



# ACTIVITY BOOK

FUN & GAMES WHILE LEARNING

THIS BOOK  
BELONGS TO



# ACTIVITY

WRITE FIVE GOOD THINGS  
ABOUT YOURSELF

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

# DRAW A PICTURE OF YOURSELF

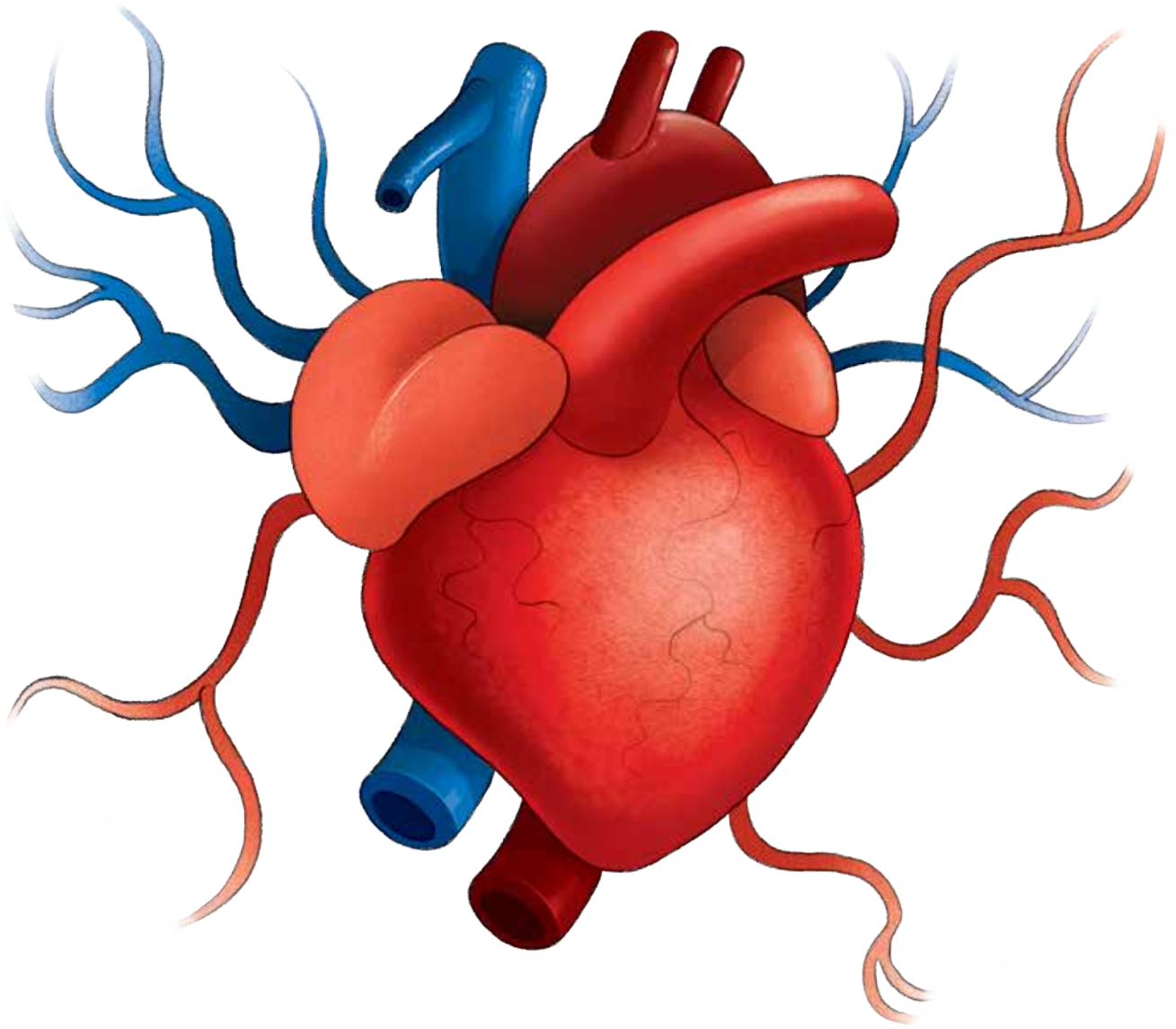
WHO DO YOU WANT TO BE?

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WHAT DO YOU WANT TO BE?

