



with Timon and Pumbaa:
SAFETY SMART
Healthy & Fit!

Student's Name: _____

TAKE-HOME ACTIVITY:

HEALTH AND FITNESS SENTENCES

Dear Family: Your child is learning that what we say can be written down. Read the directions on this page to your child and then do the activity together.

Directions

1. Read the words and phrases listed below.
2. Ask your child to use each word or phrase in a sentence about health and fitness. Together, write the sentences in the space provided.
3. Read the sentences together.

GERMS	
HAND-WASHING	
FOOD	
PHYSICAL ACTIVITY	
SLEEP	
TEETH	