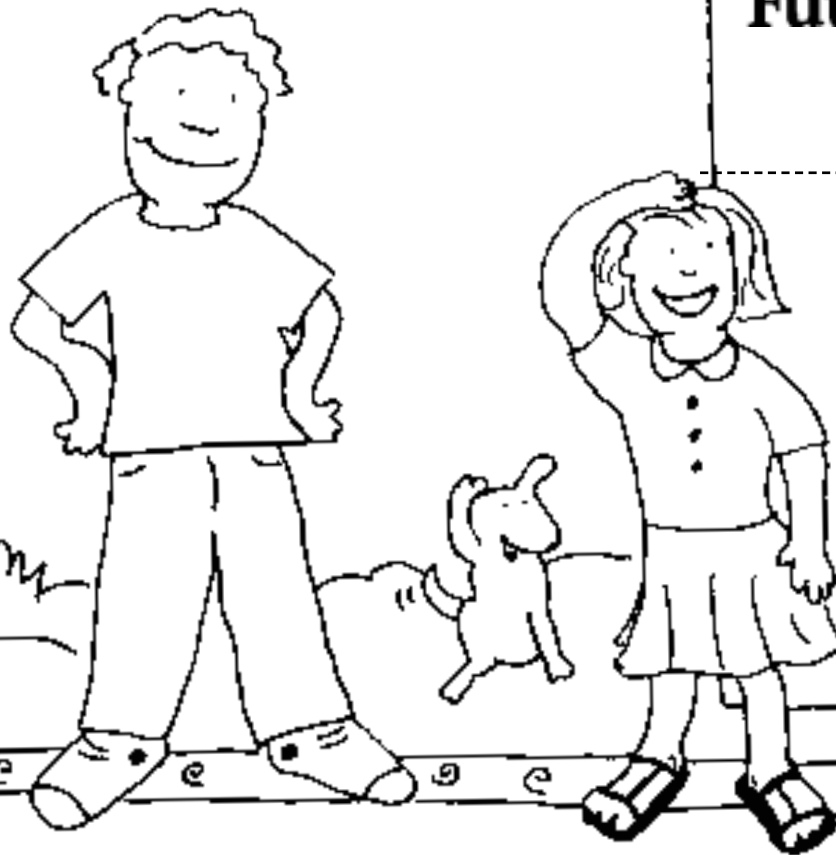# Bright Futures

Activity Book
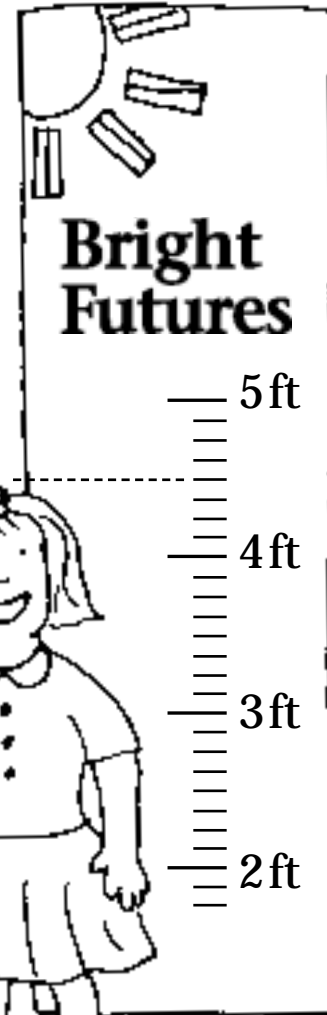
There's no one else like me!

My name is _____.

I am _____ years old.

