

My favorite healthy snack is:

In the doctor's office, I spy:



A KID



A CLOCK

Today, I weigh

pounds.



A STETHOSCOPE



A SCALE

I'm

inches tall.



SOMETHING BLUE

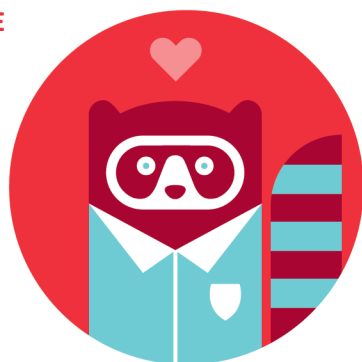


A ROBOT

TEST YOUR DOCTOR'S FUNNY BONE

Why did the pillow go
to the doctor?

He was feeling all stuffed up!



Extraordinary Kid Extras

Activities & other fun stuff from



Stanford
Children's Health

My name:



Did you know?

Your brain is often more active when you're asleep than when you're awake.

When you were born, you could only see in black and white.

The smallest bone in your body is the size of just one grain of rice. It's called the stapes and it's located inside your ear.

ACTUAL SIZE

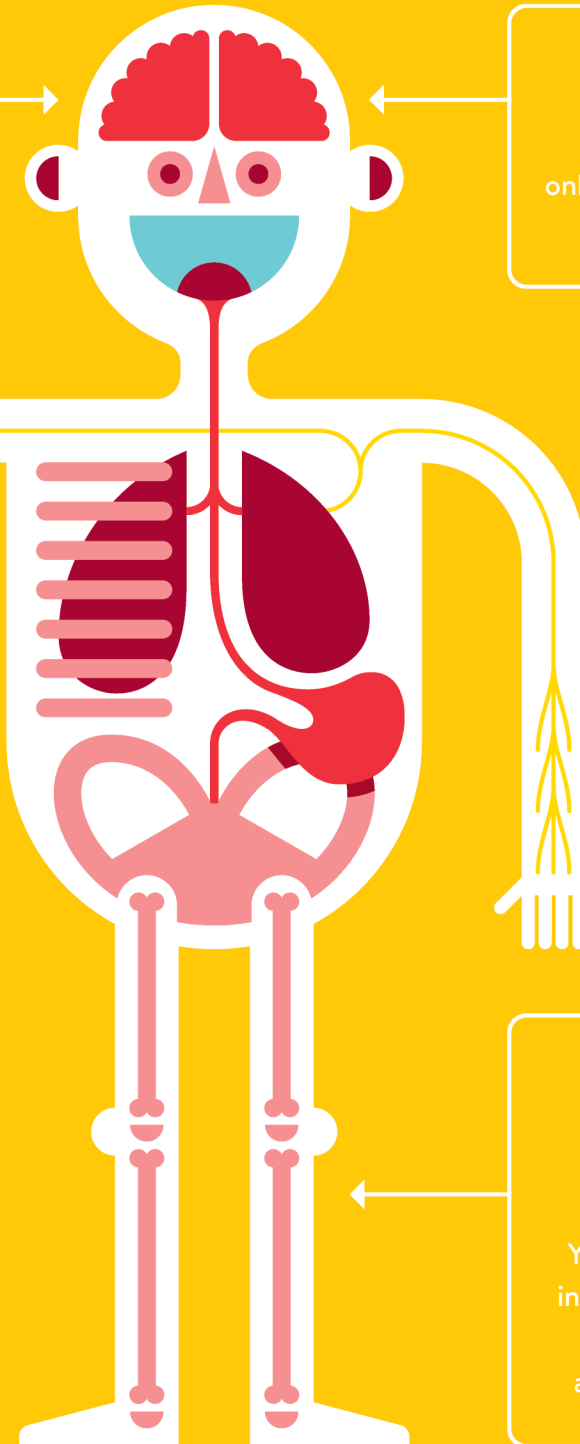
If you could stretch out all your blood vessels, they would be long enough to go around the world twice.

Your skeleton is made up of about 300 bones.

Your fingernails grow about three times faster than your toenails.

Lungs are the only organs that can float (and your left lung is smaller than your right).

