

# Caring for the Body Covering - Annamaya Kosha

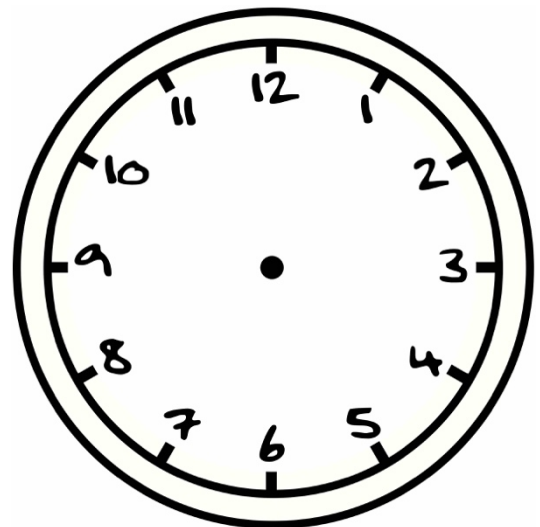


## Sleep Guidelines by American Academy of Pediatrics

- 1) How old are you? \_\_\_\_\_
- 2) How much sleep do you need according to the chart? \_\_\_\_\_
- 3) Mark the time you wake up on the clock
- 4) Count back the number of hours you need to sleep. Don't count the hour you wake up.
- 5) Mark this time. This is your lights-out bedtime!
- 6) Write down your lights-out bedtime.

\_\_\_\_\_.

Age	Hours of Sleep
3 to 5 years old	10 to 13 hours
6 to 12 years old	9 to 12 hours
13 to 18 years old	8 to 10 hours



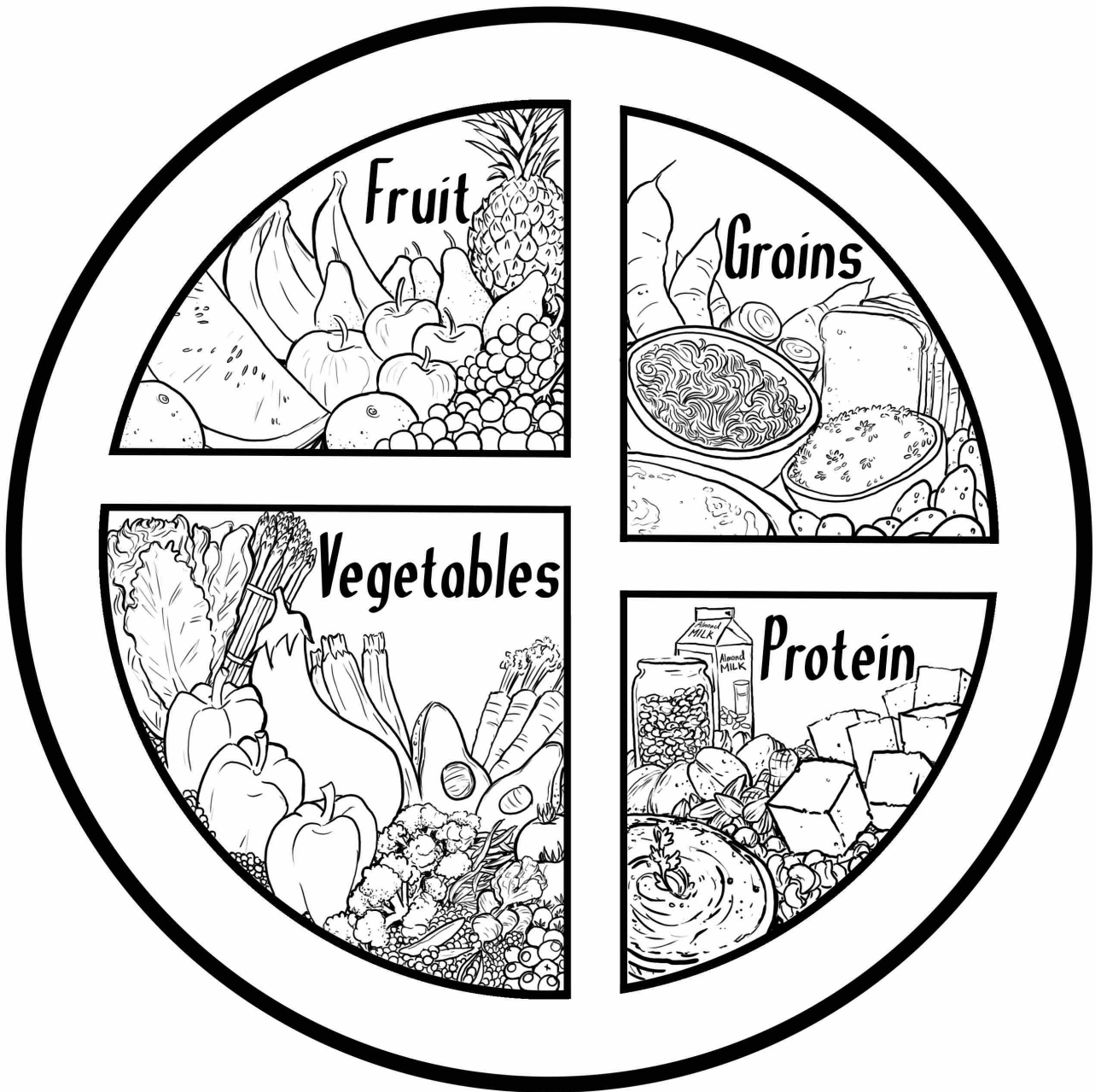
**Hand Washing – Why do you wash your hands?** \_\_\_\_\_