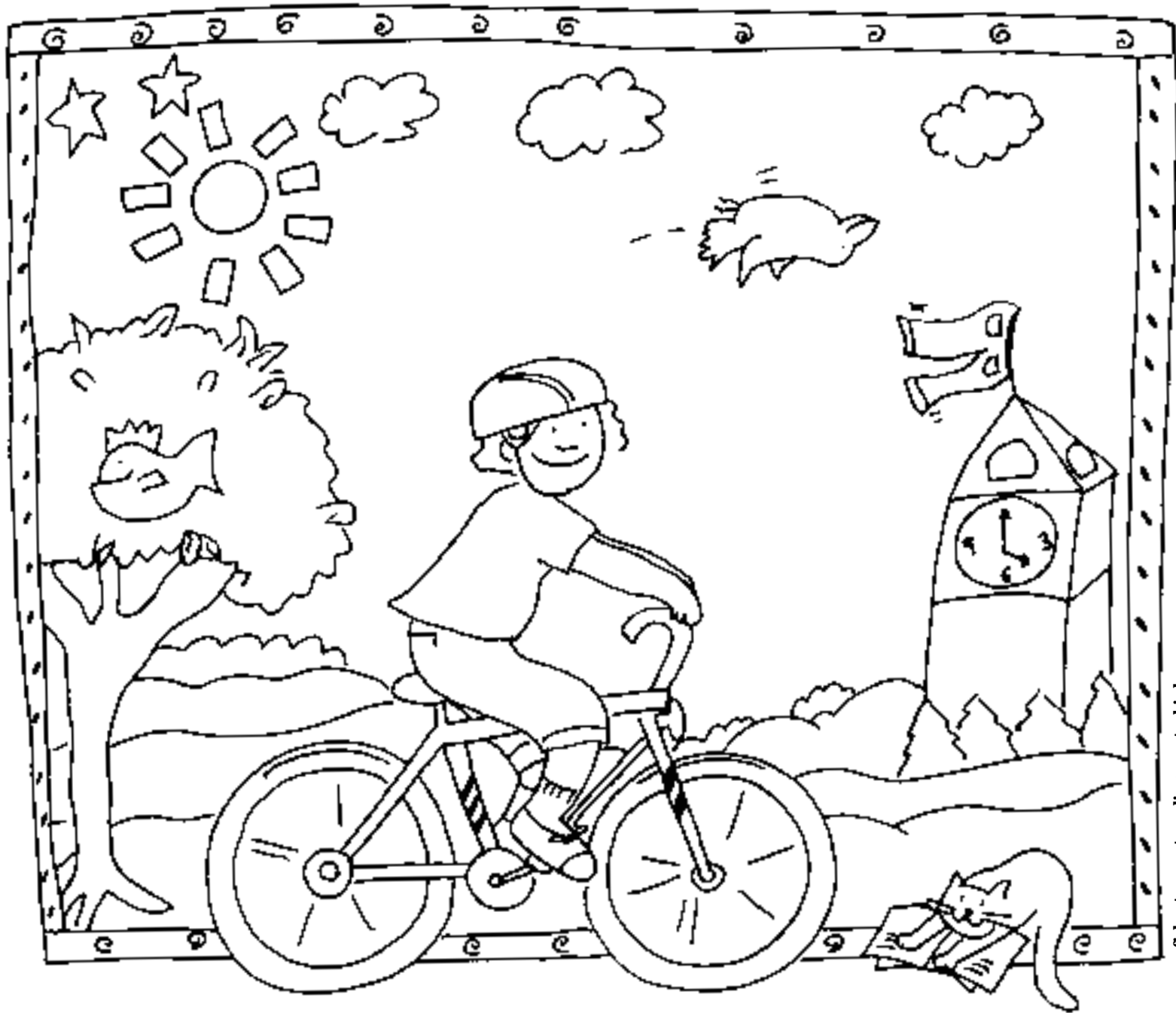My eyes are _____.

My hair is _____.

I am _____ feet and _____ inches tall.

