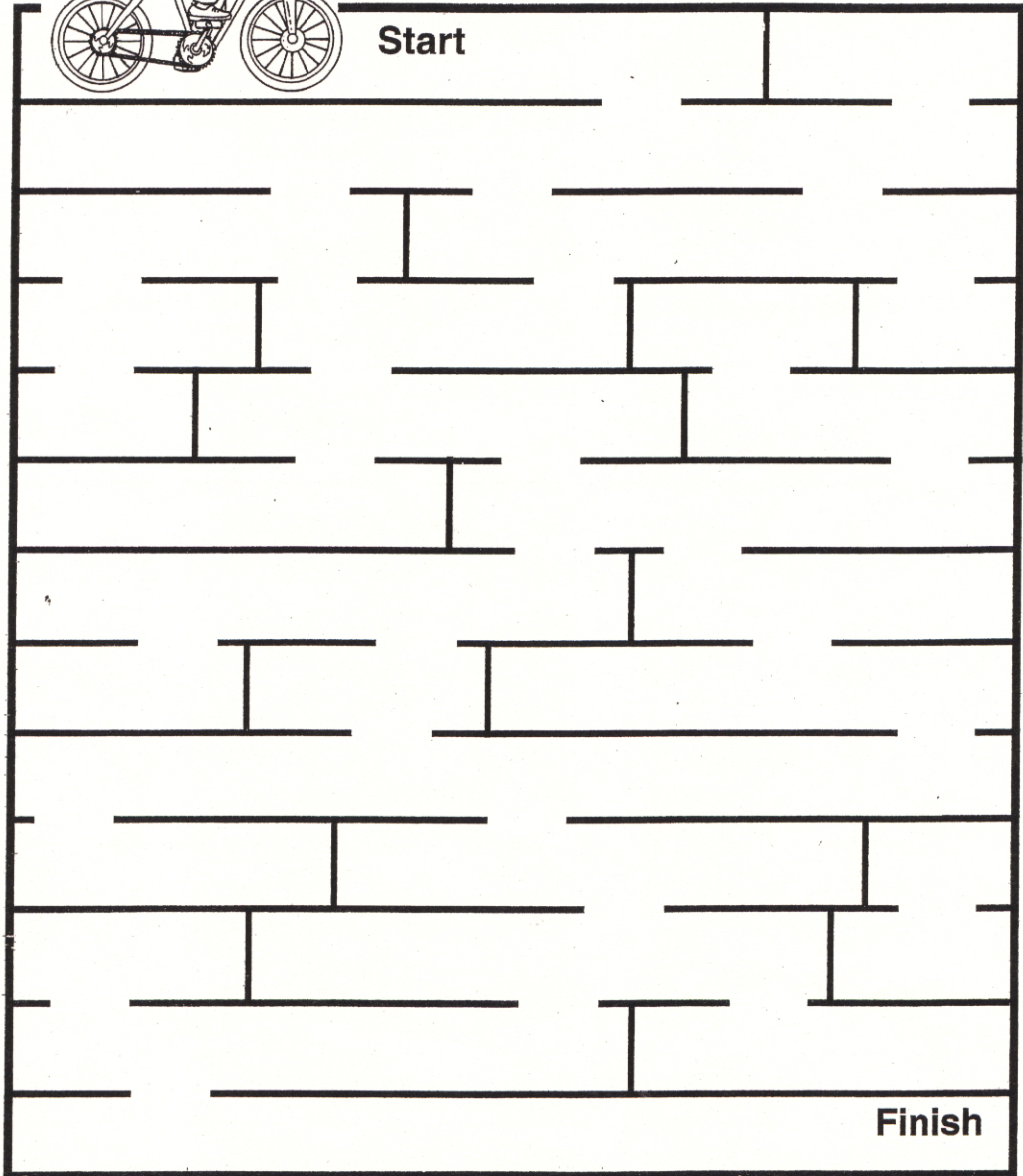
ANSWERS: 1. fasten 2. locked 3. twice  
4. check-ups 5. attitude



