



## A GREAT HEALTHY HERO TIP...

Treat people the way **YOU** would like to be treated.

### Drink Up!

It's summer and it's hot! Your body needs water to work. Be sure to drink lots of water when it's hot outside. When the weather is hot, you sweat more. If you are playing and running, your body loses even more water!

Don't wait until you are thirsty to drink. Find a cold water bottle and take it with you. Drink a lot of the water. You can fill it up again when it gets empty.



777 Bannock, MC 6000  
Denver, CO 80204



## Fun Activities for EXPLORERS



June, 2011

### Be Safe When You Swim!

Splashing, paddling, and wading! When it's hot outside a cool pool sure feels good. But you need to be very careful around water—drowning is a real danger. Fish can breathe underwater, but you can't!

Here are some tips to remember when you go swimming at a pool:

- Follow all the pool rules. Have an adult help you read the rules if you can't.
- Don't run!
- Look to see how deep the water is before you jump or dive in.
- Always make sure an adult is watching you. Never go in a pool if there's no adult around.
- Swim with a buddy.
- Remember not to swim in others' pools if they're fenced off. Stay safe and stay out!
- Don't push or jump on others while in the pool.
- Don't eat or chew gum while you swim. You could choke!



Swimming is fun and feels good. So, stay safe and be smart.

### COMPLETE THE WORD: Be a Good Friend

e r p o w h

Fill in the missing letters in the words below using the letters in the box above.

t_ust	hel_ful	f_rgive
hon_st	s_are	team_ork

Complete the Word  
Answer: Trust, Helpful,  
Forgive, Honest, Share,  
Teamwork.





## Are you a bully...or a friend?

### What is bullying?

Bullying is when another kid teases you or calls you a name. The bully might also push or hit you. They may also say that you can't play with them.

### What can I do if I'm bullied?

If you are bullied, you might feel scared. It is important to know that you are not alone. If you or someone you know is being bullied, tell a parent or teacher you trust.

Don't fight with a bully. Use your words to say "stop" and walk away.

You can avoid a bully by changing where you hang out on the playground. Remember—a bully is less likely to bother you if you are with other people, like your friends or parents.

### Don't be a bully!

You might not agree with someone and that's OK. Try to do it with your words. But don't call them names or hit them because you're angry.



## Martian Pals

Can you help us find our new friend?



## The Sun Can Burn You!

The sun is very important to help plants grow and it keeps us warm. But if you are going to go play outside on a hot, sunny day, you need to stay safe. The sun's rays can give you a sunburn, and that hurts!

**Remember to wear sunscreen if you go out in the sun!**

If you need extra sun protection, follow these tips:

- Wear a hat
- Wear sunglasses
- Play in the shade

## Feelings

### Match the Word

Draw a line from the word to its matching picture.

calm



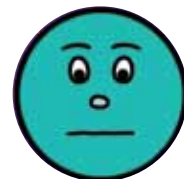
happy



sad



afraid



angry



## Color the friends