Bright
Futures
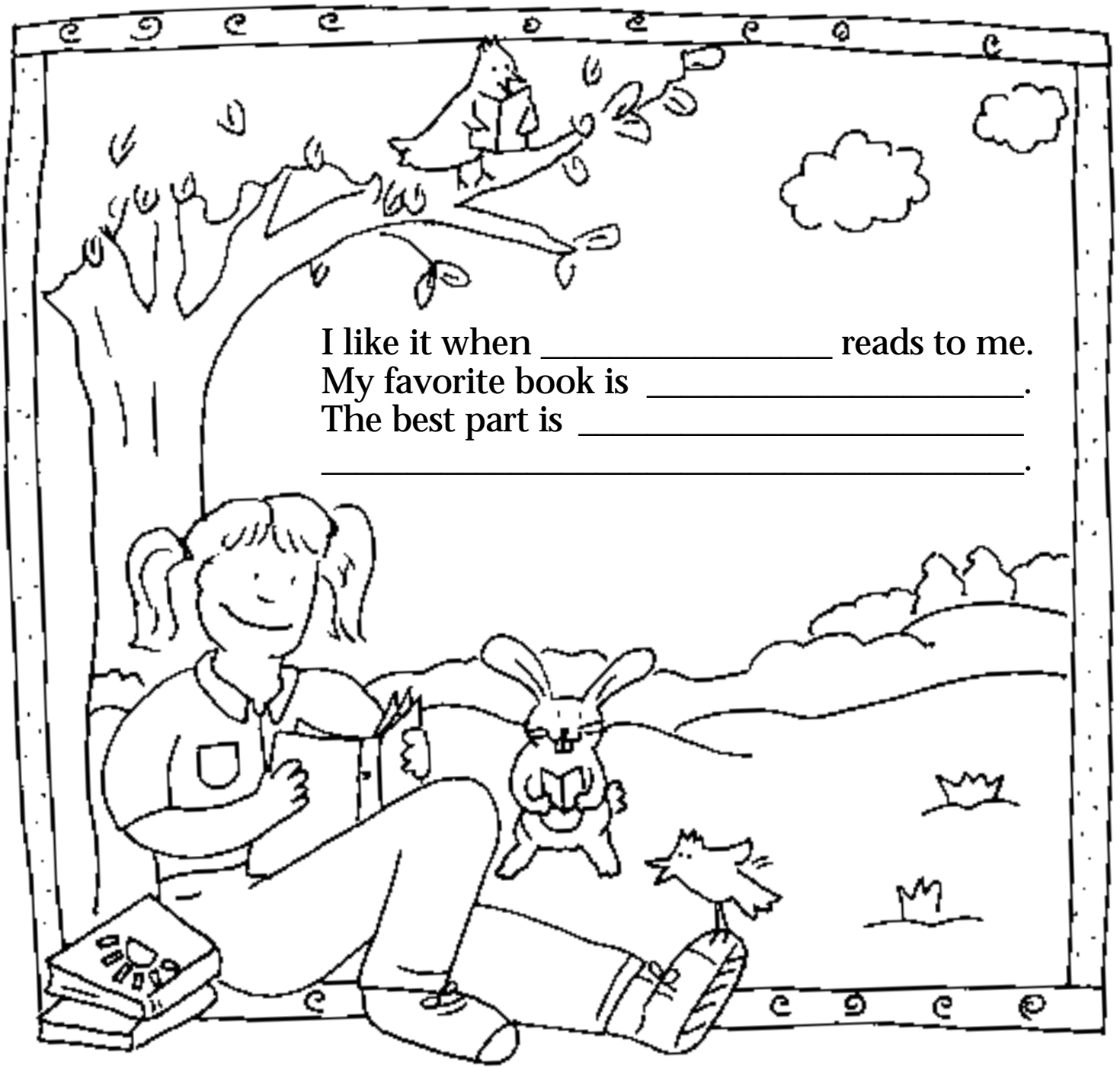
— 5 ft

— 4 ft

— 3 ft

— 2 ft
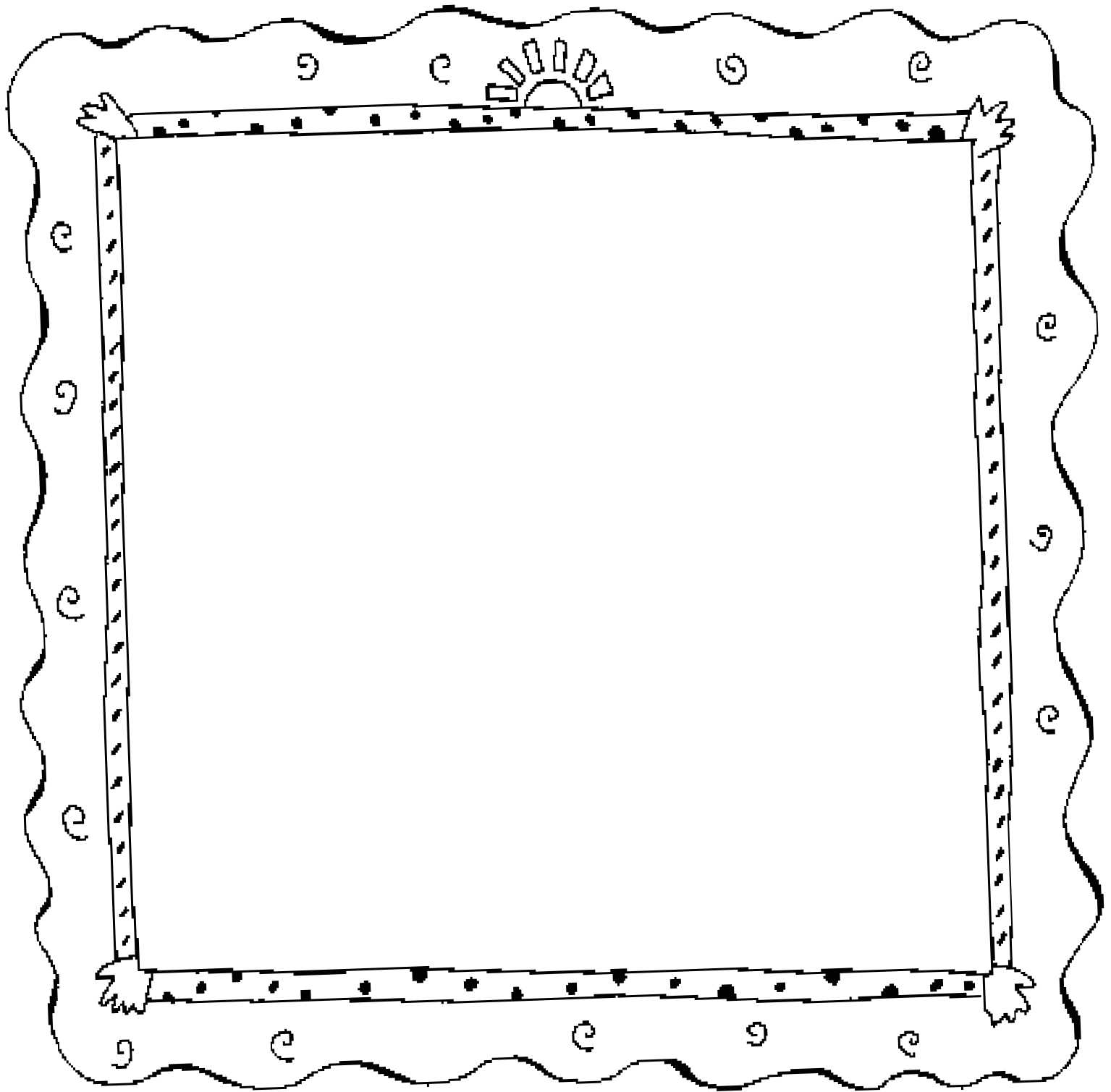
Your family is special!
Draw a picture of your family and take it to your doctor's office.

