

FILL IN THE BLANKS

Staying healthy and active is important to keep our bodies in good shape! Use the words at the bottom to fill in the blanks to get some fun ideas and share with your friends and family!



Mica - Health Hero



1. When I'm stuck inside on a rainy day, I could _____ to my favorite music.
2. _____ my dog outside is a great way to exercise - for my dog too!
3. Going roller _____ is fun to do with friends.
4. Family _____ rides are good exercise and fun!
5. When you sneeze or cough, cover your _____ and _____ with your elbow.
6. On hot summer days _____ with friends and family is a great way to cool off.
7. When it's winter, _____ a snowman and decorating him keeps me warm.
8. It is important for me to drink lots of _____ everyday!
9. When my friends and I are looking for something to do, we could play a game of _____.
10. Make sure to _____ your hands and shower regularly.

Use these words:

- | | | | | |
|-----------------------------------|-----------------------------------|--------------------------------------|--------------------------------|----------------------------------|
| <input type="checkbox"/> swimming | <input type="checkbox"/> water | <input type="checkbox"/> baseball | <input type="checkbox"/> bike | <input type="checkbox"/> walking |
| <input type="checkbox"/> skating | <input type="checkbox"/> building | <input type="checkbox"/> nose, mouth | <input type="checkbox"/> dance | <input type="checkbox"/> wash |