**Find your way  
through the maze!**



**Start**



**Finish**



How many  
words can  
you make  
using the  
letters in



# HEALTH & SAFETY

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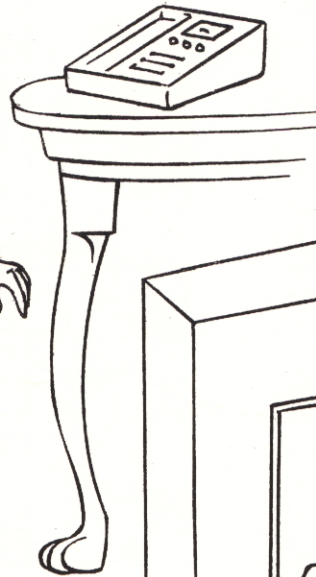
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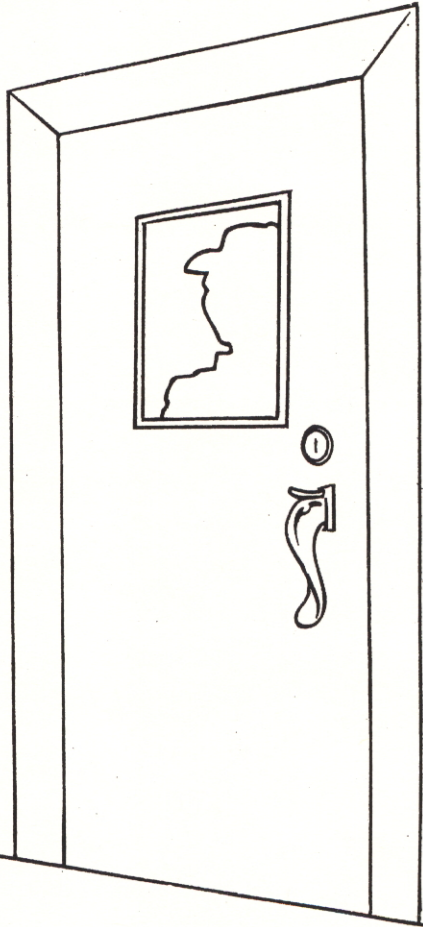


**Phone safety is important.**

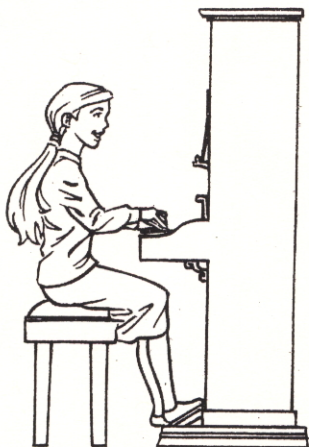


**NEVER** tell anyone on the phone when you are home alone!

**Always ask who is there before opening the door.**



You should always keep the doors locked if you are home alone. **NEVER** open the door for strangers if you are home alone! If you do not know who the person is, ask a parent or another adult to open the door.



