Parents/Caregivers:

These activities and puzzles offer lots of opportunities to talk to your child about important issues like staying healthy and being safe. Take a look!

A gift to you from NAPNAP and the makers of LYSOL®

www.napnap.org
www.lysol.com
Dear Parent/Caregiver,

The National Association of Pediatric Nurse Practitioners (NAPNAP) and our nearly 7,000 pediatric nurse practitioners are dedicated to helping parents understand and meet the changing health needs of their growing children. We are proud to play a part in providing you with an educational program and activity book that gives your child helpful information on issues related to his or her own health care and safety.

The activities focus on a variety of health and safety issues that are important to children today. Aimed at 6 – 9 year olds, the program allows children to engage in fun activities as they learn about various health and safety topics. We are pleased to incorporate content relevant to NAPNAP’s two major programs: our Healthy Eating and Activity Together (HEAT SM) Initiative and our Keep yourself/your kids Safe and Secure (KySS SM) Program. The activities tie directly to our programs with content that explores areas related to hygiene, nutrition, exercise, and personal safety.

NAPNAP and the LYSOL® Products Brand Team share a collaborative relationship, and working together we are pleased to be able to bring you this high quality educational program. Expert members who specialize in the care of children have reviewed the information provided and are pleased to strongly recommend it as a valuable resource for children.

We hope both you and your child enjoy working on the activities as you help him or her learn about important health and safety issues.

Sincerely,

Jo Ann Serota, MSN, RN, CPNP
President, NAPNAP

NAPNAP would like to acknowledge the following pediatric healthcare professionals who have contributed to this program.

NAPNAP Member Review Board:
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\[ Robin P. Johnson, MSN, PNP \]
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\[ Donna J. Gaber, BA, MT, ICP \]
\[ Tom Bach \]

The information in this activity book is a supplement to – not a substitute for – the care provided by a pediatric nurse practitioner, physician, or other healthcare professional.

All activities are also available online at www.lysol.com
Welcome to R.B.’s Activity Book – the fun way to learn about health!

Inside you’ll find lots of puzzles, activities and brain-teasers. They’re fun to do – and they have important information for you to discover and share with your family, too.

Meet R.B.

He’s learning all about the things he can do to have fun, be safe and be healthy. He wants to share what he’s learning with you! Watch for him throughout your Activity Book.

This is Scrubs.

He’s traveling and learning with R.B. throughout the book – and has a few tips of his own to share!

R.B. and Scrubs are ready to take you on your journey. So grab your pencil or crayon . . . get ready . . . and have fun!

This book belongs to:

Today’s Date:
Join the Energy Express!

Eating healthy foods can give you energy to do the things you like to do! Making nutritious choices is something easy to do every day. Here’s how . . .

**Be Smart: Eat Smart!**
- Don’t skip breakfast! Choose good foods to give you energy.
- Have a healthy lunch – not “junk” food.
- Need a snack? Pick something that’s “good for you” like fruits, vegetables or cheese.
- Enjoy a healthy dinner – try a colorful variety of foods!

**Get Out and Have Fun!**
There are all kinds of things you can choose to “get moving."

**Try . . .**
- Running . . . walking . . . jumping . . . skipping
- Team sports (like soccer or baseball)
- Fun games like bean bag races, hopscotch, or tire races
- Taking the stairs – see how many you can climb in one day!

**Healthy Foods – Choose A Variety!**
- Vegetables
- Fruits
- Milk
- Grains
- Meat and Beans
*And only eat “sometimes” foods – like sweets and potato chips – sometimes!*

**Stay Safe in the Kitchen!**
- Your family can keep food safe with these Four Simple Steps:
  - Clean
  - Separate
  - Cook
  - Chill
- Keep sharp knives away from younger children.
- Keep hot pots on back burners

Visit [www.napnap.org](http://www.napnap.org) to learn more.
Making good food choices can keep you flying high! Follow these balloon strings to put the foods into the right food group baskets.

**TIP:** Try using a different colored pencil or crayon for each group, then color in the baskets!

### Food Pyramid Color Key:

<table>
<thead>
<tr>
<th>green</th>
<th>purple</th>
<th>orange</th>
<th>red</th>
<th>blue</th>
</tr>
</thead>
<tbody>
<tr>
<td>vegetables</td>
<td>meat and beans</td>
<td>grains</td>
<td>fruits</td>
<td>milk</td>
</tr>
</tbody>
</table>

For more on the Food Pyramid, visit [www.mypyramid.gov](http://www.mypyramid.gov)
Dot’s Delicious!