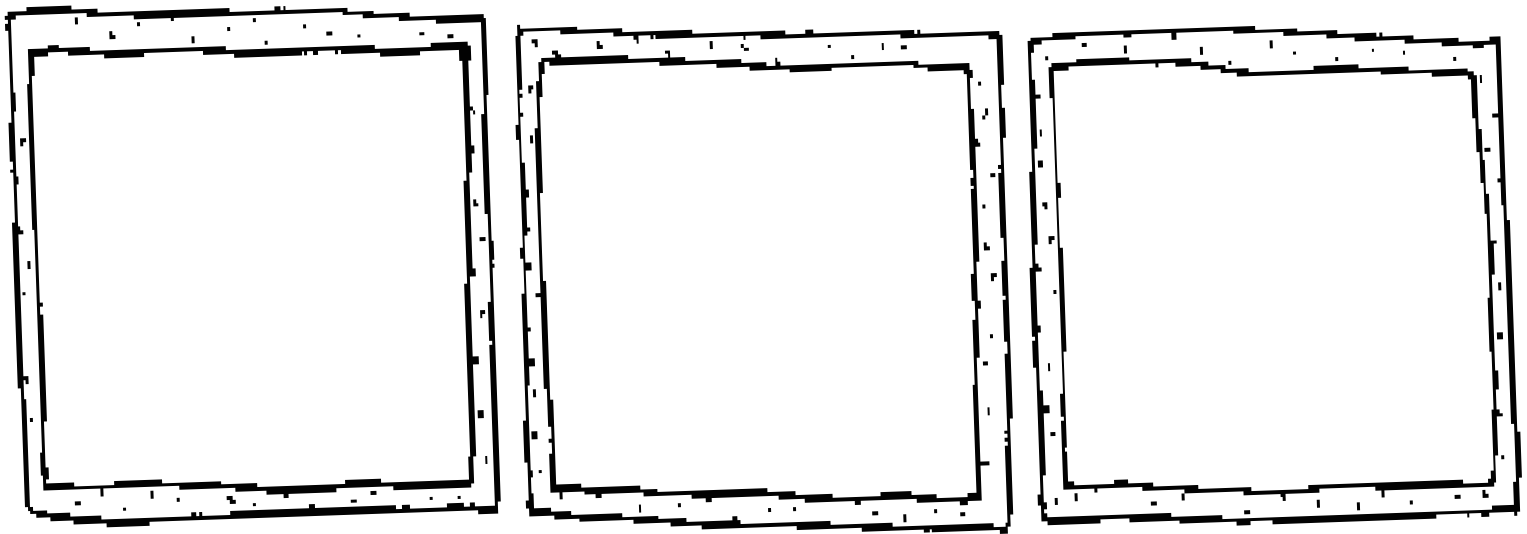Wearing a bike helmet is the right thing to do,
but there are 5 things wrong with this picture.
Can you find 3 of them?
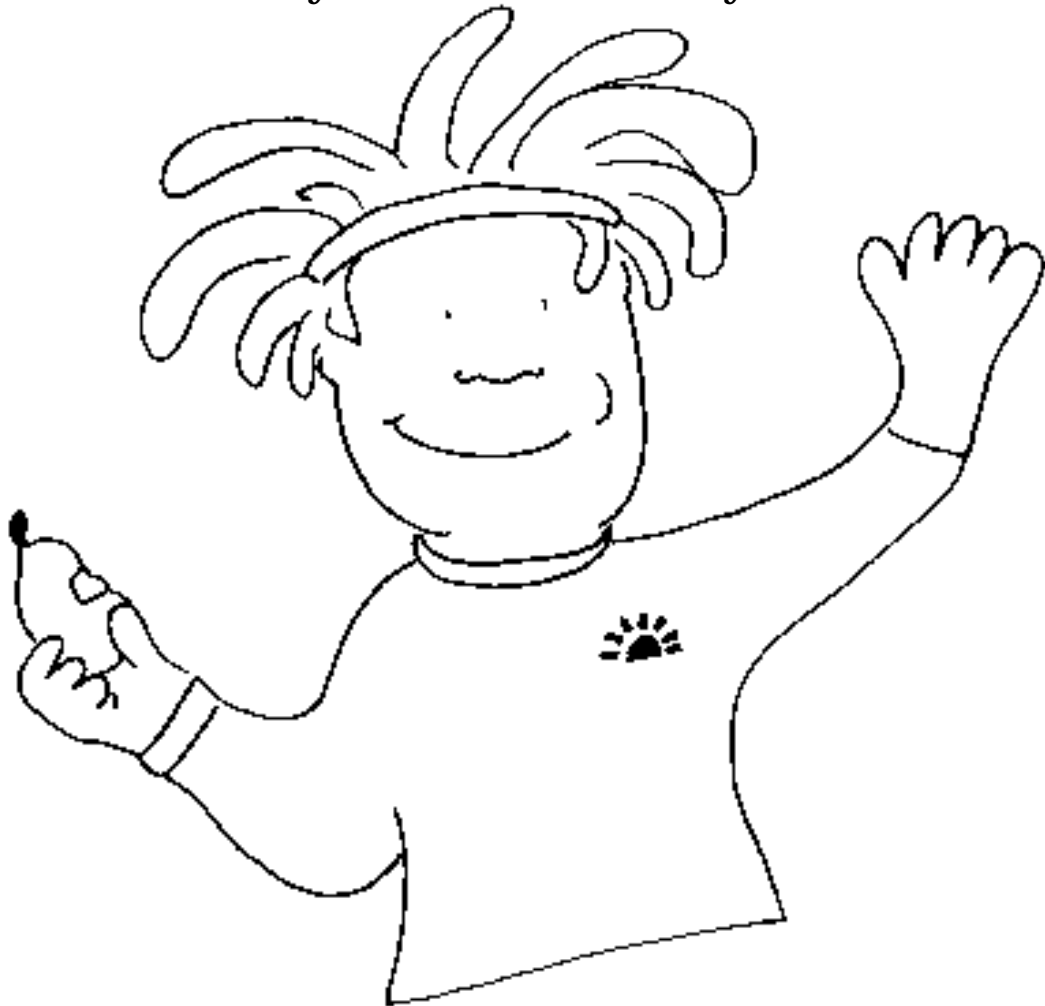
I like it when _____ reads to me.
My favorite book is _____.
The best part is _____
_____.