You are taller in the morning than you are at night.



walk on the WILD SIDE

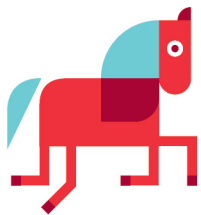
CAN YOU
Hop like
A BUNNY?

LEAP like A
FROG?

Slither like
A SNAKE?



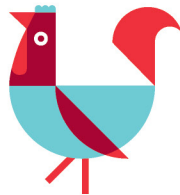
Hop like a bunny



Gallop like a horse



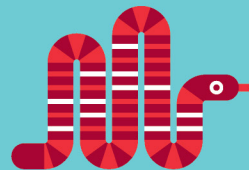
Fly like a bird



Strut like a rooster

GET STARTED

BY MAKING TWO DICE
from the cut outs.
JUST CUT, FOLD,
AND TAPE as
directed. ONE
HAS A DIFFERENT
ANIMAL + ITS
movement on
← EACH SIDE.
the other HAS
A NUMBER on
each side



Slither like a snake



Leap like a frog



TO PLAY:

ROLL BOTH DICE.
one tells you
WHAT KIND
OF animal To
IMITATE and
THE OTHER How
many STEPS
(OR HOPS OR LEAPS)
TO TAKE. WHOEVER
creeps or crawls
to THE FINISH LINE
FIRST is the
WINNER!



1. SCISSORS



2. TAPE



3. SOME FRIENDS
to RACE (optional)



CUT HERE



Here's WHAT You'll NEED



Test Your Taste

Did you know your tongue has 10,000 taste buds? (That's about twice as many as your parents have.) And you get a whole new set of them every two weeks! Your taste buds detect the difference between sweet, sour, bitter, and salty flavors, so your brain knows what you're eating and whether to think

yum! or *yuck!*

To put your taste buds to the test, dip cotton swabs in each of the below flavors, and lightly touch each one to different parts of your tongue (see diagram at left). Swirl a sip of water in between flavors so your taste buds don't get confused.

Something sweet

(like super-sugary water)

Something bitter

(like tonic water or black coffee)