Connect the dots to find R.B.’s favorite kind of food! He makes it in lots of ways. When you’re done – solve the alphabet code to discover the secret name of each one.

Answers on page 28

CODE

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<th>7</th>
<th>8</th>
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<th>26</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
<td>E</td>
<td>F</td>
<td>G</td>
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<td>Q</td>
<td>R</td>
<td>S</td>
<td>T</td>
<td>U</td>
<td>V</td>
<td>W</td>
<td>X</td>
<td>Y</td>
<td>Z</td>
</tr>
</tbody>
</table>

Parent Tip

Visit www.mypyramid.gov for nutrition ideas that follow the U.S. Dietary Guidelines!
Follow the trail and make good choices along the way. The choices you make can get you from morning to night feeling great!

Check out the fun food outlines, then list the healthy and not-so-healthy choices.

Healthy Food Choices:

Not-So-Healthy Food Choices:

Answers on page 28

Parent Tip
Remind your kids that not only is healthy eating and activity good for them – but it helps them do the everyday things they love to do . . . and do them better!
Keeping food safe at home is easy! See how many safe and unsafe kitchen habits you and your parents can find. Circle the good ones and cross out the not-so-good kitchen habits.

**Clue:** There are 7 good kitchen safety habits and 5 bad ones. Can you find them all?

**Parent Tip**
Promote children’s good kitchen safety habits with this fun kitchen safety patrol badge!

For more on food safety at home, visit [www.fightbac.org](http://www.fightbac.org)
Eating healthy is great – but an occasional treat can be fun, too!

Fill in the letters to find the treats . . . and to discover what kinds of foods they are.

**Fill in:**
- every 1 with the letter A
- every 2 with the letter E
- every 3 with the letter I
- every 4 with the letter O
- every 5 with the letter U
- every 6 with the letter S

Parent Tip
According to the 2005 U.S. Dietary Guidelines, these occasional foods should not play a large role in your child’s healthy diet.
Object: Be the first player to reach the finish.

You will need: A coin; assorted small items for game pieces. (buttons, paper snippets, pebbles)

How to play — For 2 or more players.

1. Everyone chooses a game piece and places it in the space marked START. The youngest child gets to flip a coin to begin the game.

2. If the coin lands ‘heads’, move 2 spaces; if it lands ‘tails’, move 3 spaces.

3. If the player lands on a space with directions, one of the other participants (parent or friend) reads the directions out loud. Depending on the activity and its result, the player moves the game piece forward or back.
Hey Kids – set up your own real-life Backyard Olympics at home!

4. If the player lands on a blank space, his/her turn ends. The next player then takes his/her turn.
5. The first player to reach the end wins the game.
Note: Two or more players can be in the same “square”.

My favorite activities are:

- Log Hop
- Jump Rope Competition
- Stork Imitation
- Push-up Competition
- Lost chalk for hopscotch board
- 3-Legged Race
- Hula Hoop Competition
- Play Hopscotch

Did a great stork imitation!

Didn’t enter. Lost pants.

Jumped 50 times in a row!
Spotlight on: Safety!

Staying safe is something you and your family can work on every day. Talk about the ways you can stay safe together.

When You Ride . . .

*Your bike or scooter:*
  - Wear a helmet
  - Don’t swerve or ride into traffic
  - Cross only at crosswalks
  - Obey traffic signals

*In a car:*
  - Always use a booster seat or seat belt

When You Walk . . .

  - Cross only at crosswalks
  - Obey traffic signals
  - Avoid deserted areas
  - Don’t talk to strangers — even if they have candy or a puppy
  - Go to a “safe place” (store, fire department/police, public building) if you feel nervous or scared

When You Use the Computer . . .

  - Don’t give information to someone you don’t know
  - Only open emails from people you know
  - Tell a parent/adult if you see anything that makes you uncomfortable

On the Playground . . .

  - **On the slide**, climb stairs one at a time, holding handrail. Slide down, sitting up — feet first!
  - **On the swings**, stay seated and hold on with both hands.
  - **On the seesaw**, sit with one same-sized child on each side. Hold onto handles — no jumping off!
  - Help keep your playground safe! Don’t leave your backpack, jacket or other gear in the way of the equipment.
  - Always have adult supervision at the playground.