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# MY SPECIAL PUMP



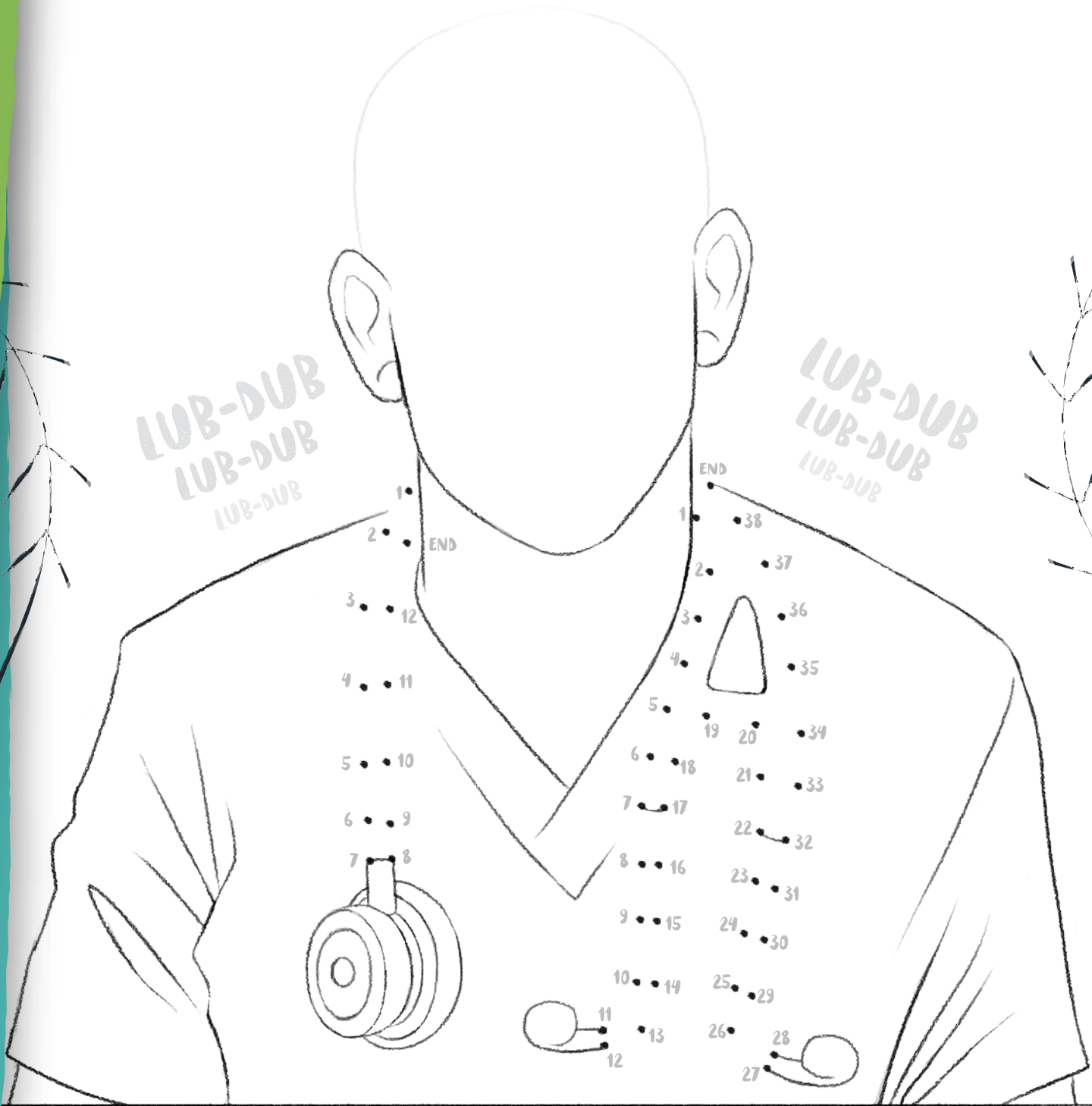
My heart is a special pump and it's good  
at pumping blood. When I listen to my  
heart beat I hear it go

**LUB-DUB LUB-DUB LUB-DUB**

My heart is made of muscle, which  
makes it very strong. If I work to keep it  
healthy, it will last my whole life-long!

# CONNECT THE DOTS

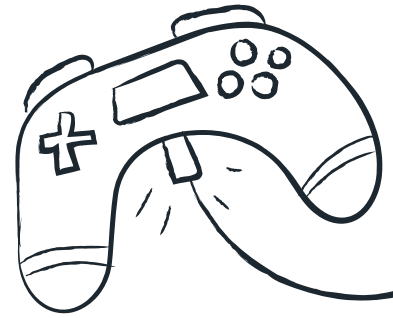
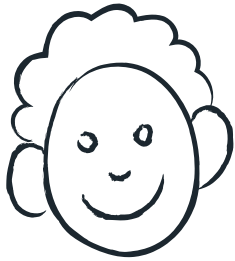
## DRAW THE DOCTOR'S FACE



A **STETHOSCOPE** is an instrument used  
to listen to your \_\_\_\_\_ beat.

# YOUR FAVOURITE THINGS

WHAT'S YOUR...



