



Health 2

Healthy and Growing

Student Workbook

Alpha Omega Publications, Inc. • Rock Rapids, IA

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Horizons Health 2 Student Workbook

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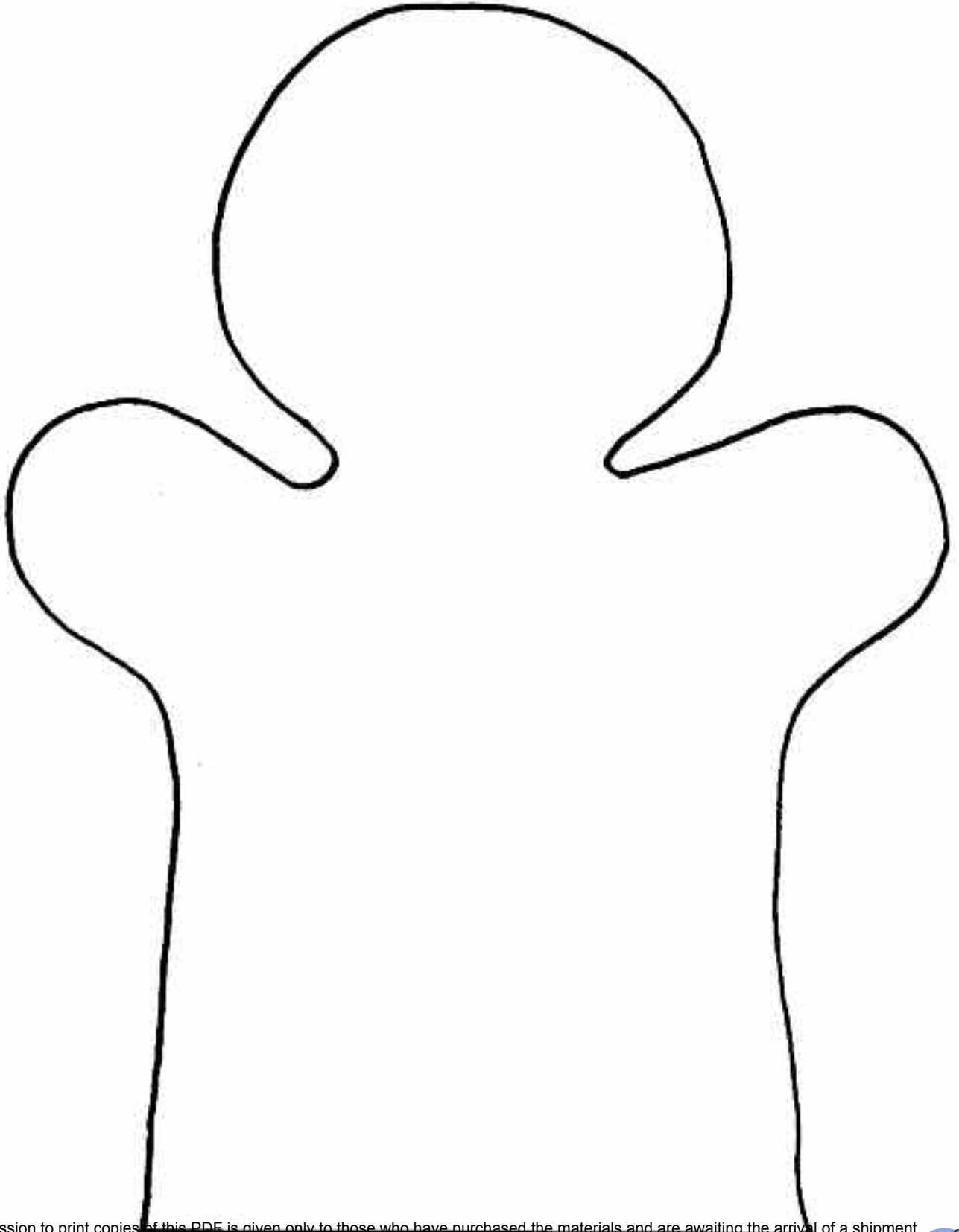
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Name: _____

Unit 1
Lesson 2
Student Activity



Use this pattern to make your own hand puppet.