Visit www.napnap.org to learn more.

Have FUN!
Play it Safe!

Going to the playground is fun — but you need to be “smart” and stay safe!
Place an X through the things in the picture that are not safe to do.

CLUE: There are 10 spots where kids are not playing safely. Can you find them all?

Answers on page 28

For more information on playground safety, visit http://www.nsc.org/library/facts/plgrdgen.htm
This activity is for you to do with your parent or family. What would you do in each of these situations? Talk about it with your mom/dad, and then color or circle the best choice.

**Tip:** Sometimes, you might choose 2 answers.

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**Parent Tip**
Use these examples as a conversation-starter with your child. Help them discover when to draw-the-line online, and write in your own suggestions together, too.
Walk This Way!

Using the pictures as clues, fill in the blanks to show ways to be safe when you are walking. Then, write each numbered letter in its Secret Answer space.

1. __ _ _ _ _ _ only at crosswalks.
2. Look left, right, and __ _ _ _ _ again before crossing.
3. Never run into the _ _ _ _ _ _ T between cars.
4. Make sure to obey traffic signals and __ _ _ _ _ _ _ _ guards.
5. Wear reflective clothing at __ _ _ _ _ and carry a flashlight.

Secret Answer
What will you be if you follow these safety tips?

Get On The Road Safely!

Color in all of the Gs to reveal the secret to staying safe in the car.

If You’re 4’9” or taller:
GGGGGGGGGGGG
BGUGCKGLGE
GYGOGGUGRG
GGSGEGAGGTG
BGEGLGTGG
GGGGGGGGGG

If You’re Under 4’9”:
GGGGGGGGGGGG
GGUGSGEGGA
BGGOOGGSGTER
GSGGEGAGTG
GGGGGGGGGG

Answers on page 29

For more information on Booster Seat Safety, visit www.boosterseat.gov
Travel through the maze to find safe places in your neighborhood. Watch for safe people you can trust, too!

Safe Places and People:
- Crossing Guard
- Fire Department
- Home
- Library
- Police Officer
- Police Station
- Restaurant
- School
- Store
- Teacher

Answer on page 29

Parent Tip
Take a neighborhood “safe spots” tour with your child.

To the Family: Many neighborhoods are using the national Safe Place signs to help children remember the safe places to go. Check to see if your community has them! Visit http://www.safeplaceservices.org/
Beat it, Bullies!

Bullies can be mean to people. Find the words that show good and bad things about bullies and how to avoid them. Use the pictures to get more “anti-bully” ideas. Words are down, across, or horizontal and are all spelled forward.

<table>
<thead>
<tr>
<th>Words about What Bullies Do:</th>
<th>Words about What To Do If You Are Bullied:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheat</td>
<td>Parent</td>
</tr>
<tr>
<td>Fight</td>
<td>Friend</td>
</tr>
<tr>
<td>Bother</td>
<td>Avoid</td>
</tr>
<tr>
<td>Hurt</td>
<td>Principal</td>
</tr>
<tr>
<td>Steal</td>
<td>School nurse</td>
</tr>
<tr>
<td>Insult</td>
<td>Teacher</td>
</tr>
<tr>
<td>Nasty</td>
<td>Reason</td>
</tr>
</tbody>
</table>

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

Answers on page 29

Parent Tip

Being the victim of a bully can lead to crying, acting out or withdrawing and avoiding school. If you suspect your child is the victim of a bully, talk to your child and to the school.

For more information on bullying, visit www.safechild.org/bullies.htm
You know to wear a helmet when riding your bike or scooter. Travel through the maze to find other good ways to ride your bike. Watch out for the dead ends — these things can be dangerous!

**You can't start without your helmet!**

**Parent Tip**
Be sure your child wears a helmet every time he or she rides a bike or scooter — no matter how short the ride!

Circle the things...  
**You Should Do:**  
- Helmet  
- Cross at crosswalk  
- Ride straight  
- Rolled-up pants

Put an X on the things...  
**You Should Not Do:**  
- No helmet  
- Ride on handlebars  
- Cross in middle of street  
- Bare feet  
- Swerve  
- Wheelie

For more information on bicycle safety, visit [www.nhtsa.dot.gov/kids/biketour/](http://www.nhtsa.dot.gov/kids/biketour/)

Answer on page 29
Let’s Hear It for Clean Hands!