Libraries have lots of different kinds of books.
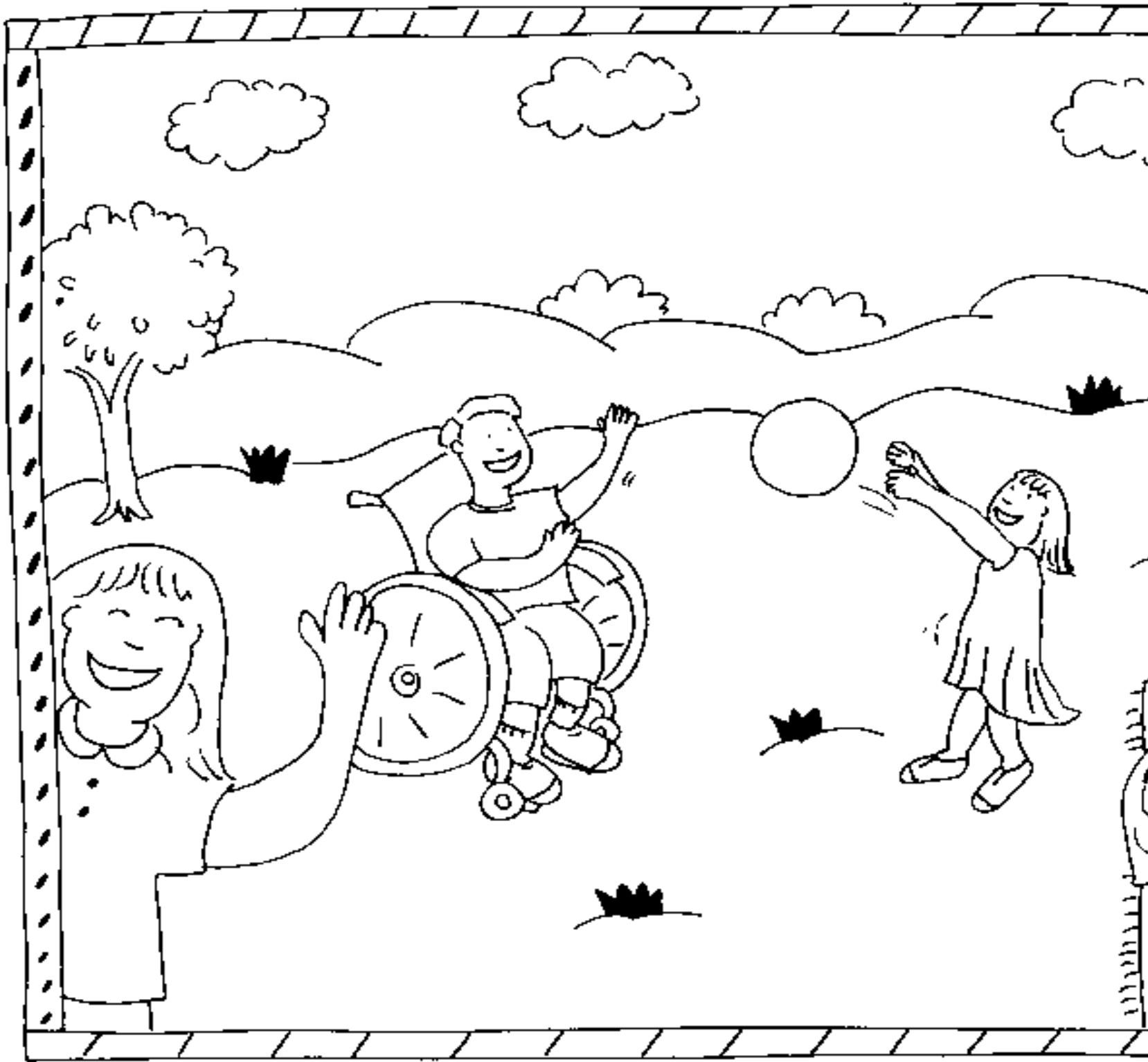Show this page to the librarian the next time you go to the library.

