

Breathe

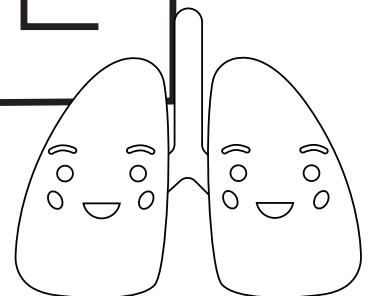
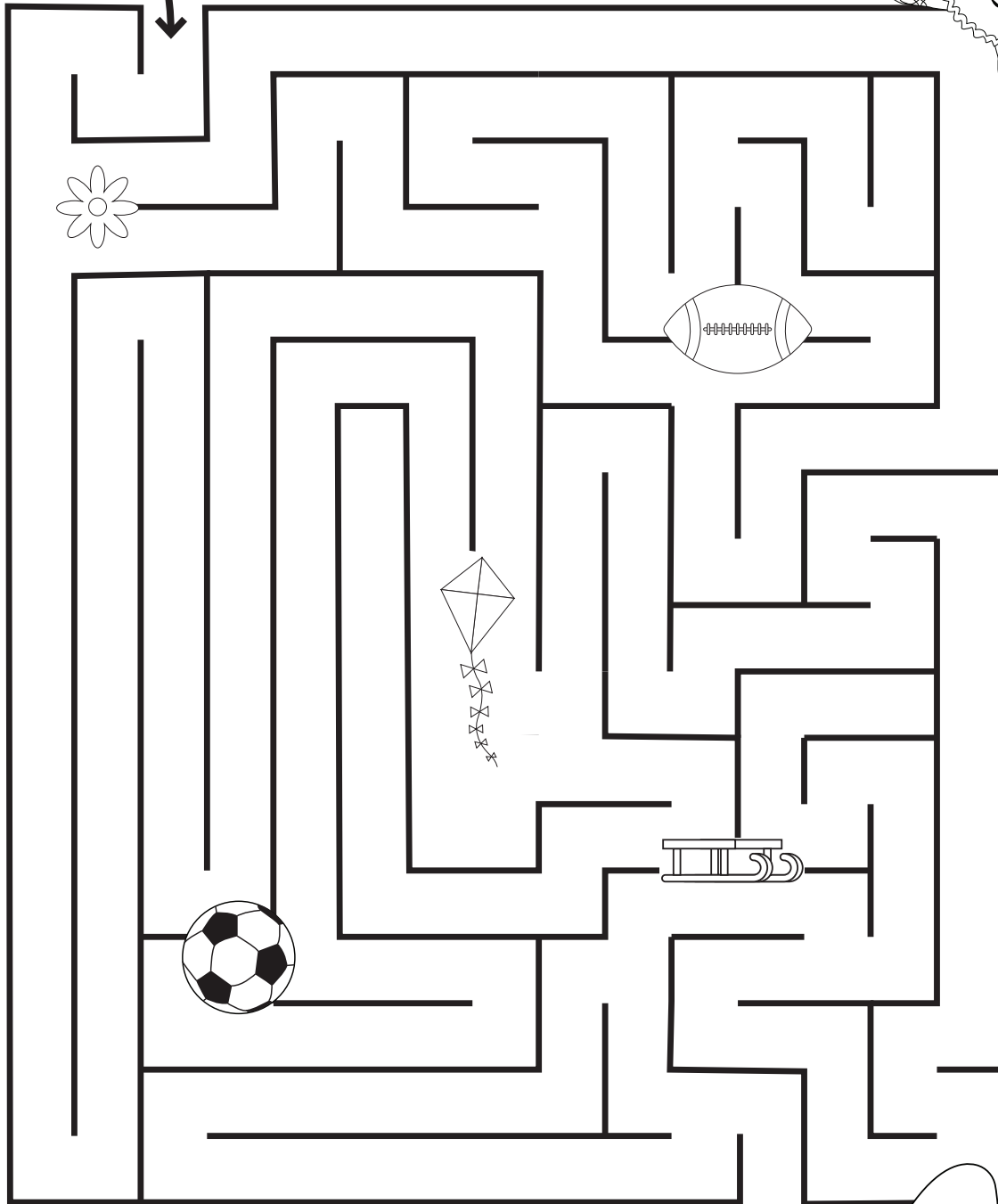
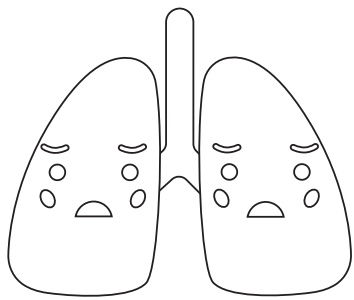
Healthy Steps to
Living Tobacco Free



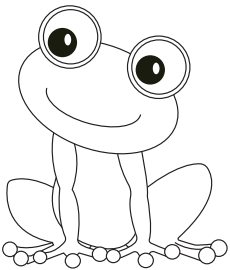
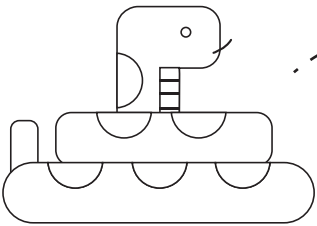
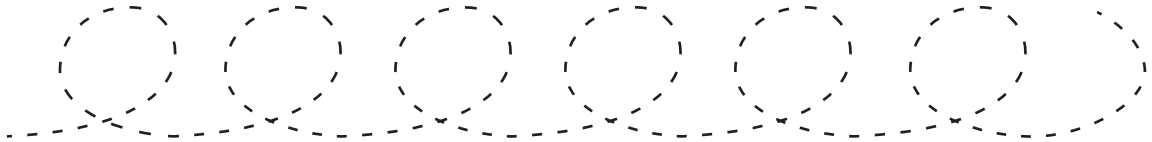
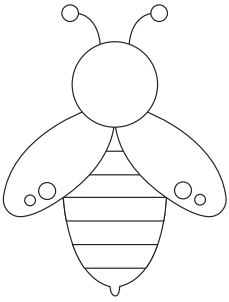
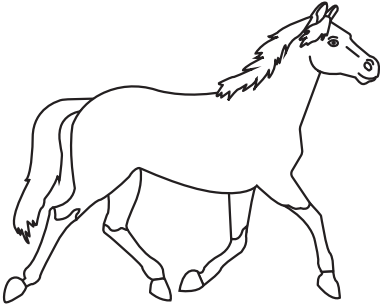
Activity and Coloring Book



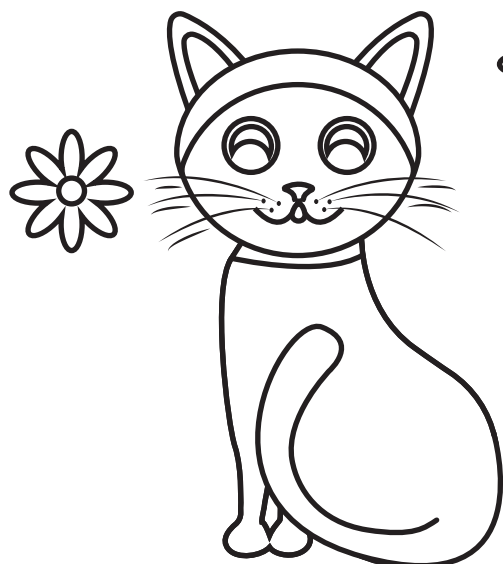
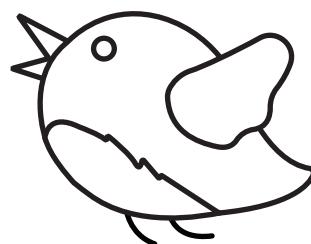
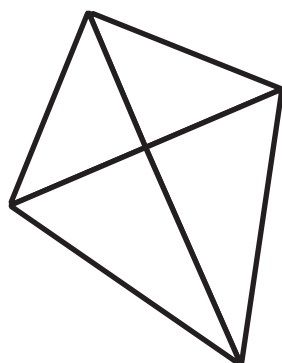
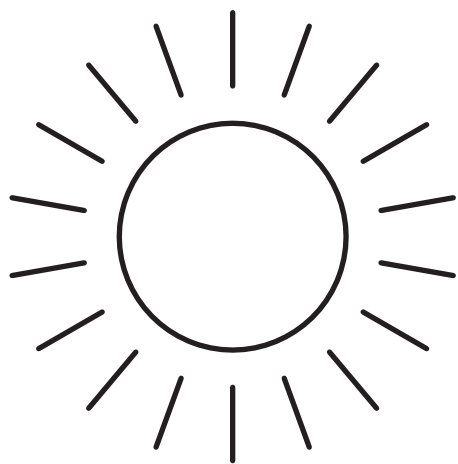
Help the sad lungs find healthy activities along the path to happy lungs.