Keeping your hands clean can keep you healthy. If you have germs on your own hands, you’re also spreading them to everything you touch and everyone you meet! That’s a present no one wants to get!

**R.B. Says: Wash Your Hands . . .**

- **Before** eating
- **Before** you touch food or help in the kitchen
- **After** coming in from outside
- **After** playing with pets
- **After** using the bathroom
- **After** sneezing, coughing or blowing your nose

**How to Wash:**

1. Wet your hands with water
2. Add soap
3. Rub together to make bubbles
4. Scrub between fingers and under fingernails
5. Wash for 20 seconds
6. Rinse your hands well
7. Dry with a paper towel or air dryer

Have FUN!
Scrubs’ Secret Symbols

Scrubs says, “Scrubbing Counts!”
Use his secret symbol code to show the hidden words in his hand washing steps.

1. **Wet your** with warm water.

2. **Add** with a clean towel.

3. Rub your hands together to make lots of .

4. Scrub between and under fingernails.

5. As you , count to 20 slowly.
   (or sing Happy Birthday twice)

6. Star  your hands with water.

7. + + + ++

Parent Tip
Model proper hand washing for your child! It’s a great way to stress the life-long importance of clean hands.

For more information on CDC’s Clean Hands Coalition, visit www.cdc.gov/ncidod/op/handwashing.htm
Yikes! Germs are waiting around every corner. Even though you can’t see them – remember to wash your hands to remove them.

- **Circle** the times when it’s important to wash hands.
- **Draw a line to the B** to show when you should wash **BEFORE** doing something.
- **Draw a line to the A** for those times when you should wash **AFTER** doing something.

**Parent Tip**

Many germs can live for weeks on surfaces like computer keyboards. Make regular hand washing a family tradition!

For more information on hand washing steps, visit [www.cleaning101.com/cleaning/survey01/propersteps.html](http://www.cleaning101.com/cleaning/survey01/propersteps.html)
Taking care of your teeth is easy. Here are some simple ways to keep your smile bright so you can share it with others!

**Top Tooth Tips:**
- Brush at least twice a day.
- Floss every day.
- Visit the dentist regularly.
- Fight plaque by limiting the number of times you eat snacks.

*Tip:* Try to choose healthy snacks like fruits, vegetables and yogurt!

**R.B. says, "Be Sure To Brush . . ."**
- Top
- Bottom
- Inside
- Outside

And don’t forget your tongue!

Have FUN!
“Share Your Smile” Seek-and-Find

Circle the 13 things hidden in the picture.
Put a star ★ by the ones that remind you about having a healthy smile.

Find:
- apple
- bedtime moon
- crayon
- dental floss
- dentist
- fish hook
- morning sun
- padlock
- smile
- soda can
- star
- toothbrush
- toothpaste

Parent Tip
Have your child describe how each of the circled items play a role in healthy teeth and gums. Remind them: “Your smile is something you can give to everyone you know!”

These tips from R.B. will keep you smiling:
- Brush after breakfast
- Brush before bedtime
- Brush every tooth, inside and out
- Don’t forget your tongue!
- Visit your dentist regularly

Answer on page 30
Place these toothbrushing words in the puzzle where they fit. One word is filled in to get you started! Each word fits in only one place. Count the spaces to make sure each word fits – and use each word only once.

**When to Brush**

<table>
<thead>
<tr>
<th>Word</th>
<th>Number of Letters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>7</td>
</tr>
<tr>
<td>Night</td>
<td>5</td>
</tr>
<tr>
<td>Breakfast</td>
<td>9</td>
</tr>
<tr>
<td>Bedtime</td>
<td>7</td>
</tr>
</tbody>
</table>

**Where to Brush**

<table>
<thead>
<tr>
<th>Word</th>
<th>Number of Letters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Top</td>
<td>3</td>
</tr>
<tr>
<td>Bottom</td>
<td>6</td>
</tr>
<tr>
<td>Inside</td>
<td>6</td>
</tr>
<tr>
<td>Outside</td>
<td>7</td>
</tr>
<tr>
<td>Tongue</td>
<td>6</td>
</tr>
</tbody>
</table>

**Tools for a Healthy Smile**

<table>
<thead>
<tr>
<th>Word</th>
<th>Number of Letters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toothbrush</td>
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</tr>
<tr>
<td>Floss</td>
<td>5</td>
</tr>
<tr>
<td>Toothpaste</td>
<td>10</td>
</tr>
<tr>
<td>Dentist</td>
<td>7</td>
</tr>
</tbody>
</table>

**Why to Brush**

<table>
<thead>
<tr>
<th>Word</th>
<th>Number of Letters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smile</td>
<td>5</td>
</tr>
<tr>
<td>Healthy</td>
<td>7</td>
</tr>
</tbody>
</table>

**Parent Tip**

Help your child to remember to brush: Top, Bottom, Inside, Outside, Tongue

Answer on page 30
Follow the numbered dots to see who is telling you a very important message. Unscramble the letters and you will find out what the message is!