FAVOURITE PERSON

FAVOURITE GAME

draw them

FAVOURITE COLOUR





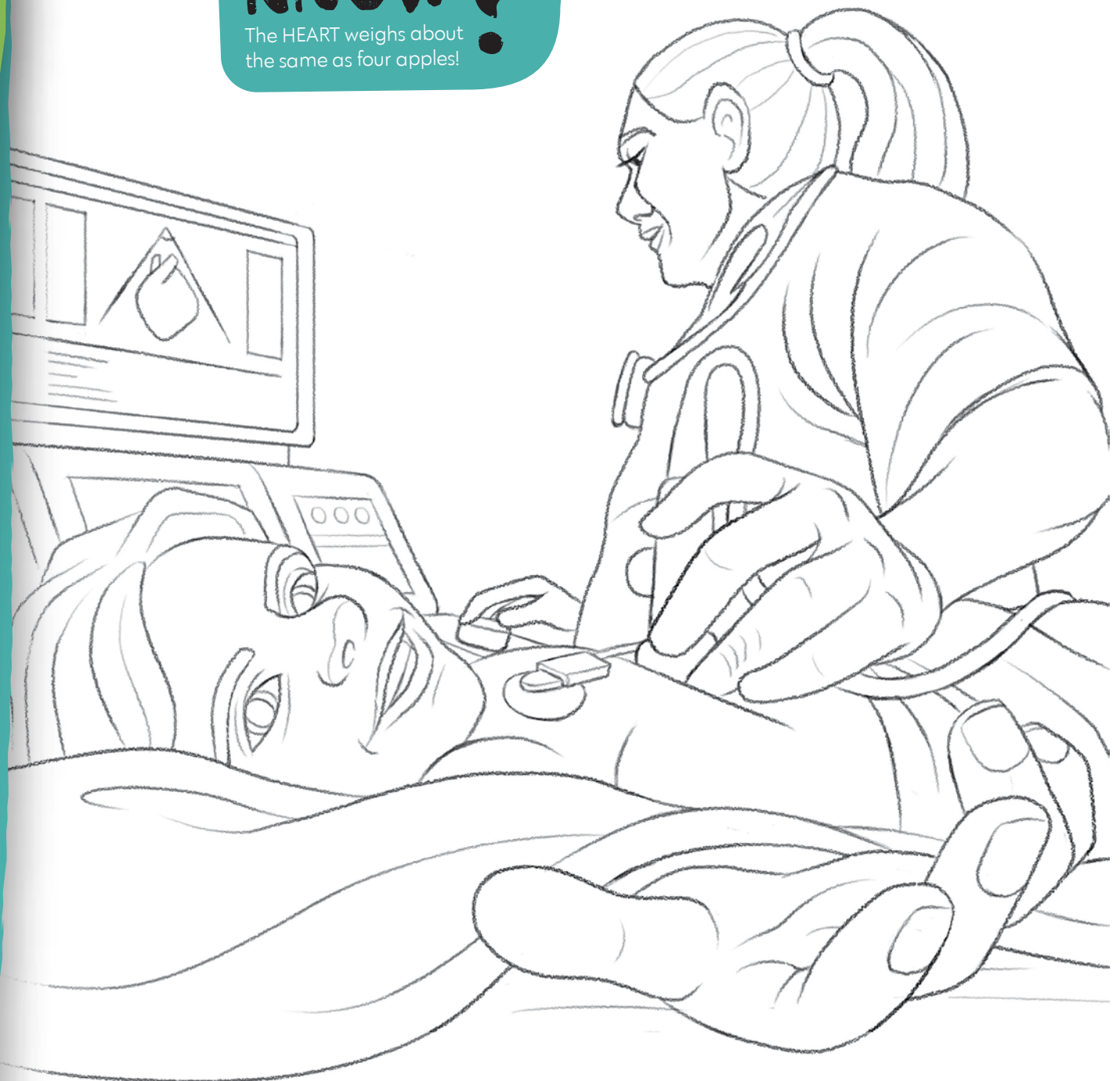
# COLOUR ME IN!



Sometimes the doctor will need to take a special picture of your heart. This is called an **'ECHOCARDIOGRAM'** or an **'ECHO.'**

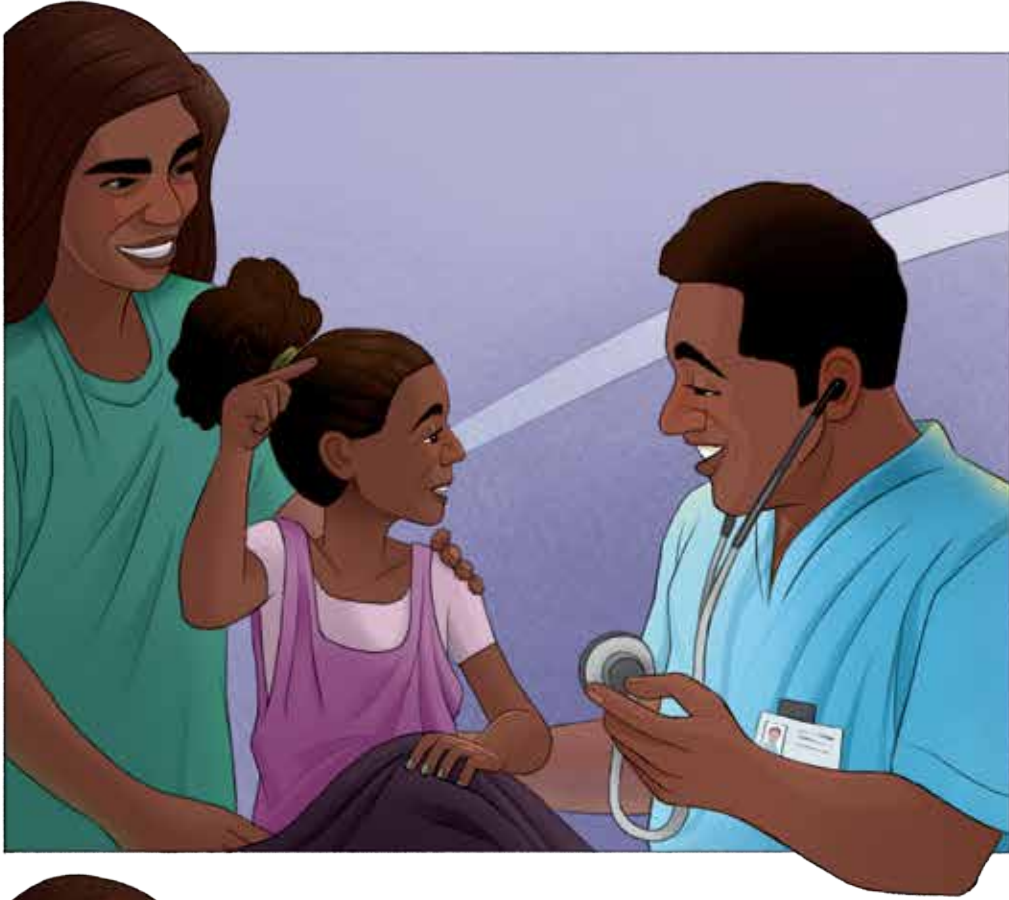
## DID YOU KNOW?