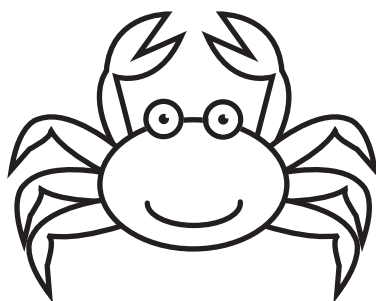
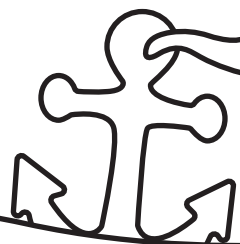
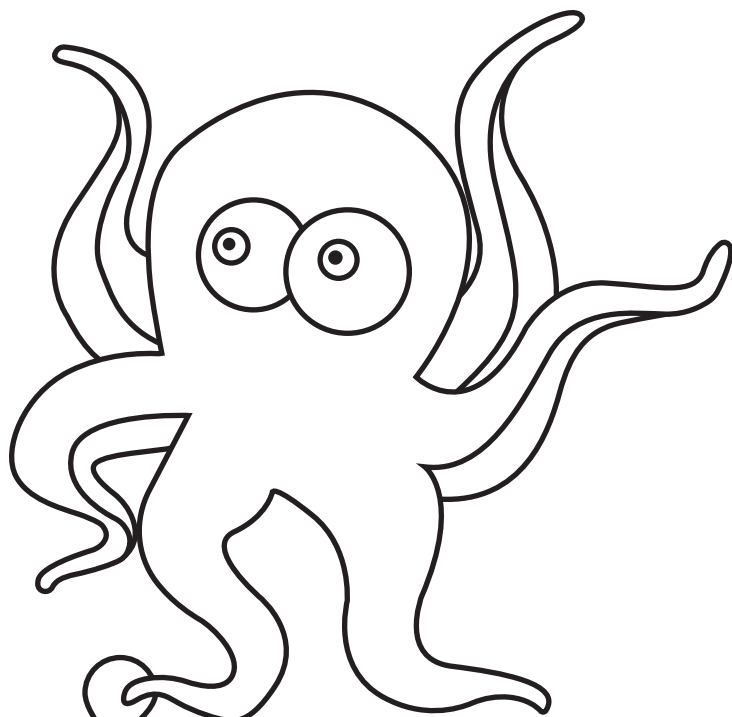
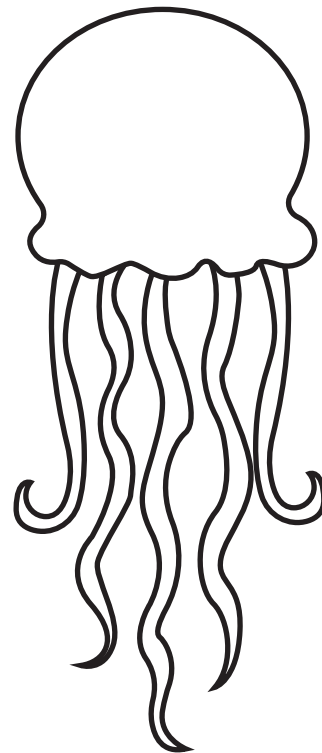
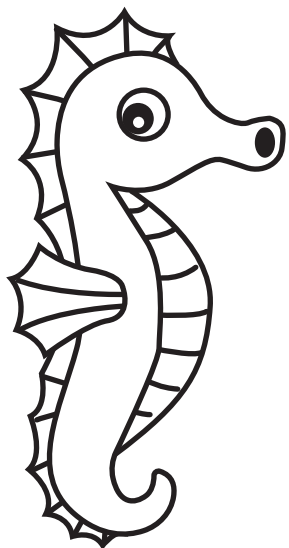
Trace the movement each of these creatures make. How do you move?



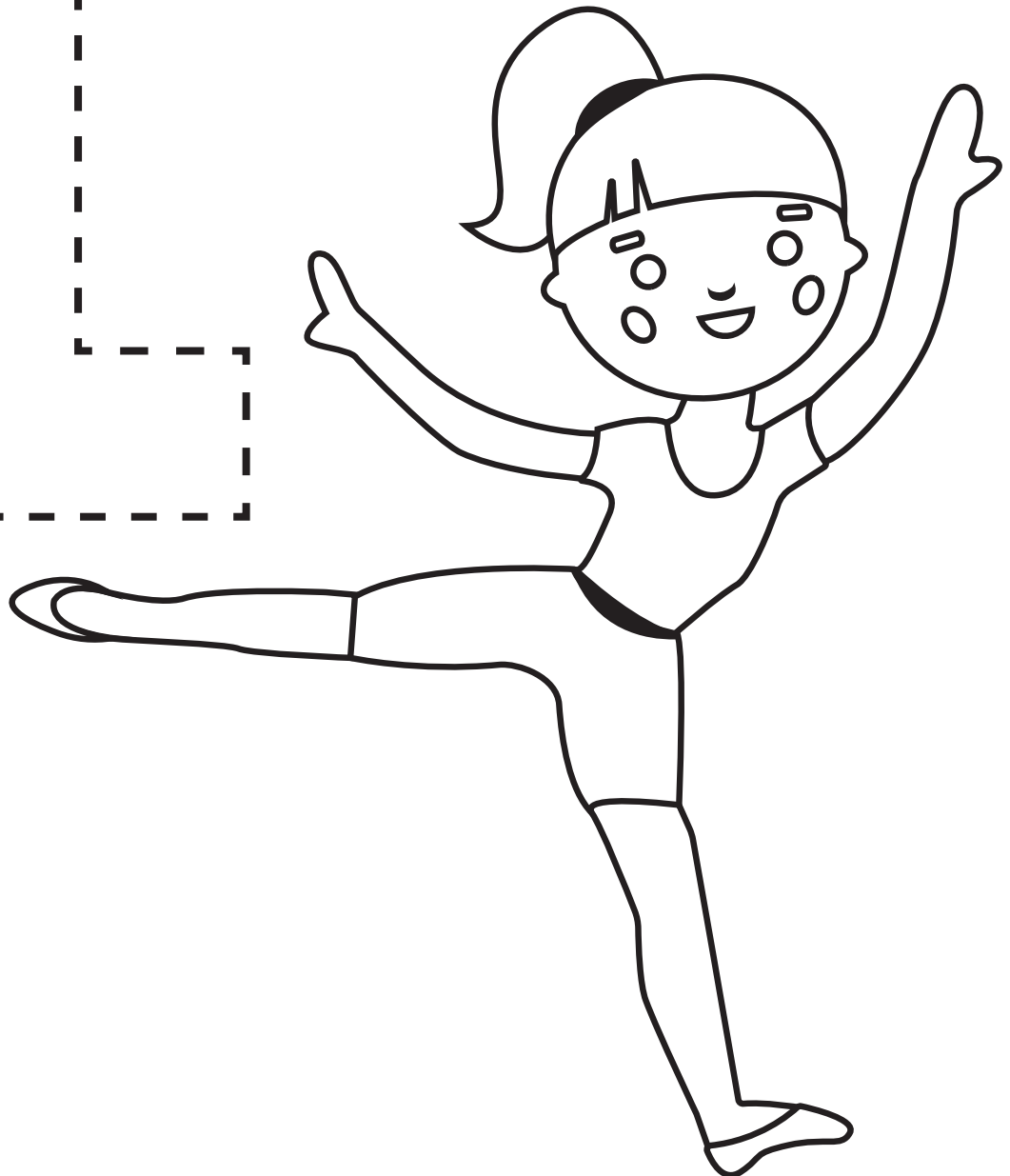
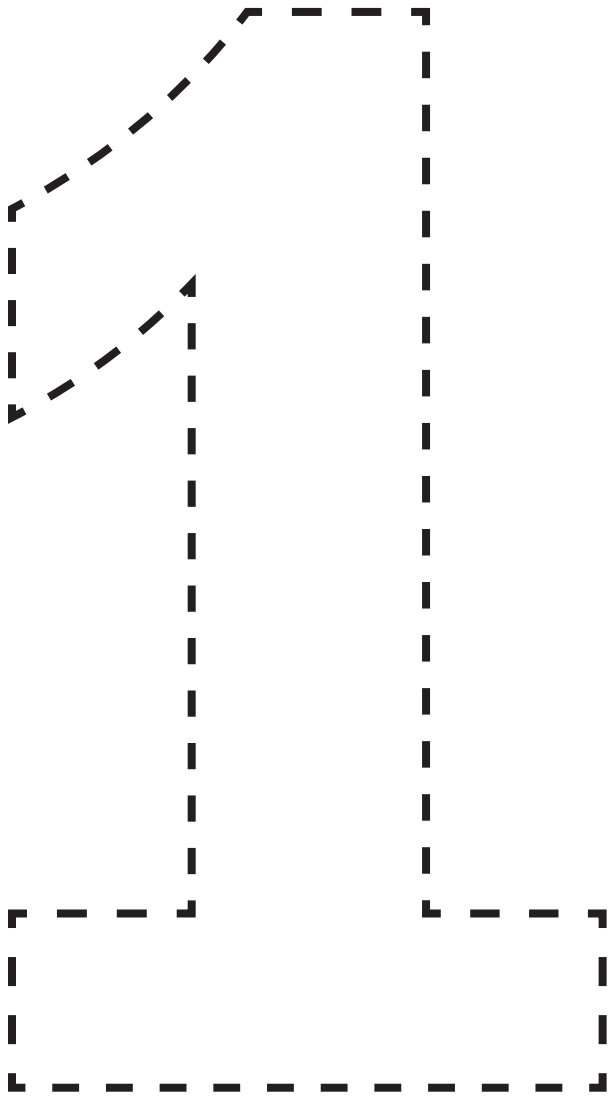
Color things on land
and in the sky that
breathe air.