**Find and circle the words  
in the puzzle.**

EXERCISE

DOCTOR

TRAFFIC

ATTITUDE

SLEEP

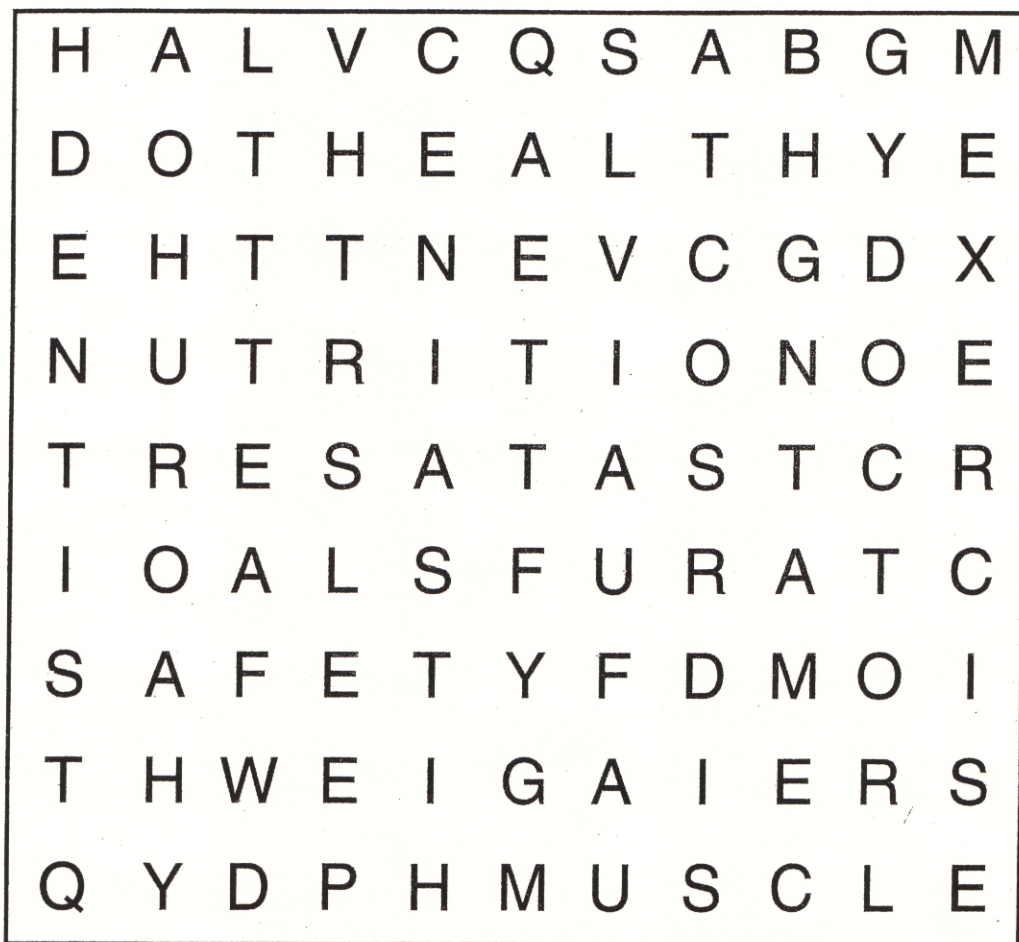
SAFETY

HEALTHY

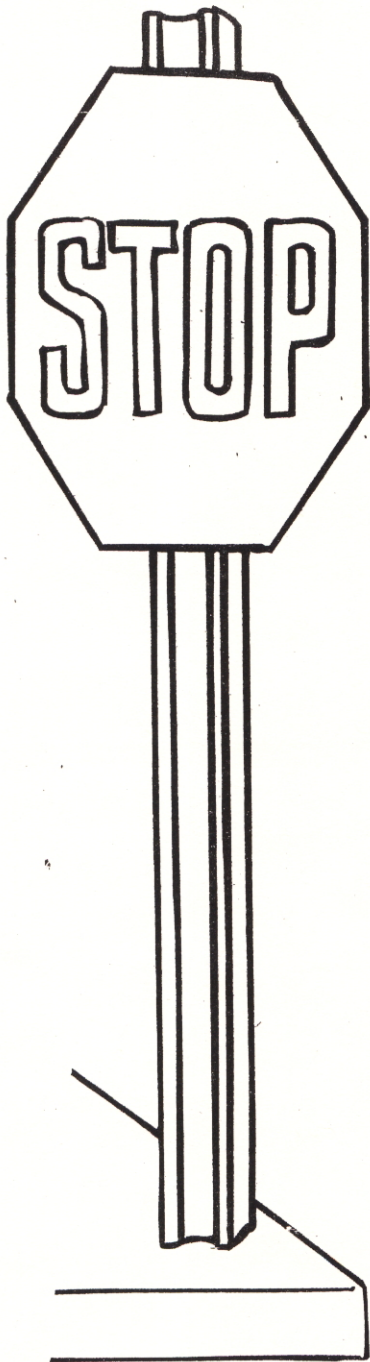
DENTIST

NUTRITION

MUSCLE







**Can you fill in the  
missing letters  
to finish the words?**

1. m\_\_\_\_cl\_\_\_\_s

2. \_\_\_\_er\_\_\_\_in\_\_\_\_s

3. ex\_\_\_\_r\_\_\_\_is\_\_\_\_

4. \_\_\_\_el\_\_\_\_ph\_\_\_\_ne

5. h\_\_\_\_gi\_\_\_\_n\_\_\_\_

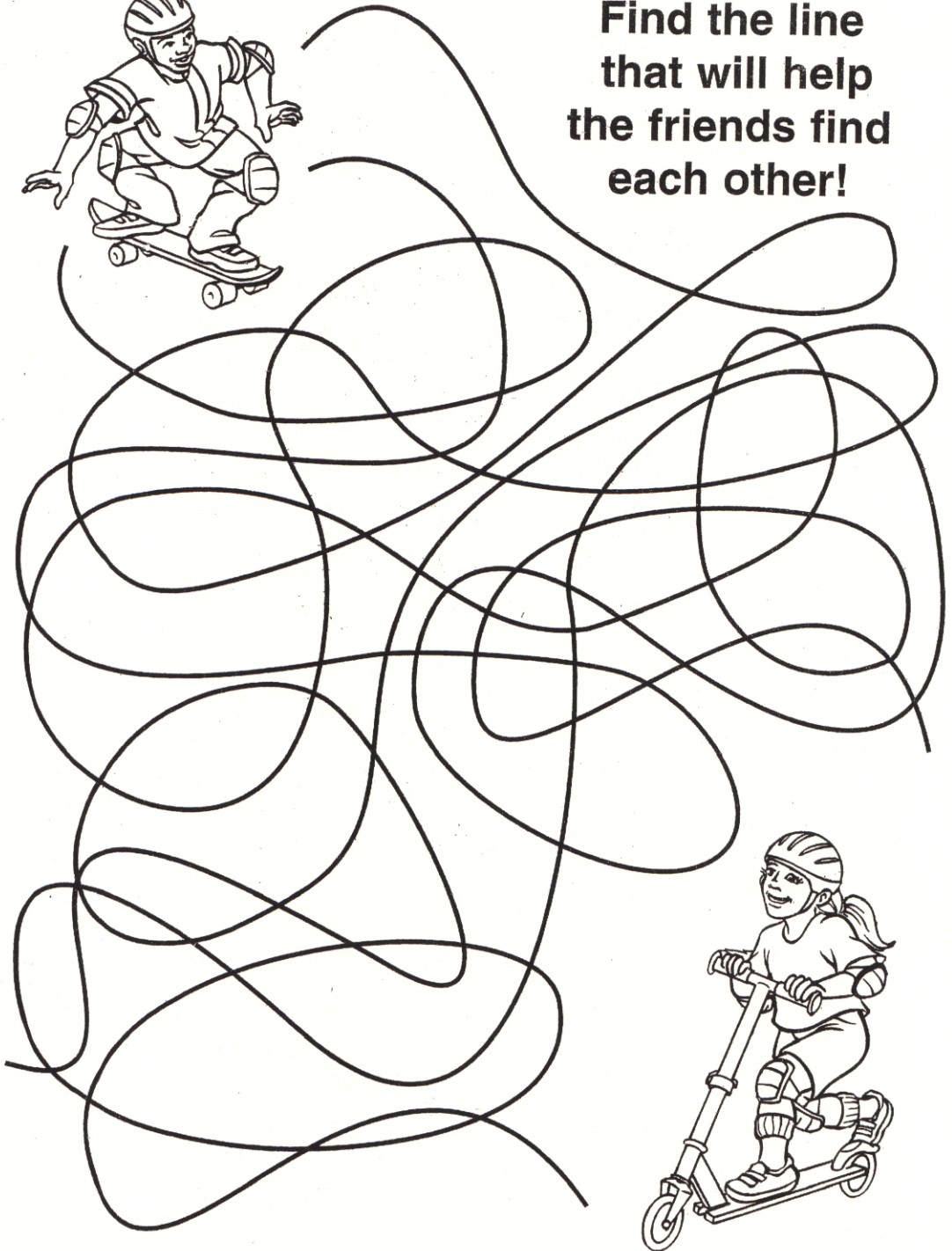
6. st\_\_\_\_an\_\_\_\_e\_\_\_\_s

7. \_\_\_\_a\_\_\_\_ch\_\_\_\_s

8. ch\_\_\_\_c\_\_\_\_-\_\_\_\_p