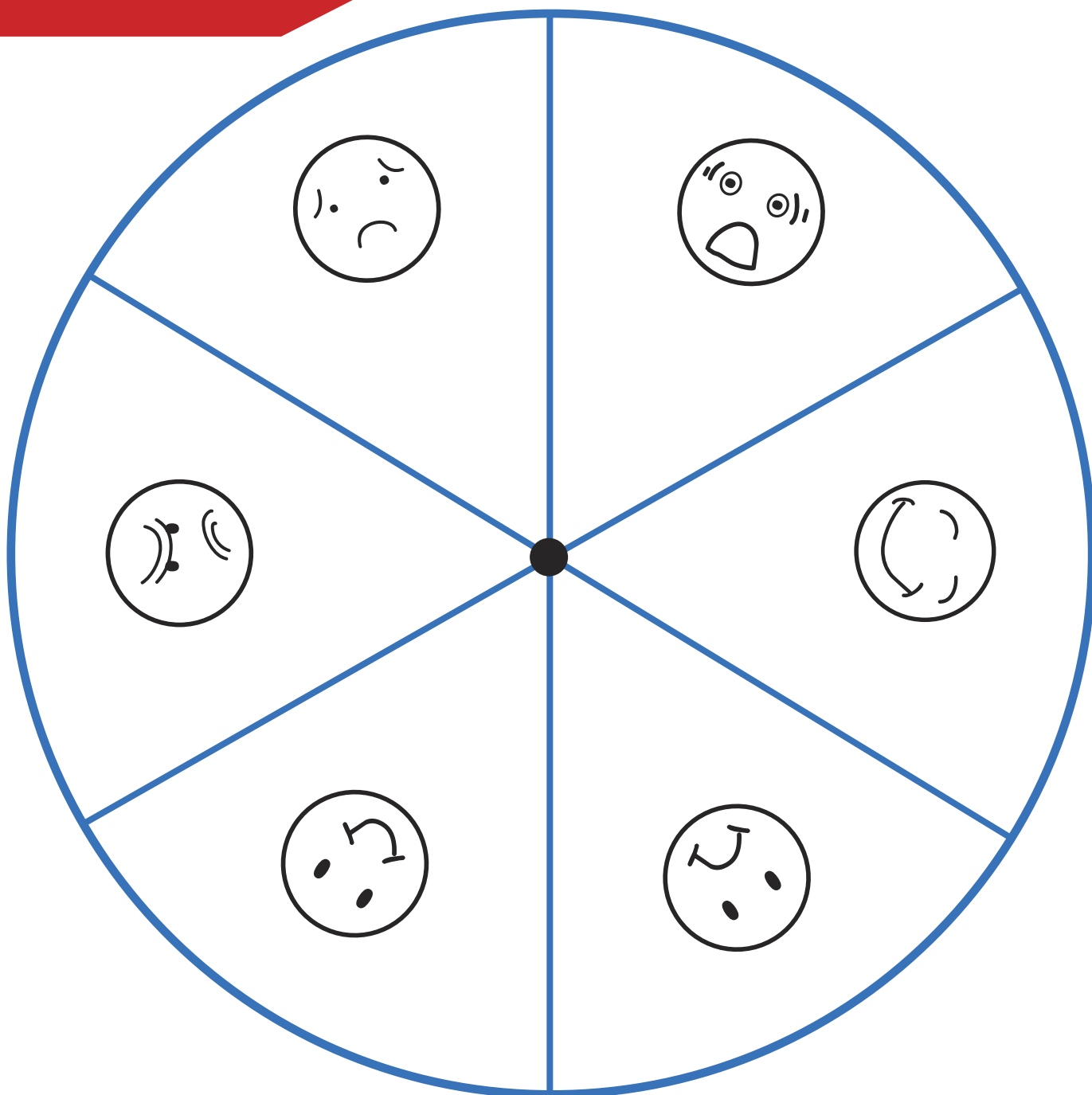


Name: _____

Unit 1
Lesson 4
Student Activity



Cut out the circle and pointer and attach with a fastener.
You may color the faces.



Name: _____

Unit 1

Lesson 5

Student Activity




Saying No. Can you help?


These children want to say no.

Help them say no in a good way. Write a sentence for each child.

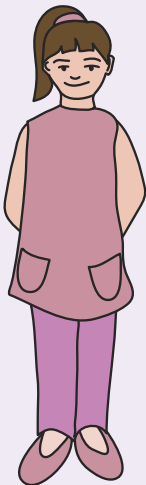
1. Alex wants to say no to something wrong.




2. Zak wants to say no to something dangerous.



3. Chris wants to say no to something that might hurt another.



4. Sandy wants to say no to something that might harm her body.



- Can you think of a time when you said no to something harmful? What did you say?