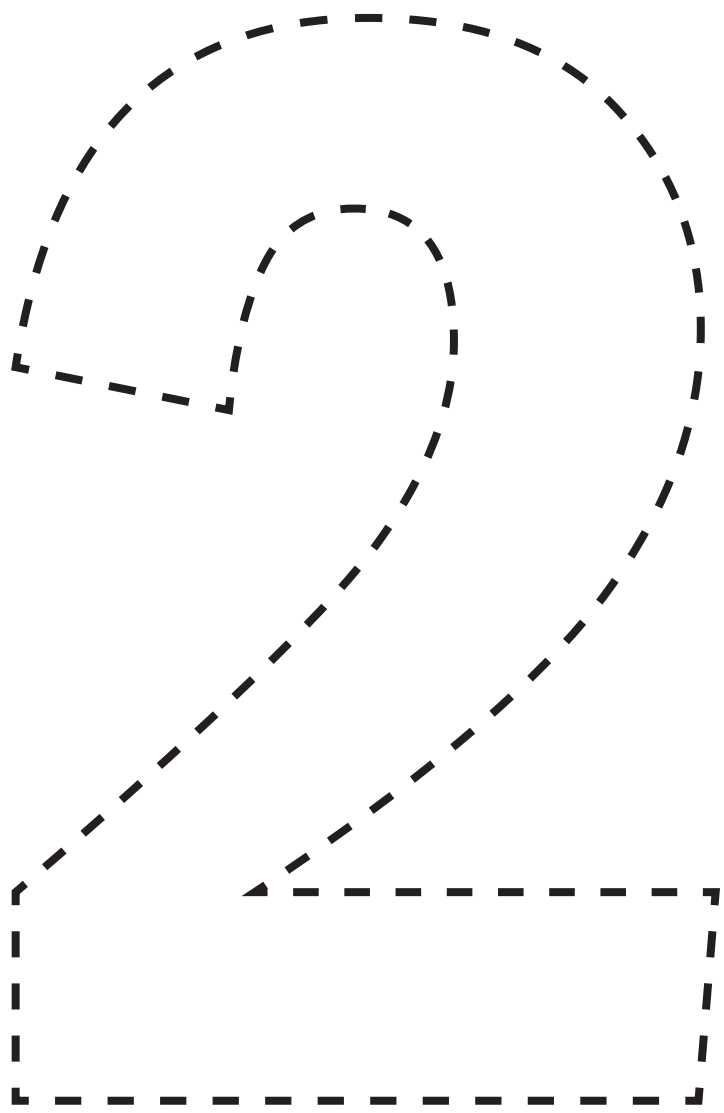
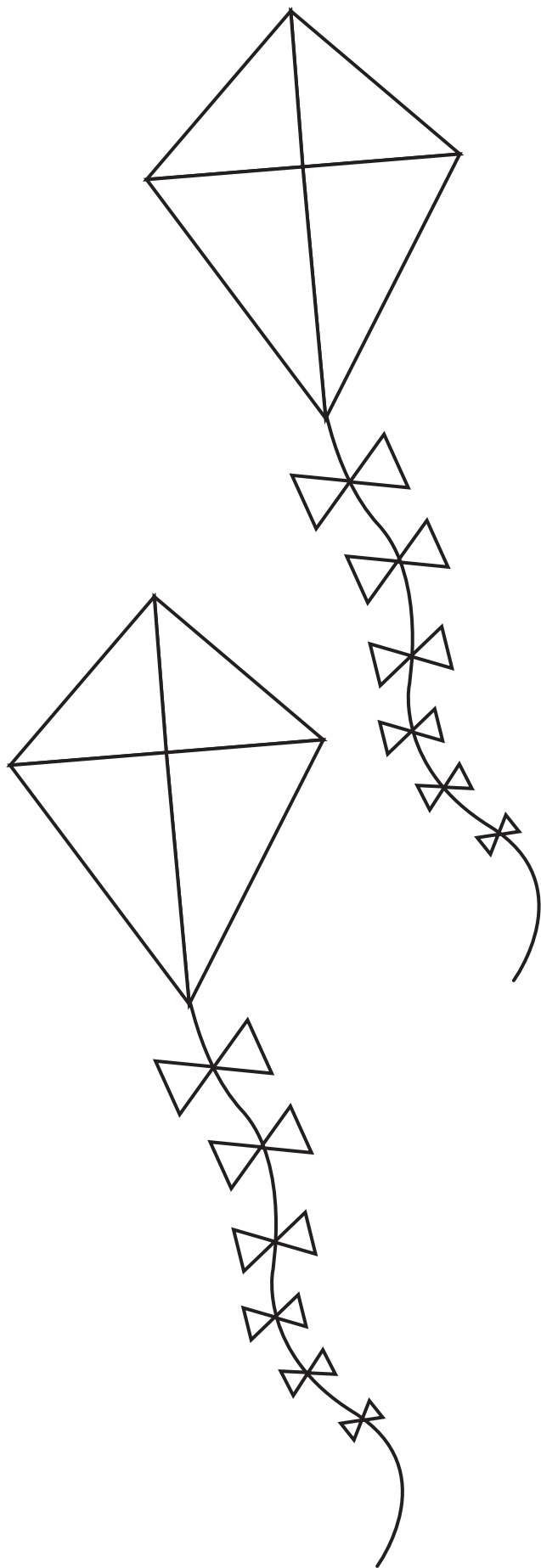


Color things that
breathe underwater.