Healthy foods keep you going and growing.
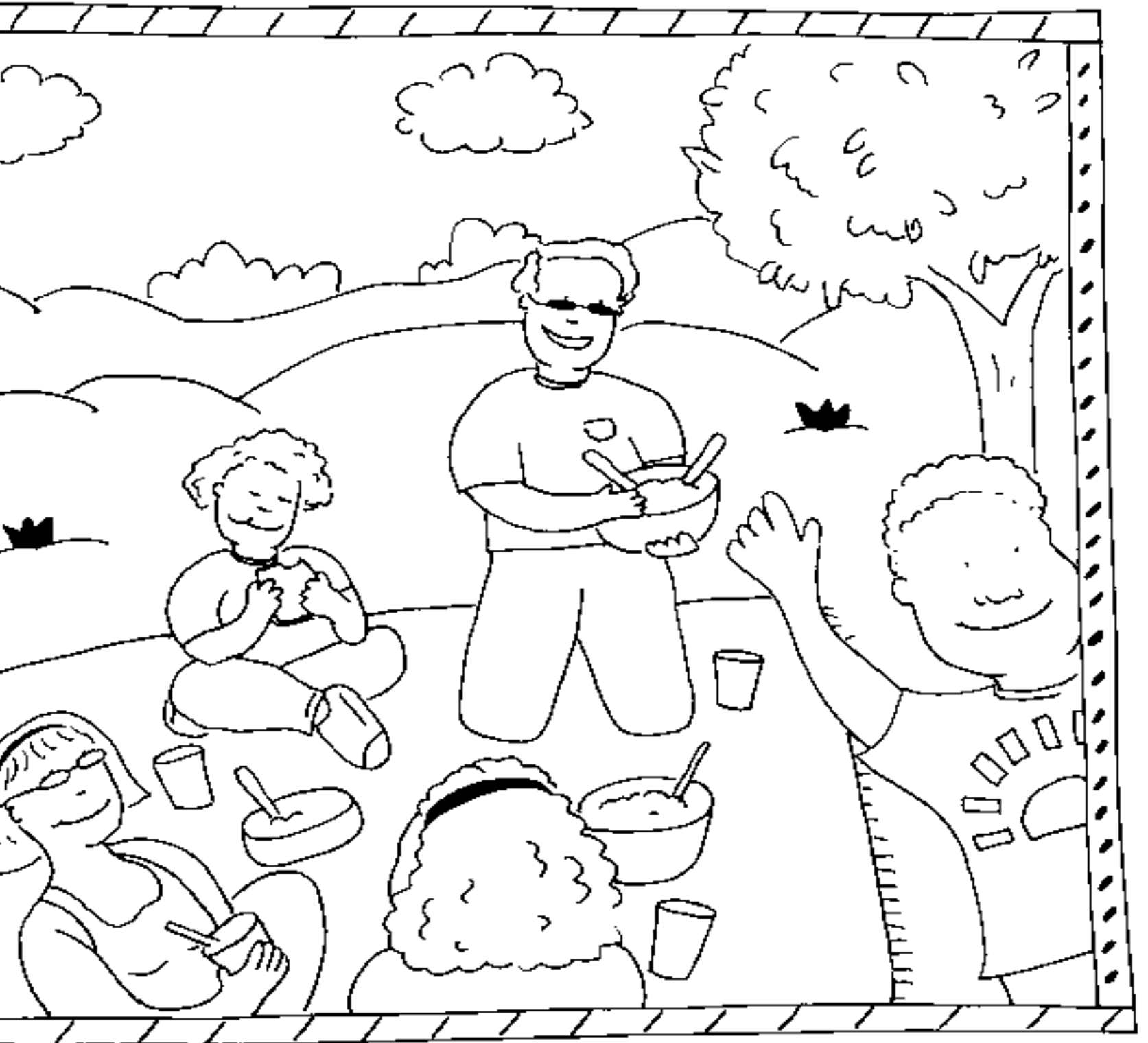Name and draw your favorite healthy snacks.

Help the girl fill her cart.
Color the things she can use to get clean and stay healthy.

Take a walk in the park with your family.
What do you like to do in the park?

Get to know your community.
Who do you see in your neighborhood?

Which words go together?