The HEART weighs about the same as four apples!



# SPOT THE DIFFERENCE

THERE ARE FIVE TO SPOT





# DRAW YOUR FAMILY

## WHO CARES FOR YOU?



# WORD SEARCH

R	O	Y	P	X	R	P	L	A	I	E
U	B	A	S	K	E	T	B	A	L	L
N	U	A	S	K	L	Y	N	C	H	U
N	O	V	W	B	R	J	S	A	M	M
I	G	B	B	M	G	P	G	S	C	Z
N	F	O	F	O	O	T	B	A	L	L
G	L	X	O	A	H	D	E	L	C	P
T	F	I	D	S	S	O	C	C	E	R
U	B	N	C	K	W	V	O	L	T	E
U	W	G	S	W	I	M	M	I	N	G

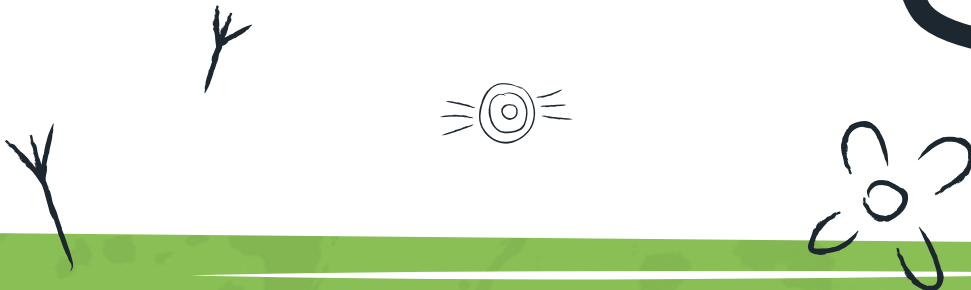
Words can be horizontal or vertical and some words may share a letter.