**Circle the times when you wash your hands**

- Before Eating      Before cooking food      Before sneezing or coughing
- After watching a video      After feeding a pet      After skateboarding
- After cuddling with a pet      After sneezing or coughing      After playing basketball
- Before playing outside      Before cuddling with a pet      After playing outside
- After using the toilet      Before feeding a pet      Before going to bed
- After taking out the garbage      Before pulling weeds      After yard work

Other times \_\_\_\_\_



What are your favorite healthy foods?

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What food group are they in?

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List all the food you eat today. Put a “√” if you think it is healthy for your body.

Breakfast:

Lunch:

Dinner

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Snack:

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What did you learn about yourself? \_\_\_\_\_

## Apple Experiment:

Listen to the book, *No Ordinary Apple*

Wash your hands and your apple well!

Look closely at your apple. What colors can you see in your apple?

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Close your eyes, and feel your apple. What does it feel like? Smooth, Rough, bumpy, slippery, warm, cold?

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Throw your apple up into the air, and catch it. Listen to your apple. What did you hear when you caught it? \_\_\_\_\_

What does your apple smell like? \_\_\_\_\_

Bite your apple very slowly -

What did you notice when the apple came up to your lips? \_\_\_\_\_

What was it like to bite into your apple? Crunchy, mushy or something else?

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Taste the apple in the different parts of your mouth. What does it taste like?