Wash - - - - - - - - - - - - - - - -   Bed
Feed   Table
Make   Toys
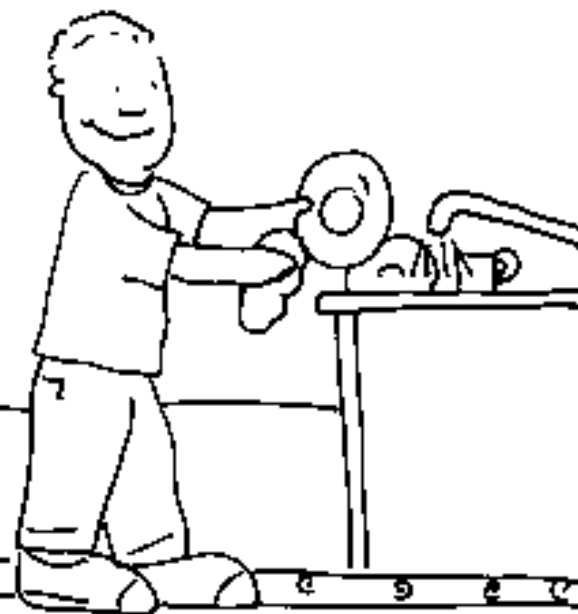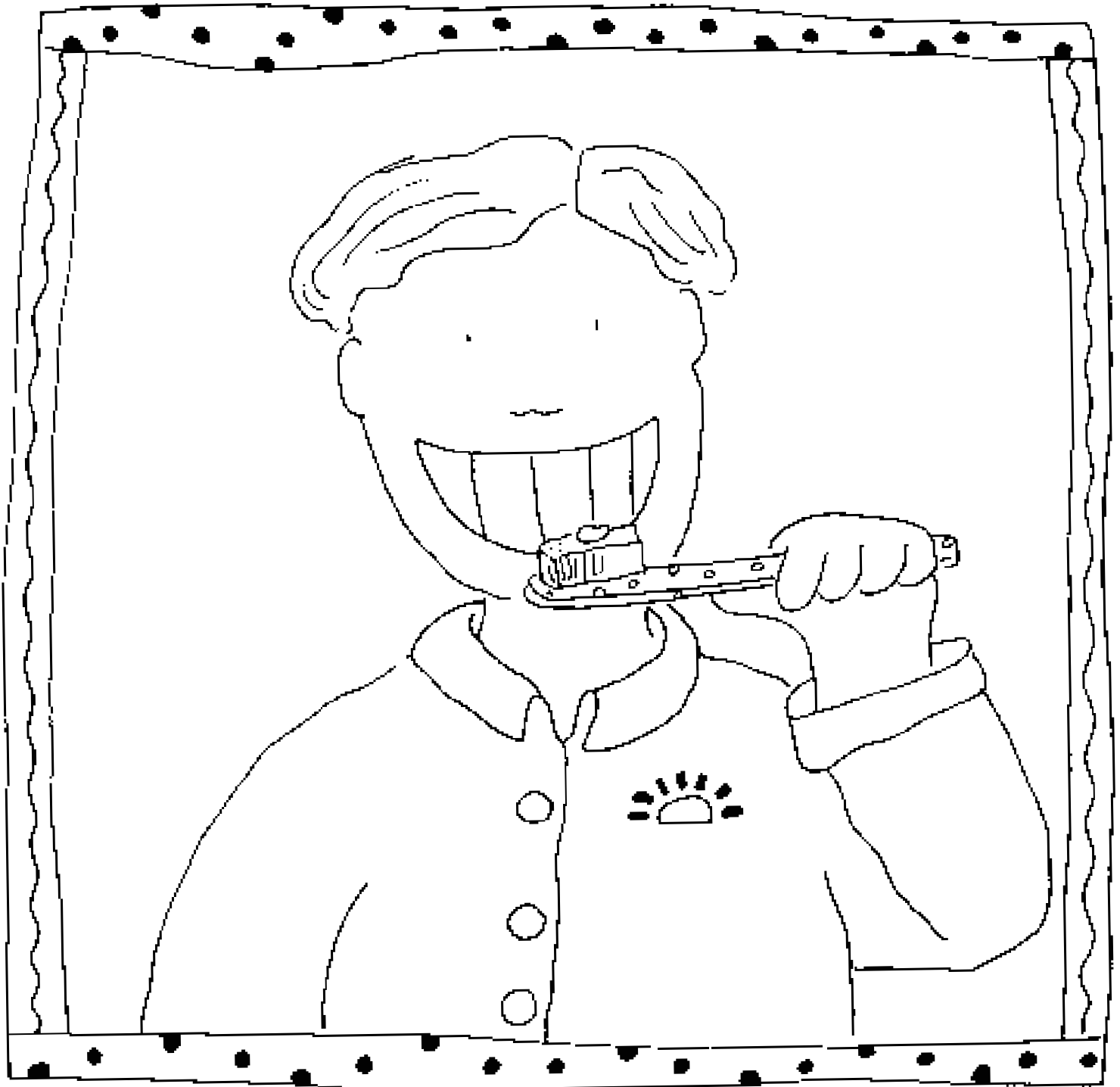Pick up   - - - - - - - - Dishes
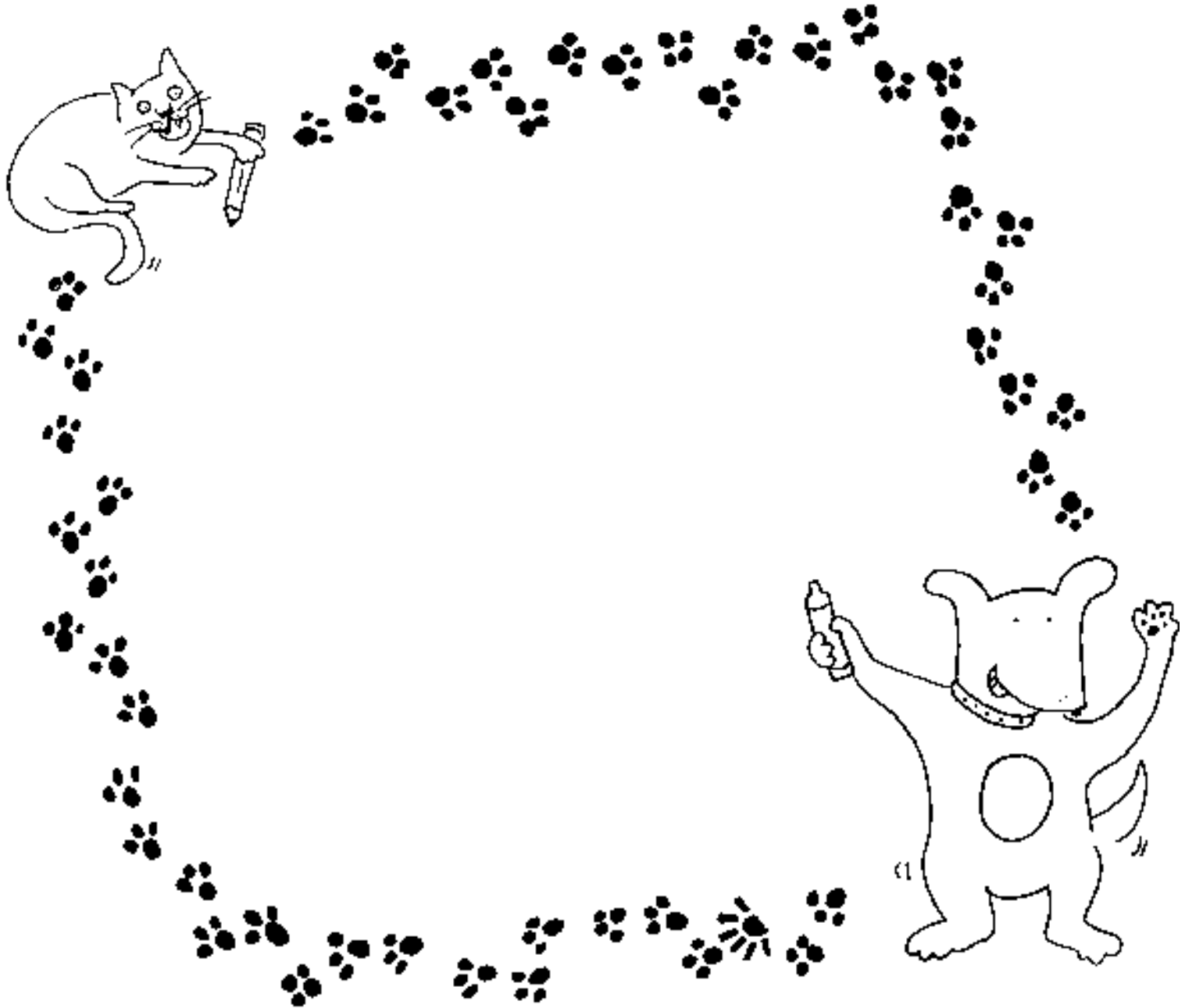Set   Pets
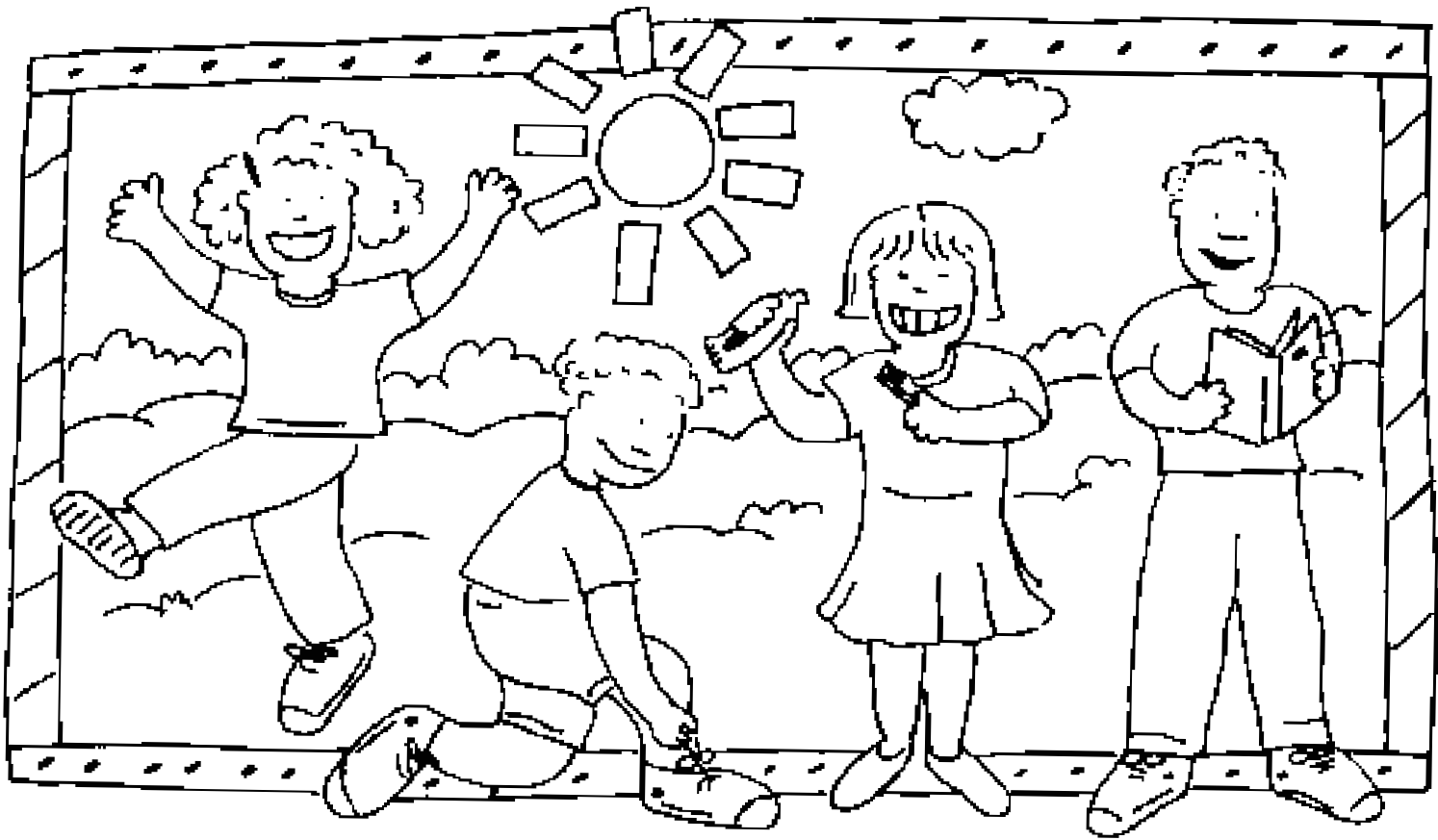
Did you do your chores today?

Clean teeth are happy teeth!
How many times a day do you brush your teeth?
Color this page and take it to your dentist.

Use your imagination and draw a make-believe animal.
Where does it live? What does it do?
Tell someone in your family all about it.

Circle the things you would choose for a healthy lunch.

Make a list of things you can do all by yourself.

_____

_____

_____

_____

_____

Take it to your school.
Your teacher will be so proud of you!

STOP

Stop
Look
Listen
Look again

What are the safety rules for crossing the street?

Do you know what to do in an emergency?
Talk about it with your family.
Fill in this page and put it near your phone.

My Phone Number _____

My Address _____

_____

Police _____

Fire _____

Poison Control _____

Doctor _____

Dentist _____

Neighbors _____

911