Dancing helps us
exercise, which keeps
our lungs healthy!

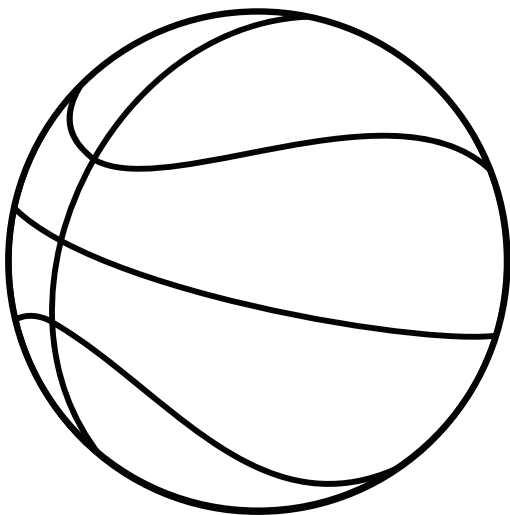
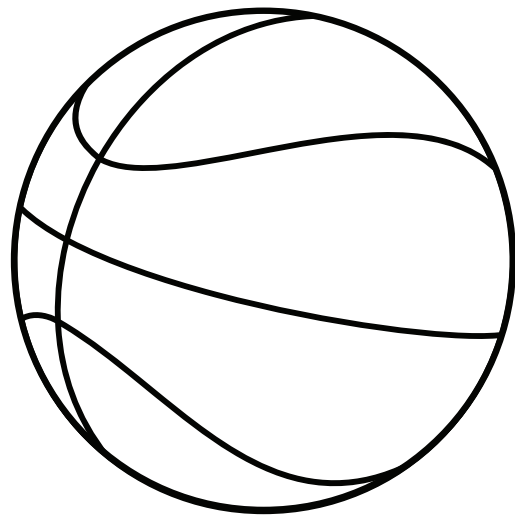
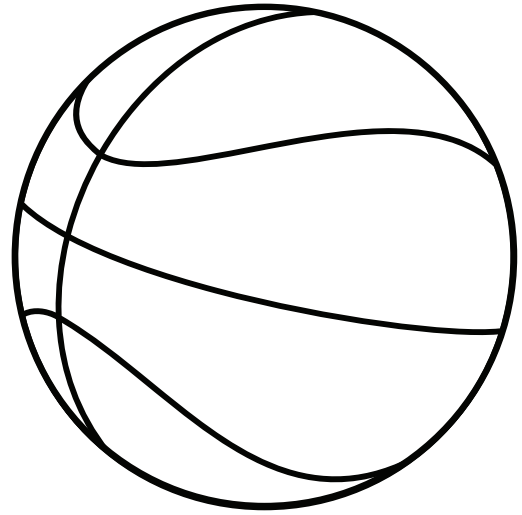
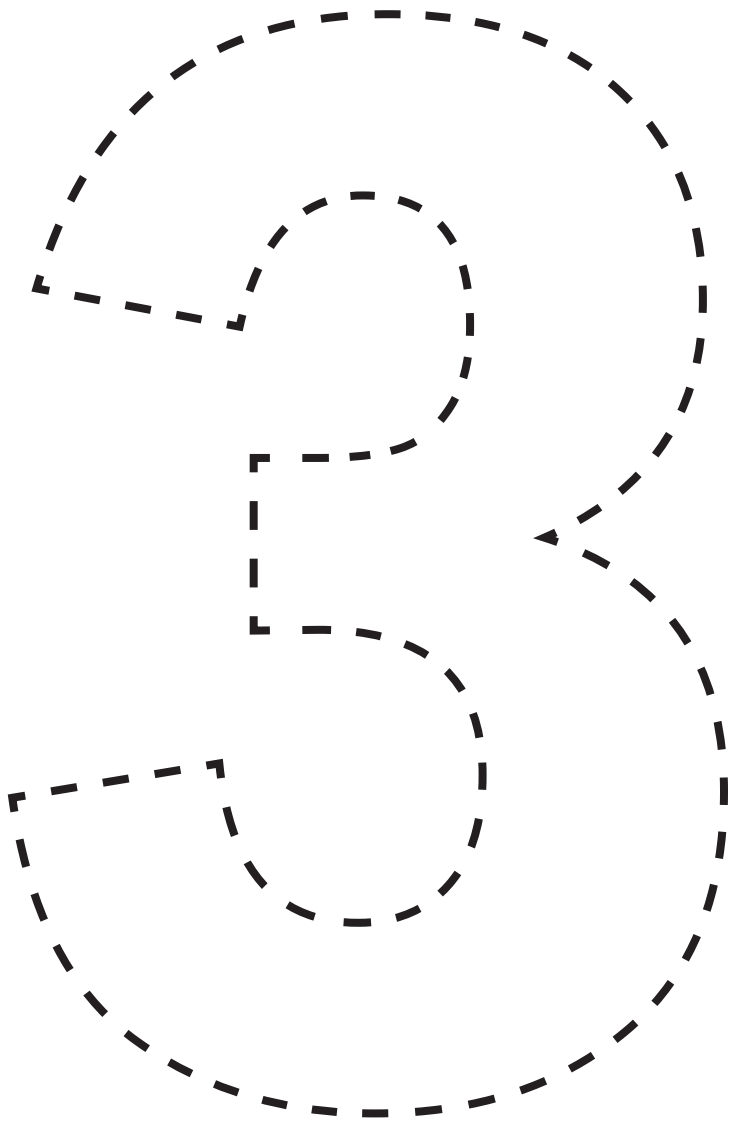




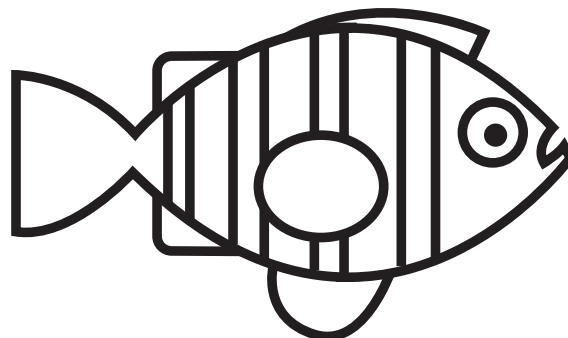
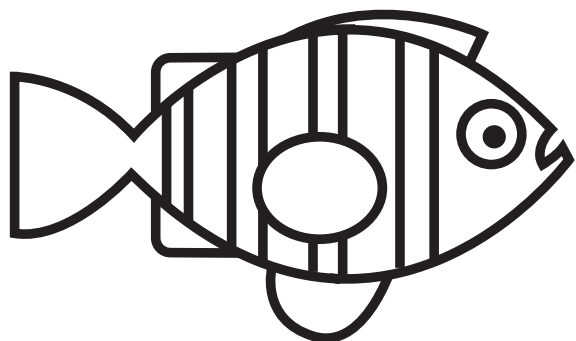
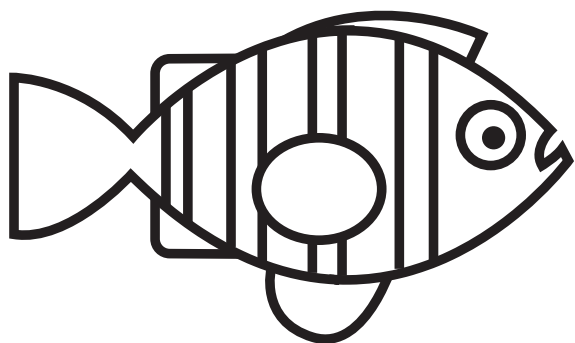
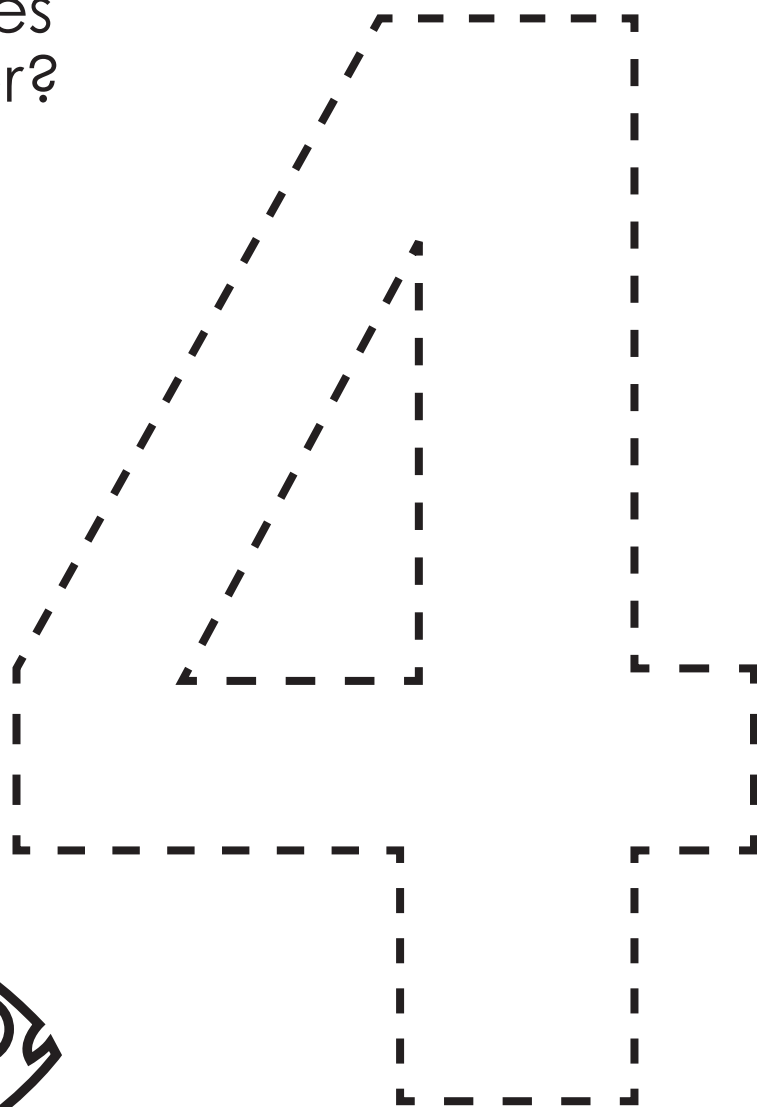
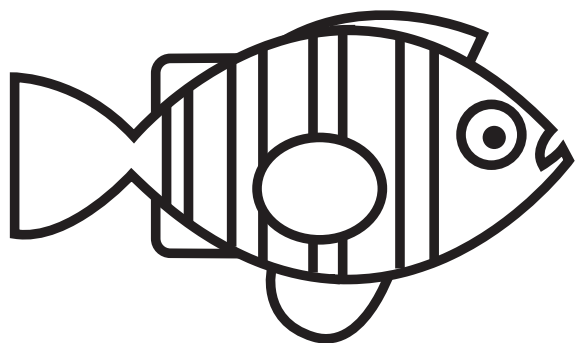
Flying a kite is fun to do
on a breezy day. You
can breathe in clean air
and get some sunshine!



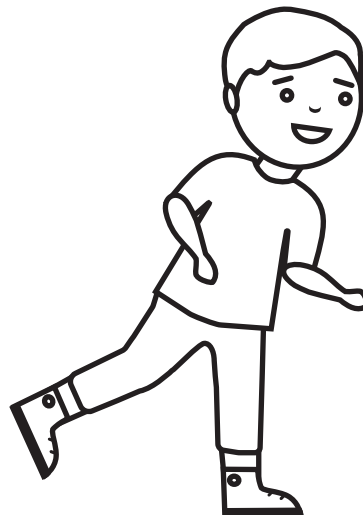
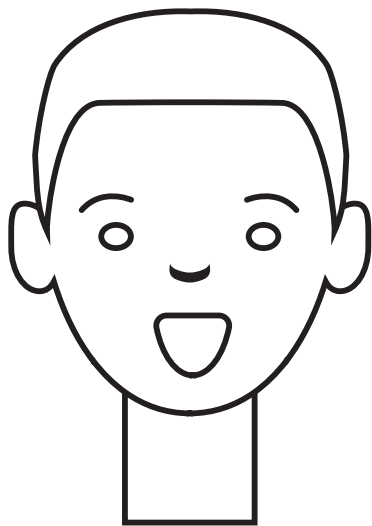
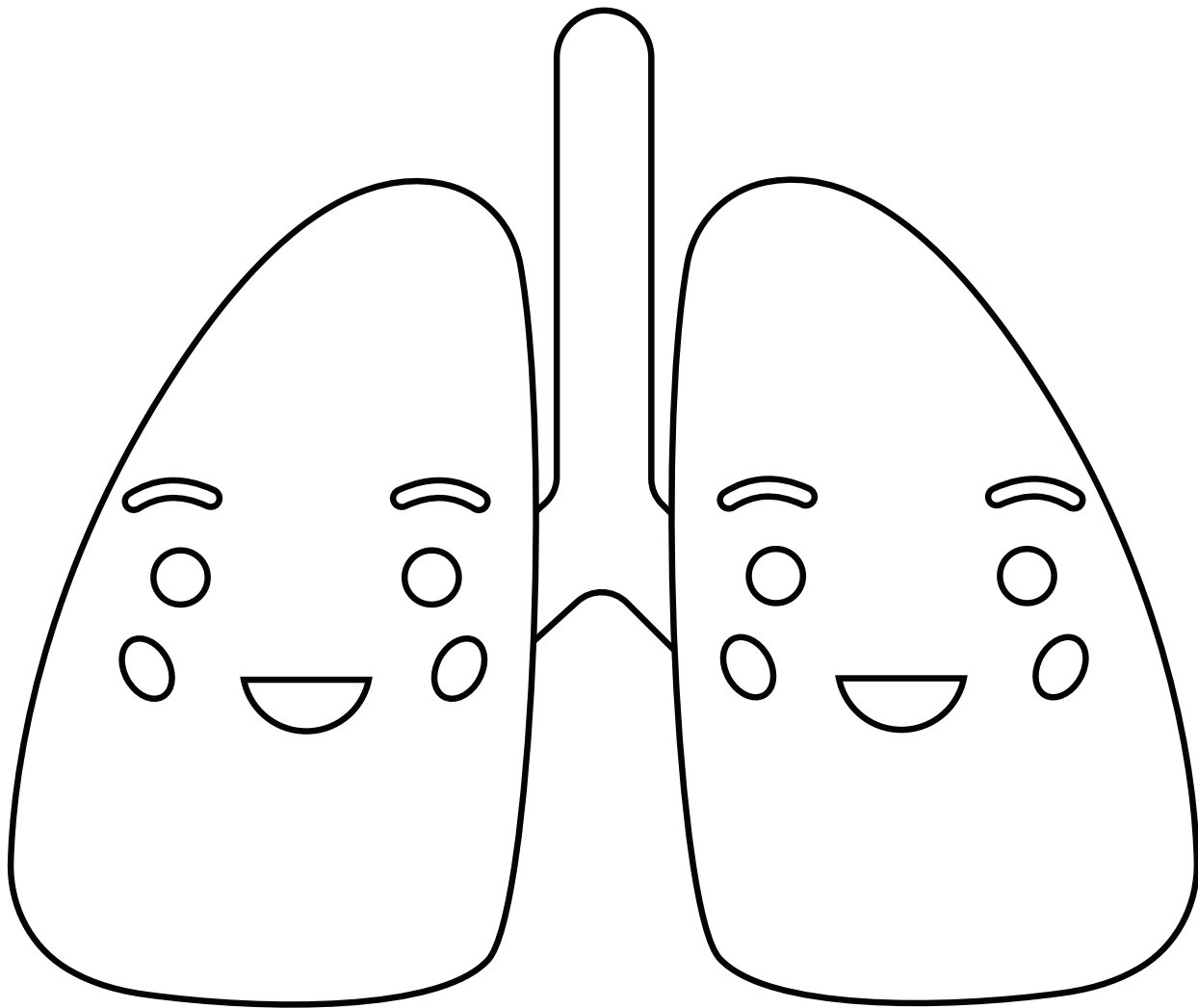
Basketball is a great way to get moving!
What is your favorite sport?



Fish breathe underwater.
What other creatures
breathe underwater?



Color the happy lungs. What do you do to keep your lungs happy?

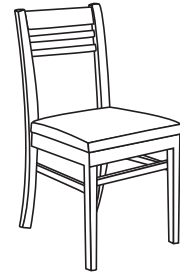


Finish writing the words
that have "air" in them.

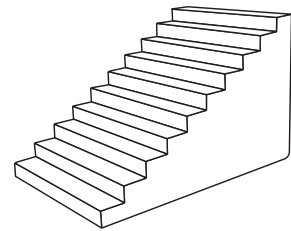
_air



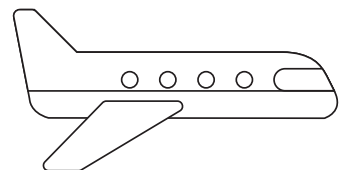
__air



__air_



air_____



Match the face with the feeling. How do you feel today? Stay calm and keep breathing!



happy



sad



calm

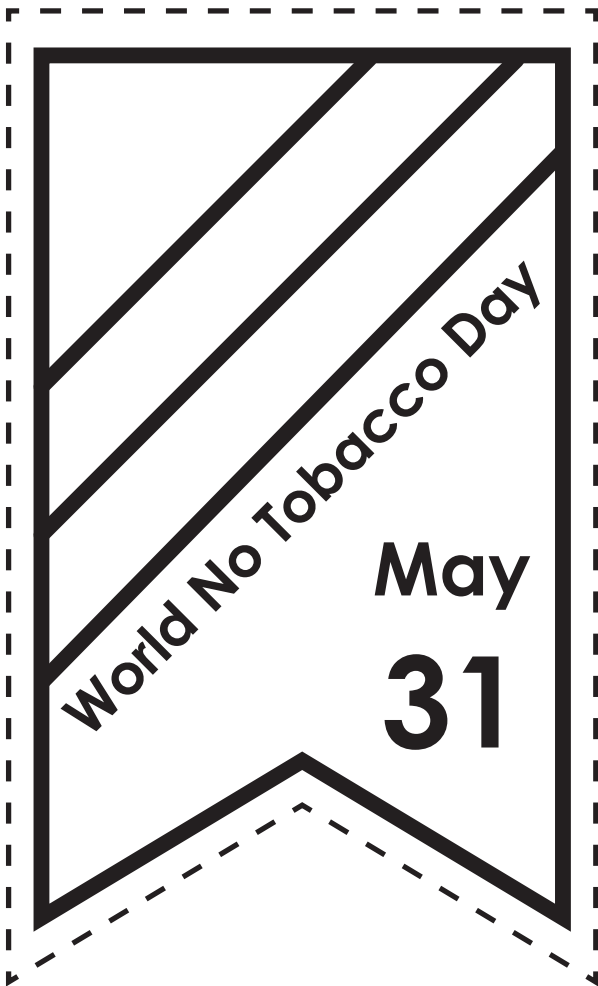


silly

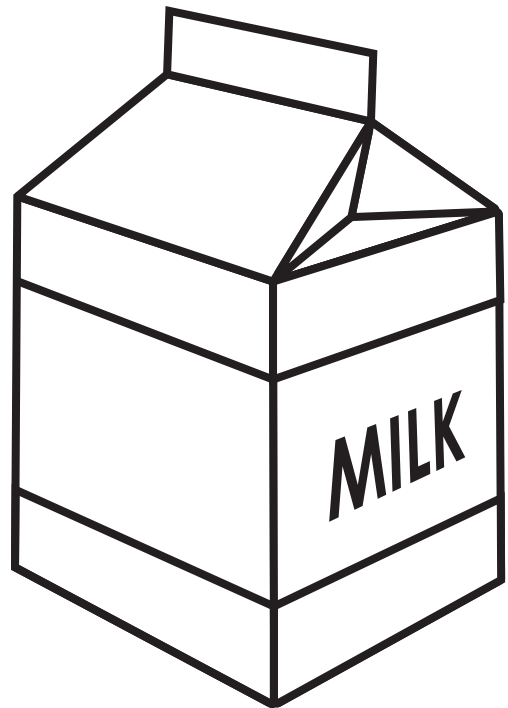
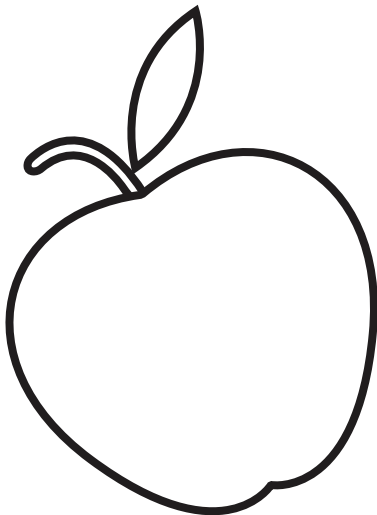
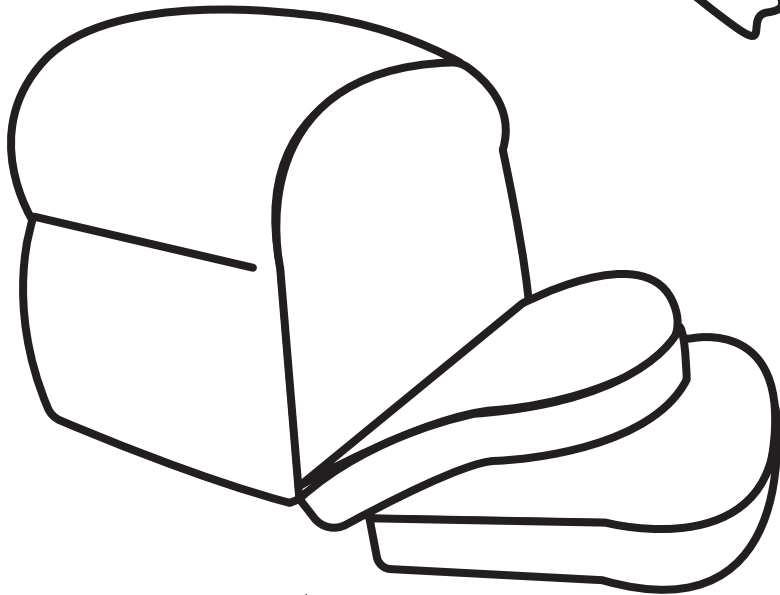
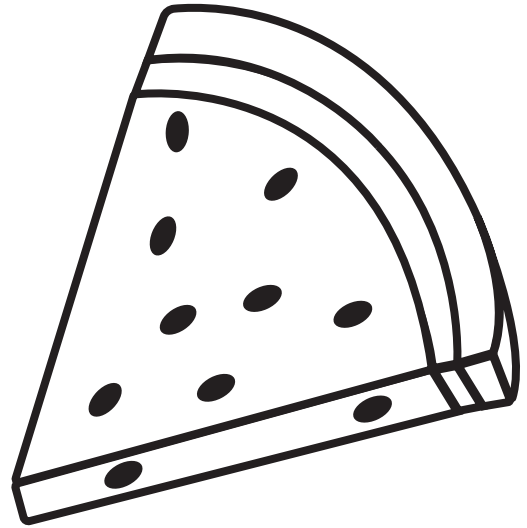


Decorate the ribbons and cut them out (with help from an adult).

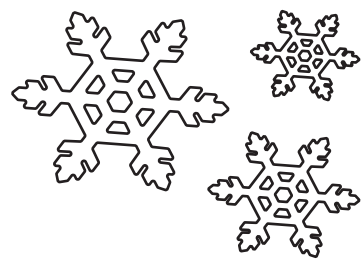
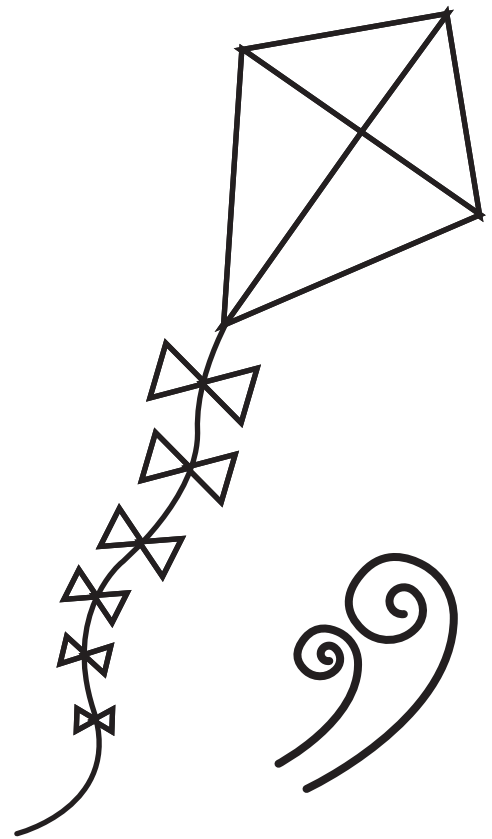
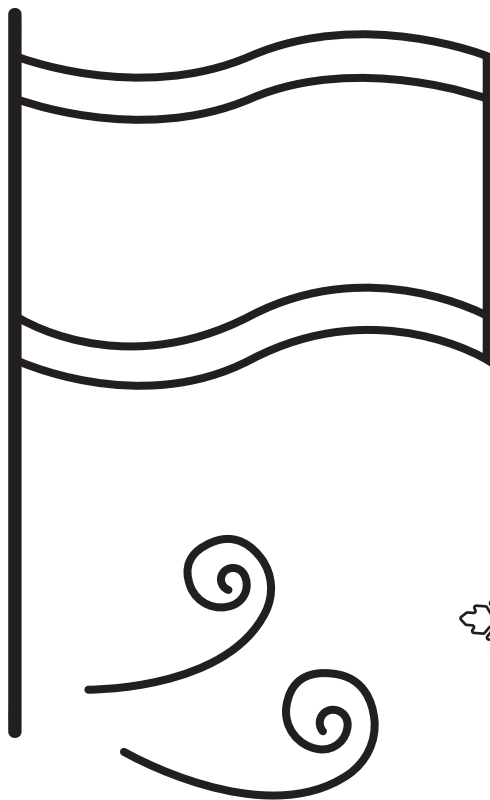
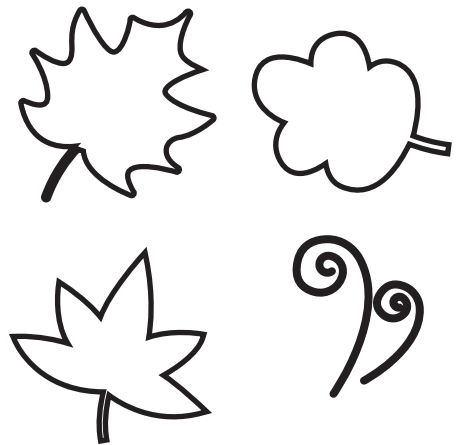
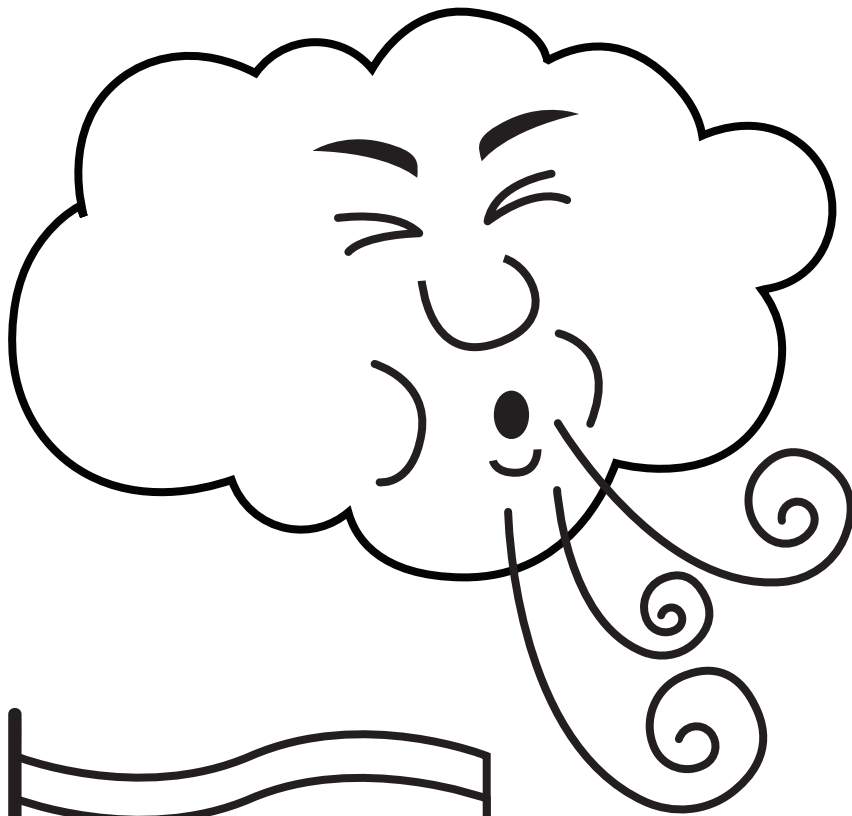
Put them on a mirror, bulletin board, or pin them to your shirt!



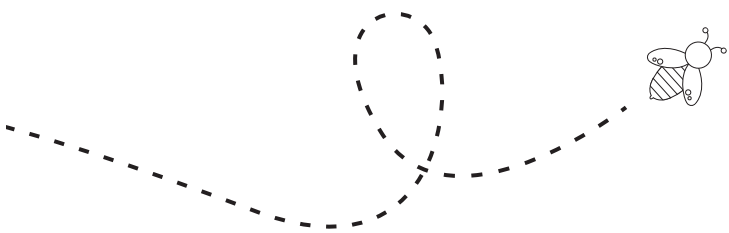
Healthy foods are good for healthy lungs. What foods do you like?



Color these different things
that blow in the wind.