The front \_\_\_\_\_

The back \_\_\_\_\_

The left side \_\_\_\_\_

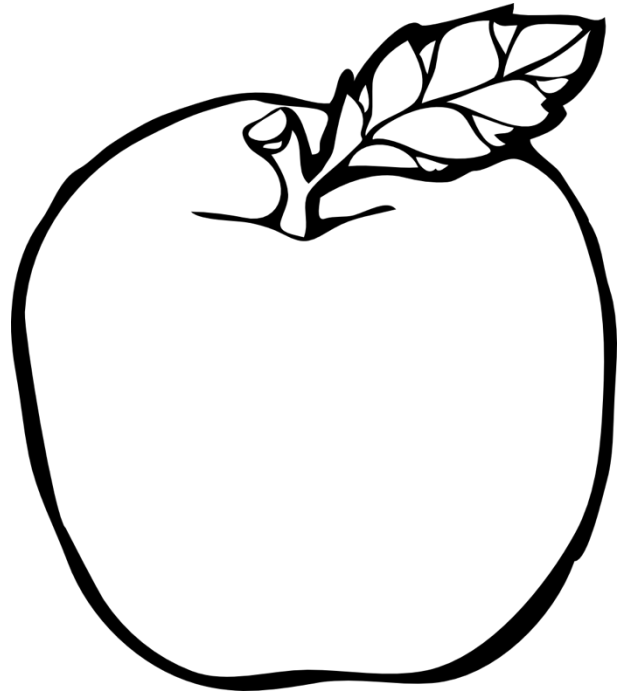
The right side \_\_\_\_\_

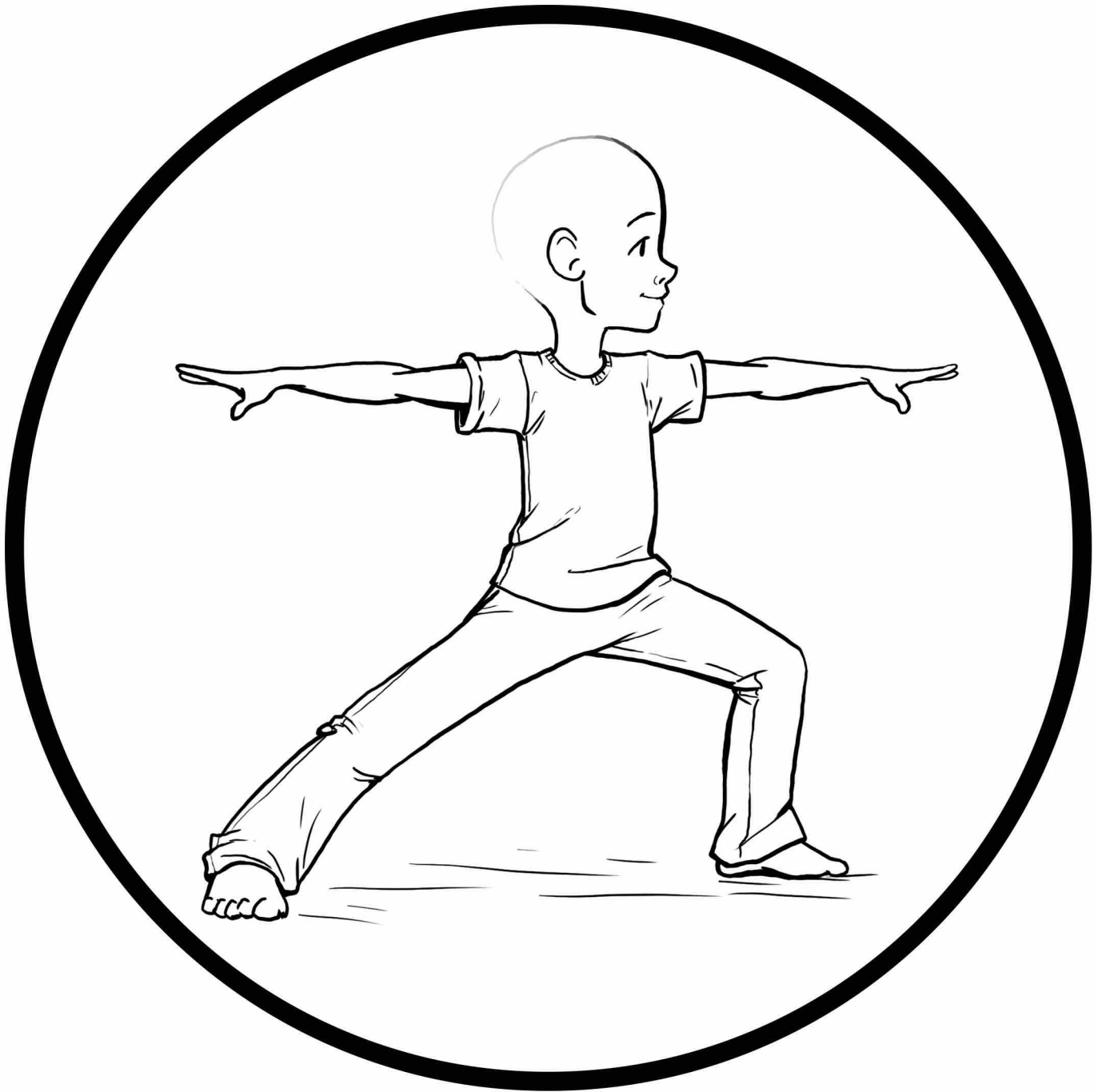
What did you learn about yourself when you ate the apple this slowly? \_\_\_\_\_

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What other foods could you try this with? \_\_\_\_\_

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What are your favorite yoga poses?

_____	_____	_____
_____	_____	_____
_____	_____	_____





Where do you like to go hiking or walking?

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What do you like to explore while hiking or walking?

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What team sports do you play?

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Who do you play with?