We've started the first one for you. **GOOD LUCK!**

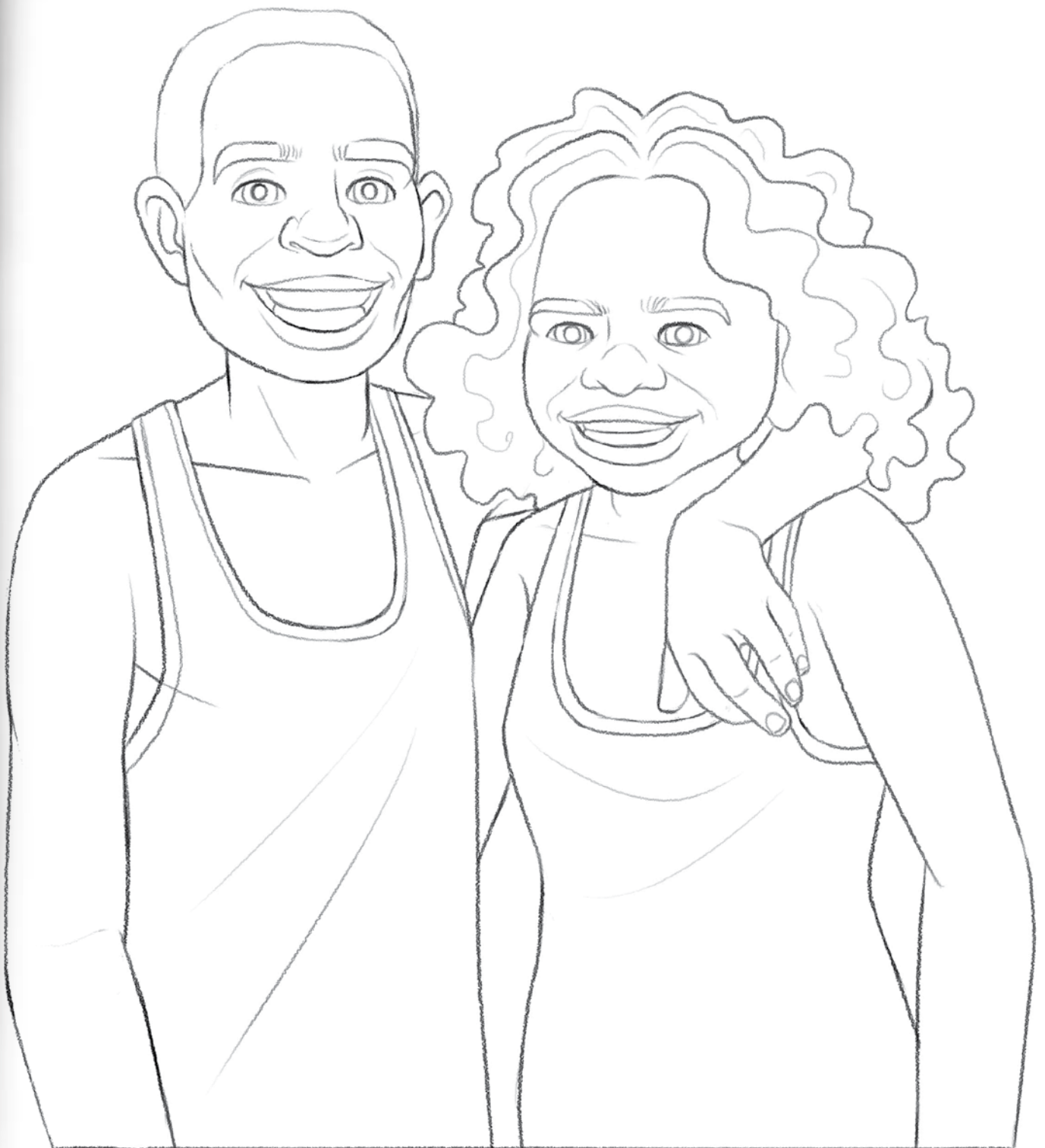
BASKETBALL  
BOXING  
~~FOOTBALL~~  
RUNNING  
SOCCER  
SWIMMING

WHAT'S YOUR  
FAVOURITE  
SPORT?

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# COLOUR in YOUR TEAM COLOURS



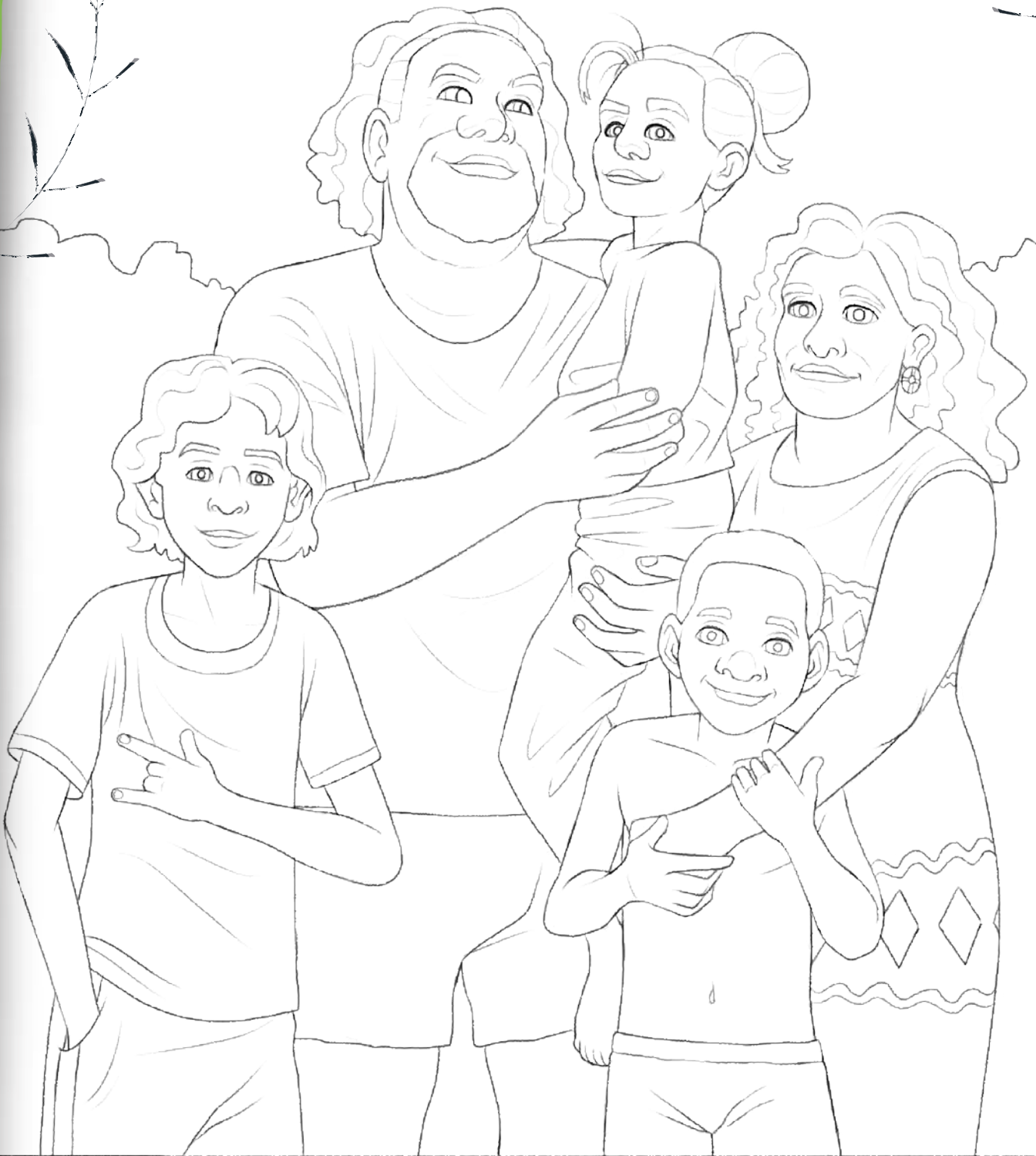
Eat good foods, be active and do regular exercise.

# SPOT THE DIFFERENCE

THERE ARE FIVE TO SPOT



# COLOUR ME IN!



**KIDS AND GROWN-UPS CAN  
GET ACUTE RHEUMATIC FEVER.**

**DID YOU  
KNOW?**

The HEART is about the  
size of a clenched fist!

# CONNECT THE DOTS



What should you do twice a day?

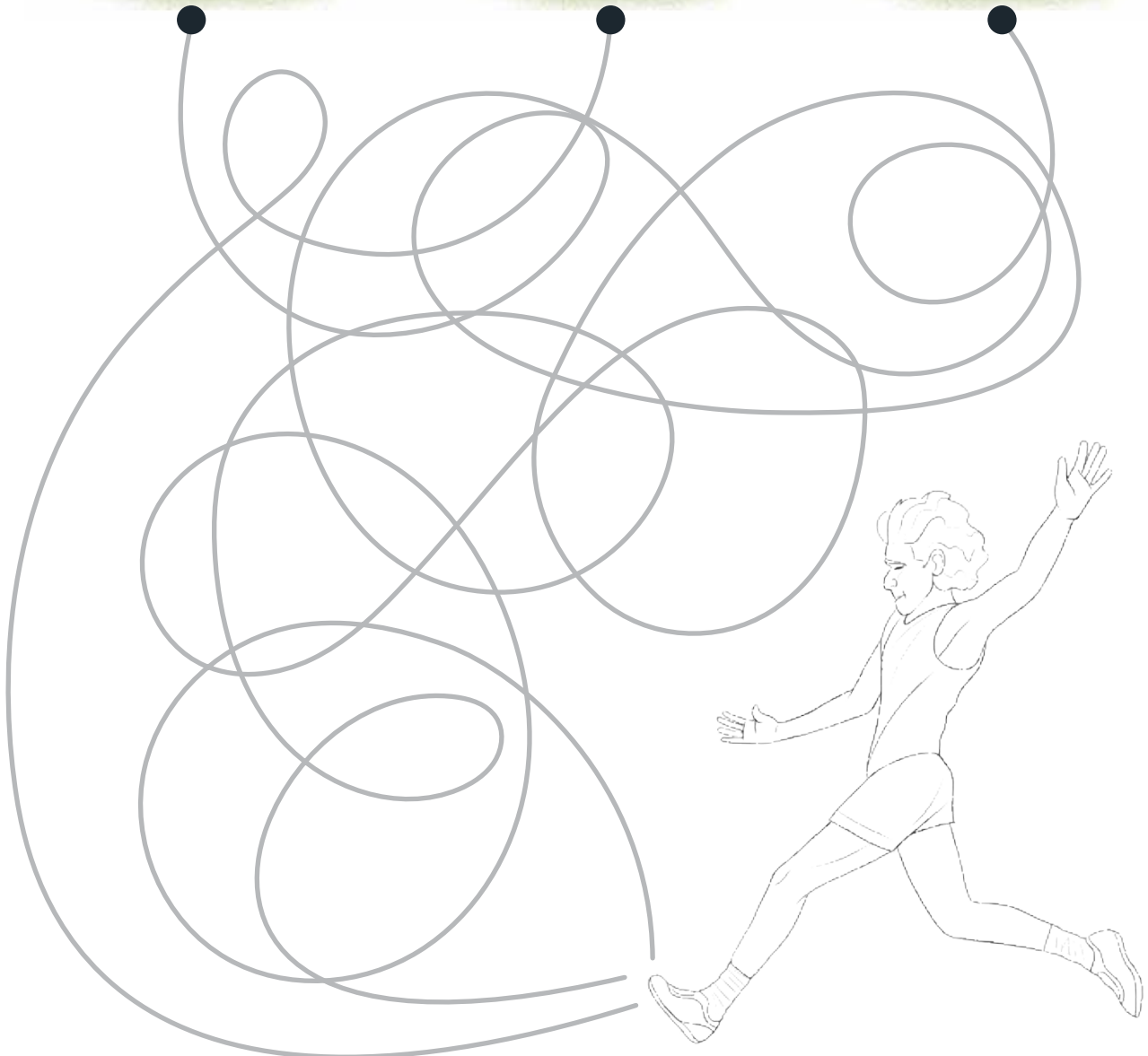
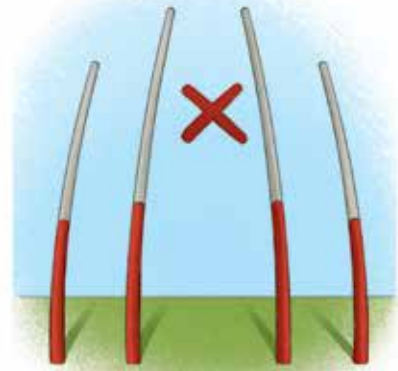
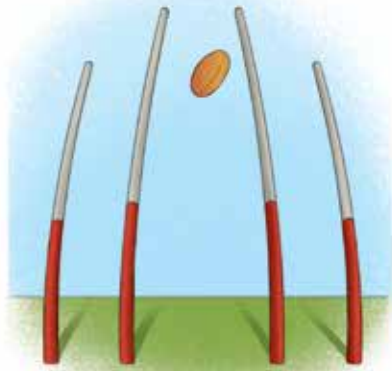
**BRUSH YOUR** \_\_\_\_\_



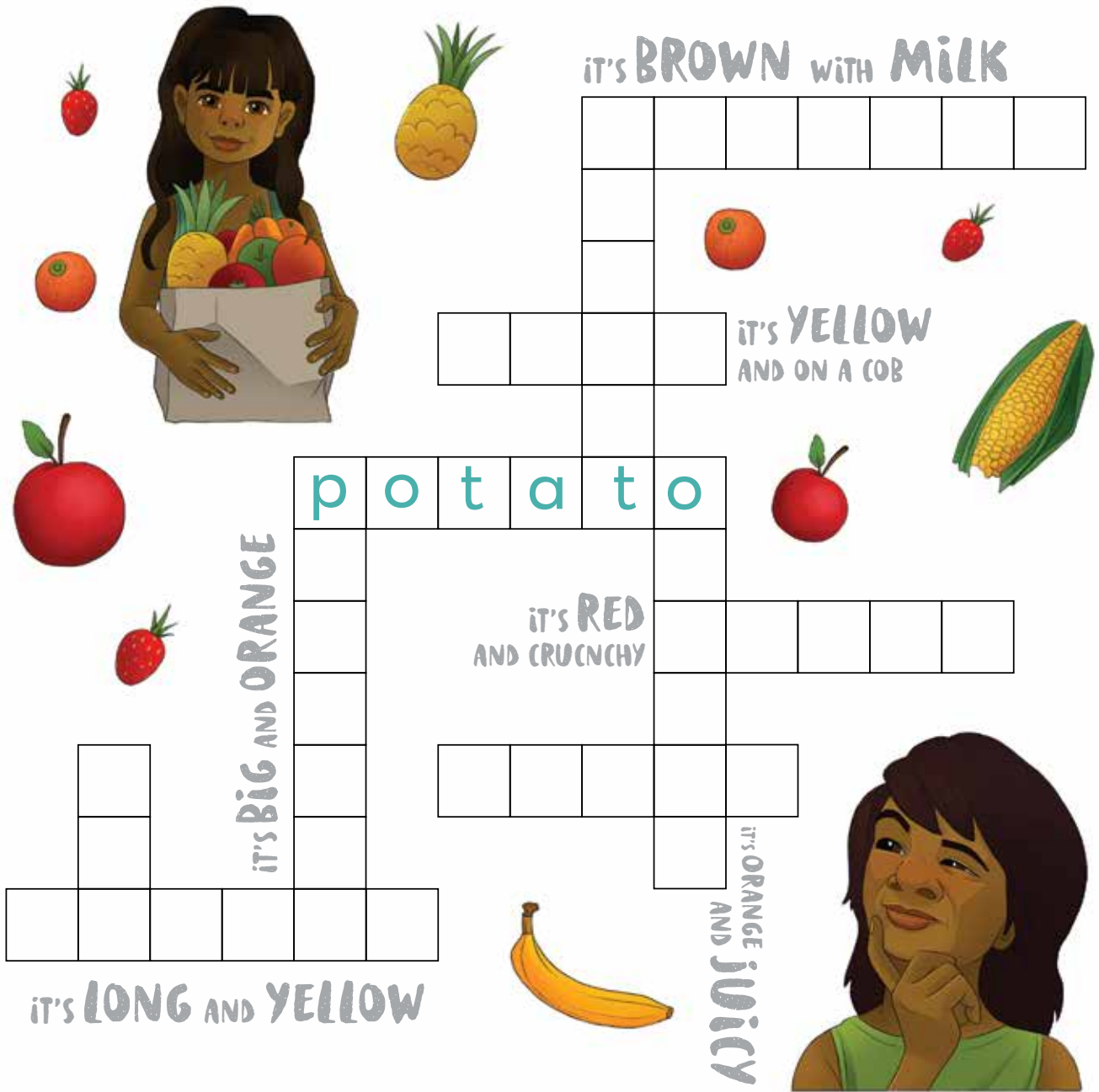
# SCORE A GOAL



Help your team mate score.  
Then have fun colouring your team colours.



# CROSSWORD FUN



it's **BROWN** WITH **MILK**

it's **YELLOW** AND ON A COB

it's **RED** AND CRUCNCHY

it's **ORANGE** AND **JUICY**

it's **BIG** AND **ORANGE**

it's **LONG** AND **YELLOW**

potato

apple

## FRUITS AND VEGIES Fit the words below into the crossword above:

corn  
pea  
apple

mango  
banana  
carrot

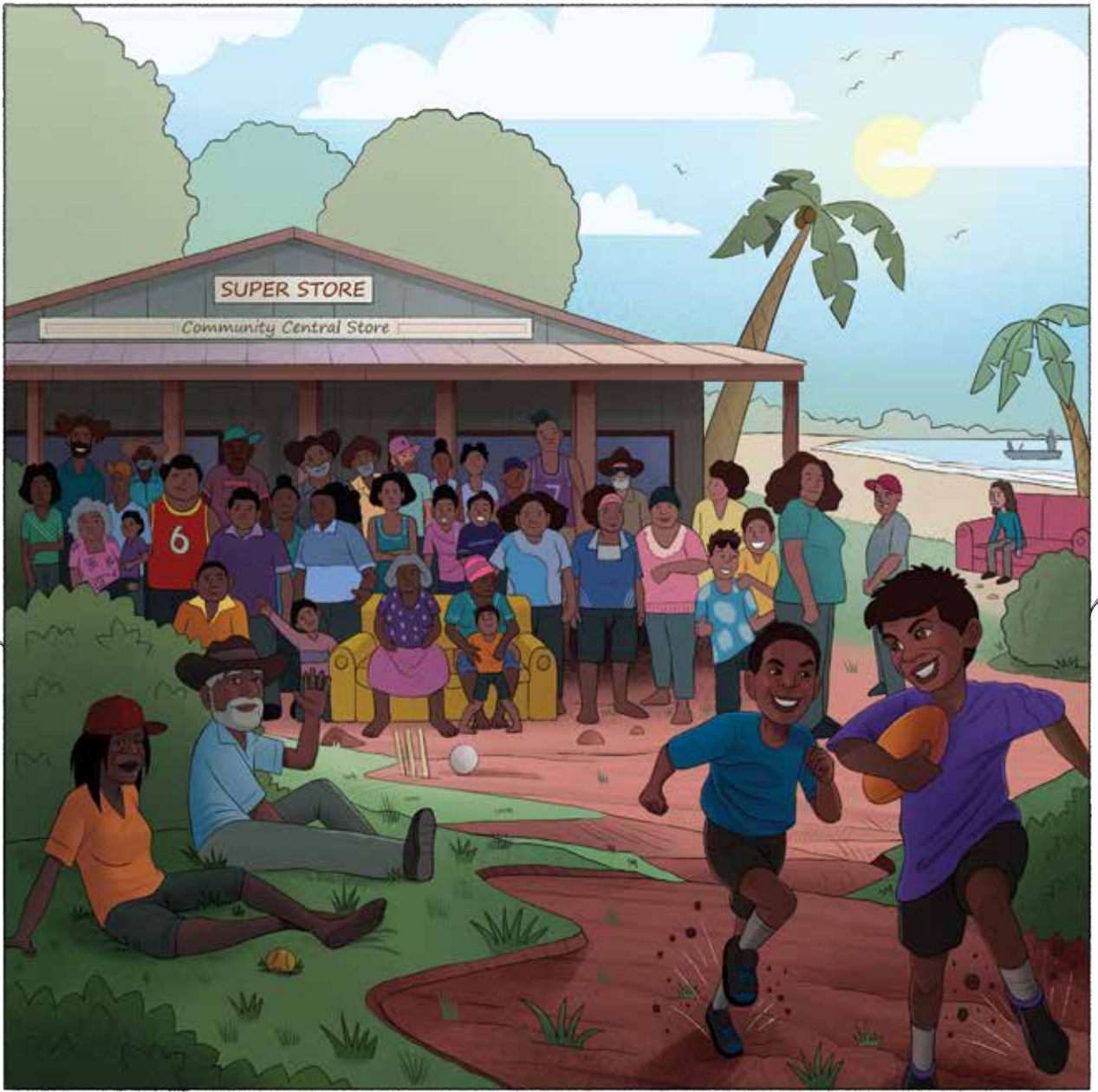
orange  
~~potato~~

coconut  
pumpkin



# SPOT THE PEOPLE

THERE ARE THREE TO SPOT



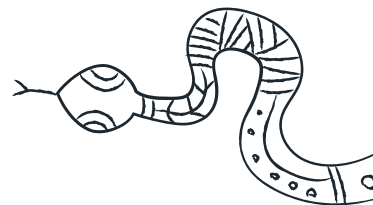
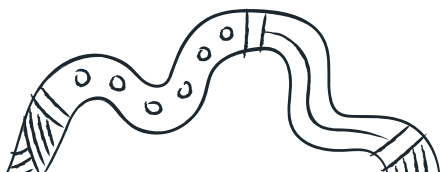
SPOT JOSH



SPOT CODY



SPOT JUDE



# DRAW A PICTURE OF YOUR COMMUNITY

WHAT DO YOU LOVE ABOUT YOUR COMMUNITY?

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WHO DO YOU ADMIRE IN YOUR COMMUNITY?

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# WHAT HAVE YOU LEARNED?

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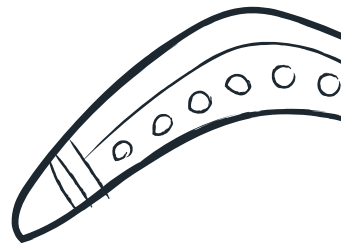
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For more information **ask your**  
**doctor, nurse or health worker TODAY!**

To order more activity books  
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