Parent Tip
Plaque reacts with food to make acid every time you eat. Each “acid attack” lasts for 20 minutes . . . and these acid attacks can cause cavities. Remind your child to limit the number of times they eat snacks each day.
<table>
<thead>
<tr>
<th>Date</th>
<th>My Healthy Smile</th>
<th>My Safety Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>To keep my smile healthy, I:</td>
<td>I made these good safety choices:</td>
</tr>
<tr>
<td></td>
<td>Brushed for 2 minutes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Brushed for 2 minutes</td>
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<tr>
<td></td>
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<td>Brushed for 2 minutes</td>
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</tr>
<tr>
<td></td>
<td>Brushed for 2 minutes</td>
<td></td>
</tr>
<tr>
<td>My Healthy Food Choices</td>
<td>I Got Moving!</td>
<td>I Washed My Hands</td>
</tr>
<tr>
<td>-------------------------</td>
<td>---------------</td>
<td>------------------</td>
</tr>
<tr>
<td>✓ I ate these healthy foods:</td>
<td>✓ I did these activities today:</td>
<td>✓ I washed before:</td>
</tr>
<tr>
<td>✓ I washed before:</td>
<td>✓ I washed after:</td>
<td>✓ I washed after:</td>
</tr>
<tr>
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<td>✓ I did these activities today:</td>
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</tr>
<tr>
<td>✓ I washed before:</td>
<td>✓ I washed after:</td>
<td>✓ I washed after:</td>
</tr>
</tbody>
</table>
Someone you don’t know asks you where you live.

You receive an email with an attachment from someone you don’t know.

You need to go online to do research for a school report.

You receive an email inviting you to enter an art contest online.

You see something online that makes you feel uncomfortable.

Your classmate sent you an email with a birthday party invitation attached.
1. **CROSS** only at crosswalks.
2. Look left, right, and **LEFT** again before crossing.
3. Never run into the **STREET** between cars.
4. Make sure to obey traffic signals and **CROSSING** guards.
5. Wear reflective clothing at **NIGHT** and carry a flashlight.

**Secret Answer**
What will you be if you follow these safety tips?

**STREET SMART**
**Page 20: Scrub's Secret Symbols**

1. Wet your HANDS with warm water.
2. Add SOAP.
3. Rub your hands together to make lots of BUBBLES.
4. Scrub between FINGERS and under fingernails.
5. As you WASH, count to 20 slowly. (or sing Happy Birthday twice)
6. RinSE your hands with water.
7. DRY with a clean towel.

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**Page 21: Jumpin' Germs**

Wash Hands BEFORE...

Wash Hands AFTER...

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**Page 23: "Share Your Smile" Seek-and-Find**

**Find:**
- apple ★
- bedtime moon ★
- crayon
- dental floss ★
- dentist ★
- fish hook
- morning sun★
- padlock
- smile ★
- soda can
- star
- toothbrush ★
- toothpaste ★

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**Page 24: Toothy Teaser**

**Crossword Puzzle:**
- MORNING
- NIGHT
- BREAKFAST
- TOP
- OUTSIDE
- TREAT
- MISTER
- DENTIST
- OOH
- OOH
- TOOTHBRUSH
- SMILE
- BEDTIME
- TONGUE
- PASTE

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**Page 25: Look Who's Smiling . . .**

Plaque + Sugar = Cavities
This is to certify that

has learned all about staying healthy and safe.

By completing R.B.'s Activity Book, now you know how to:

• Make good food choices and be active for a healthy body
• Take care of your teeth to keep your smile healthy and bright
• Wash your hands in the right way and at the right times
• Make safe choices every day

Congratulations and thanks for sharing my Activity Book!

Keep up the good work!
R.B.’s Activity Book is proud to support the following national health initiatives for children: