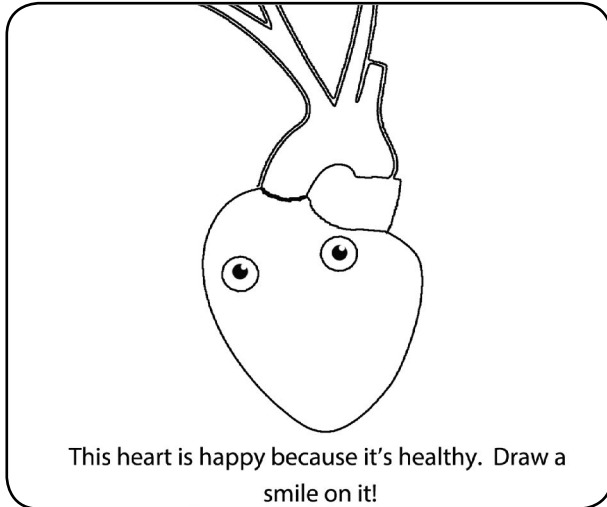


Practice Exercises

Name: _____ Date: _____



"DOODLE WORDS"

Draw a picture of you exercising with your friends!



WRITE A LIST

Can you think of 10 words that start with the letter "H?"

1. _____ heart
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

"SENTENCE SEEDS"

How many of these words can you use in a sentence?

heart healthy exercise play good run fun

A SOLID START!

Finish this sentence: My favorite thing about getting exercise is...