Practice writing these words by tracing the lines.



air

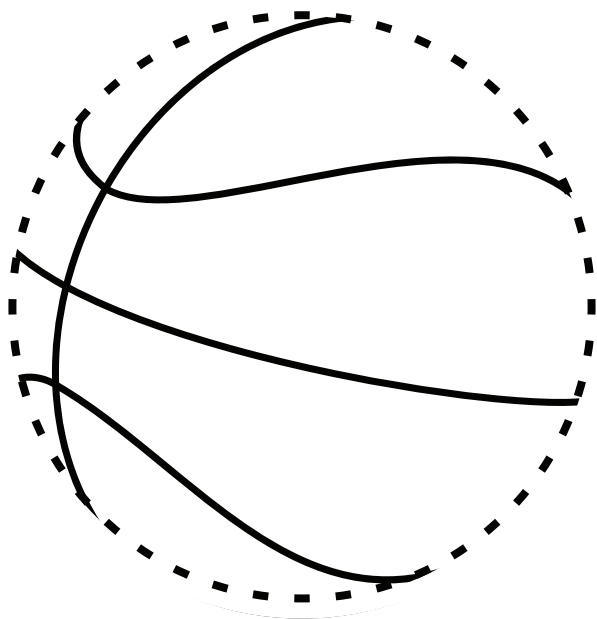
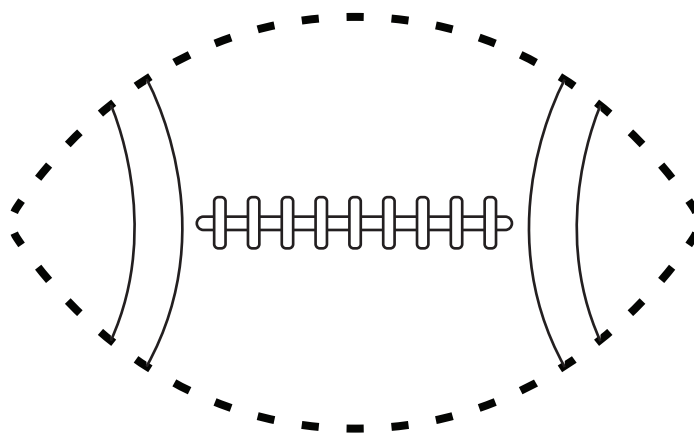
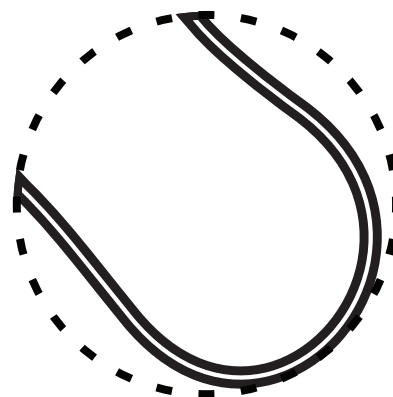
breath e

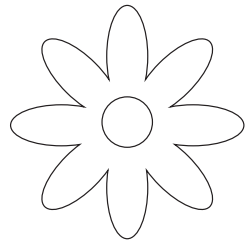
lungs

play



Trace the things you can use to get moving!



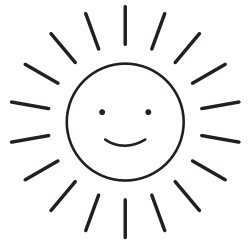


What is a fun activity
you like to do in the
springtime?

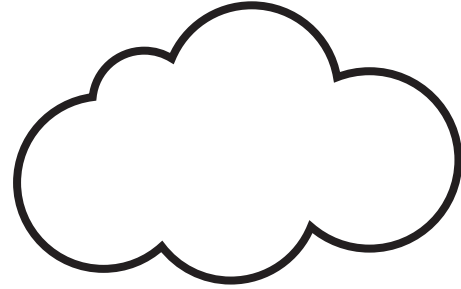


Draw your favorite
spring activity here.



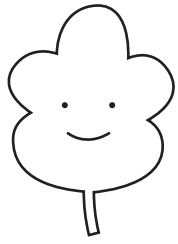


What is a fun activity
you like to do in the
summertime?

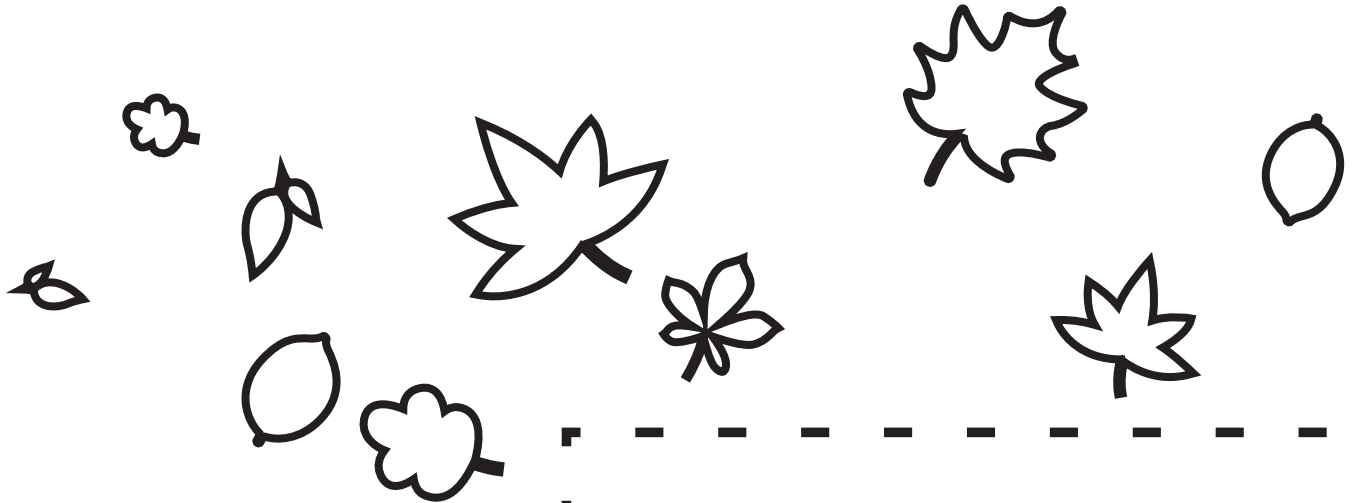


Draw your favorite
summer activity here.





What is a fun activity
you like to do in the
falltime?

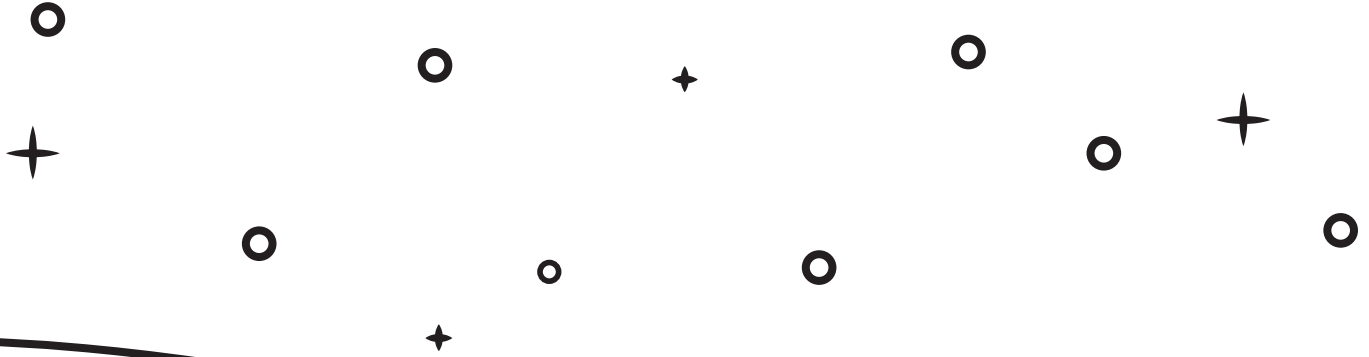


Draw your favorite
fall activity here.





What is a fun activity
you like to do in the
wintertime?



Draw your favorite
winter activity here.





McMillenHealth

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