ANSWERS: 1. muscles 2. servings 3. exercise 4. telephone  
5. hygiene 6. strangers 7. matches 8. check-up

**Find the line  
that will help  
the friends find  
each other!**



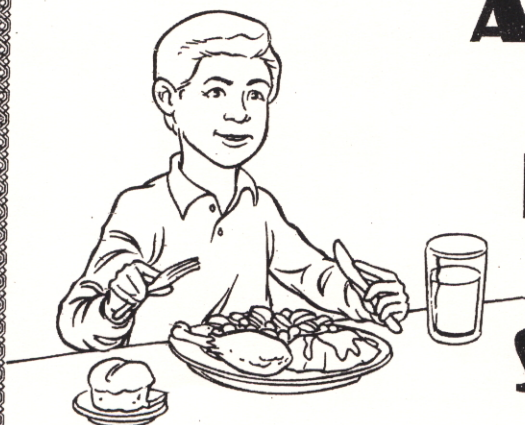




**Be proud of your  
accomplishments!**



It is important to feel good about who you are and what you do.  
You can reach your goals easier if you have a positive attitude!



# A Guide to Health and Safety

I, \_\_\_\_\_, will  
(PRINT YOUR NAME)

take good care of my body  
and practice good hygiene. I will  
also follow all safety rules.

I want to grow up healthy and safe!

\_\_\_\_\_  
(YOUR SIGNATURE)