

My Healthy
Handbook

By: _____

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Dear parents,

I had the absolute pleasure of teaching your child over the past couple of weeks! As my internship has come to an end, I hope your child has enjoyed their time learning from me, as I have enjoyed learning from them. I came into this internship thinking I was the one meant to be teaching them, but they have taught me so much more! I hope you know how incredible your child is, they will accomplish so much in their lifetime!

Though we weren't able to finish the whole unit due to the time crunch, we did learn the importance of creating healthy habits. Throughout our health unit we spoke about many different ways to be healthy, using experiments and crafts to deepen our understanding. From using glitter as germs, to pretending hard boiled eggs were teeth, your child has learned why they need to brush and floss their teeth, wash their hands, and eat healthy foods (but the occasional treat is more than okay)!

I hope they can look back at this book and share everything they have learned from the exciting experiments and activities that took place this month!

I hope our paths cross again one day,

Ms. Reimer 

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Ms. Reimer 

Healthy

Healthy

I can _____ my hands

to keep me safe from germs.

1

I can _____ my hands

to keep me safe from germs.

1

I can wash my hands

**to keep my _____ safe
from germs.**

2

I can wash my hands

**to keep my _____ safe
from germs.**

2

I can _____ and floss my
teeth

to keep my teeth healthy and
clean.

3

I can _____ and floss my
teeth

to keep my teeth healthy and
clean.

3

I can eat _____ foods

to grow big and strong.

4

I can eat _____ foods

to grow big and strong.

4