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What do you enjoy most about team sports? \_\_\_\_\_

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What color is your bicycle? \_\_\_\_\_

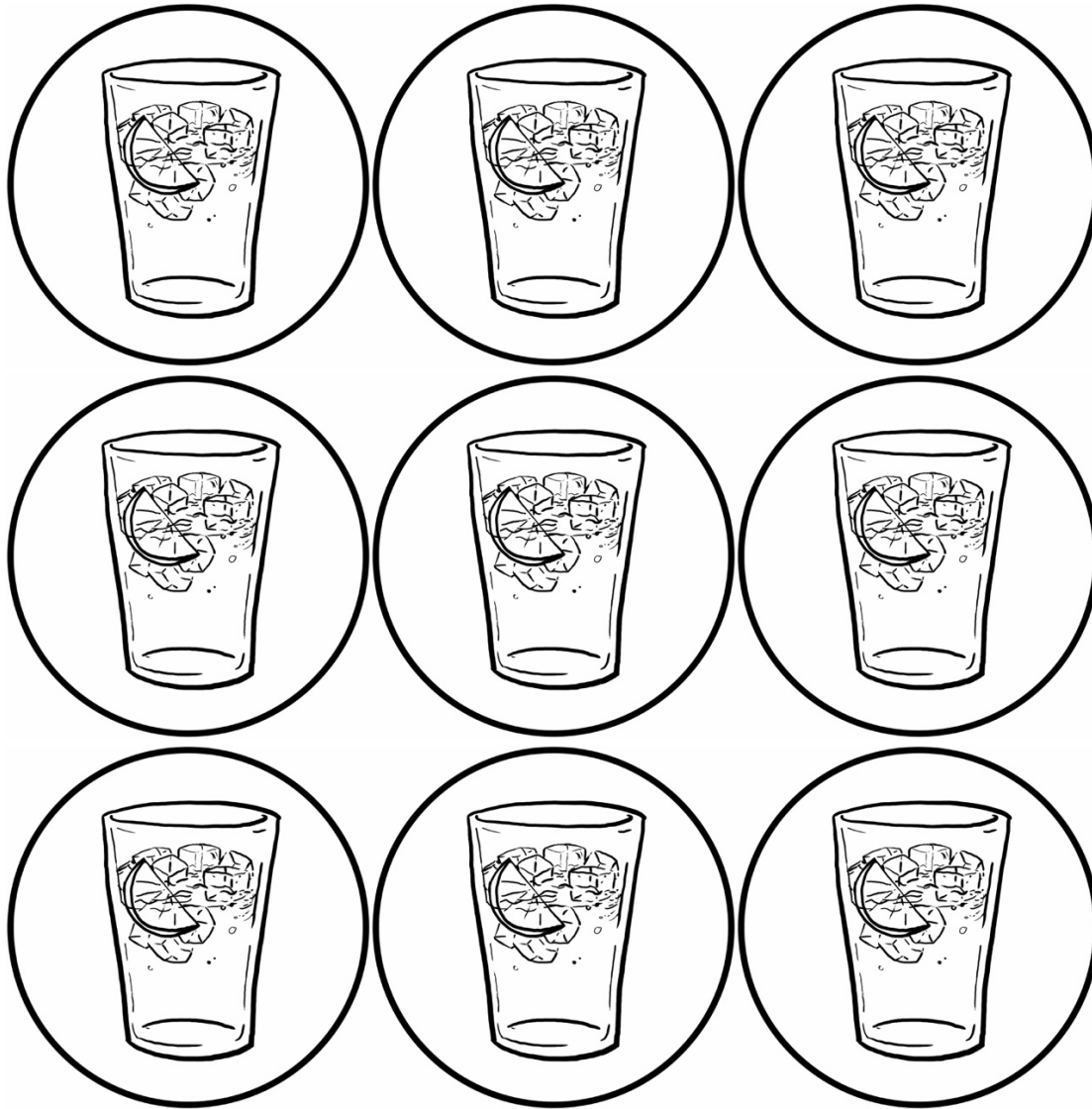
Where do you ride your bike? \_\_\_\_\_

What do you see when you are riding your bike? \_\_\_\_\_

What other physical activities do you enjoy? \_\_\_\_\_

Guess how many glasses of water you drink each day. \_\_\_\_\_

For today, color in each glass of water as you drink it.



What did you learn about yourself? \_\_\_\_\_  
\_\_\_\_\_

What other ways do you take care of your body? \_\_\_\_\_  
\_\_\_\_\_