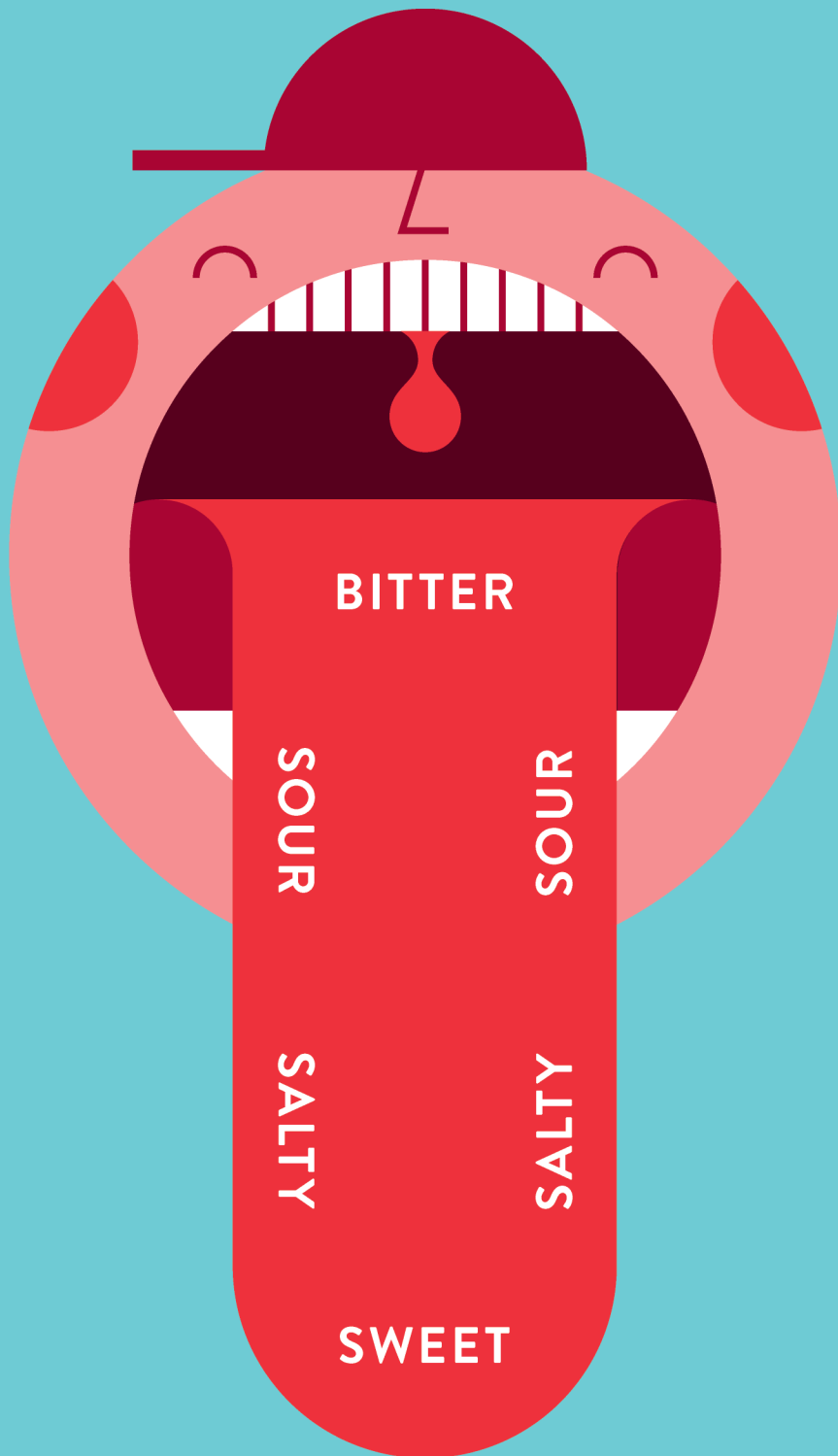
Something sour

(like lemon juice)

Something salty

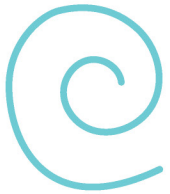
(like salt water)

On each part of your tongue, which flavor tastes strongest?
Can you tell a difference?

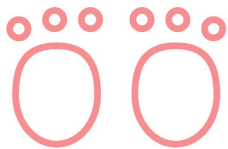


Chalk 'N' Wiggle

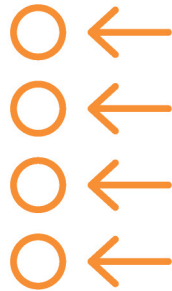
Grab some sidewalk chalk and create a course for fun. The idea is to get everybody moving—and laughing. So draw instructions for jumps, kicks, twirls, and leaps. Don't forget to include wiggles, monkey faces, and anything else that will get your gang giggling.



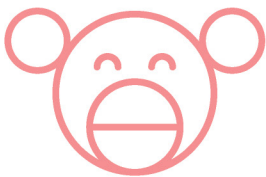
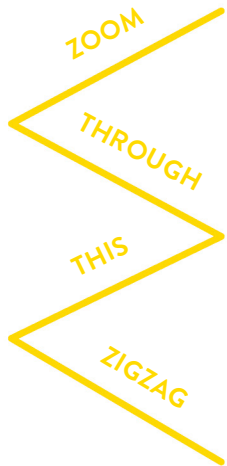
TWIRL



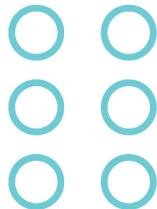
TOUCH YOUR
TOES



TAKE 4 HOPS
ON 1 FOOT



MAKE A
MONKEY FACE



HOP LIKE
A BUNNY



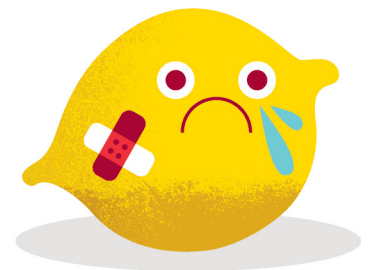
SEE HOW FAR
YOU CAN JUMP



CRAWL LIKE
A BEAR CLUB

CHECK YOUR FUNNY BONE

What does
a sick lemon need?



Lemon aid!

On the Hunt

Birds! Bugs! Branches!
Take this list on your next outdoor adventure, and check off as many items as you can.

☐

Collect three different kinds of leaves.

☐

Find a super-smooth rock.

☐

Smell a wildflower.

☐

Spot something red.

☐

Spot an animal track.

☐

Compare the bark of three different trees.

☐

Find a fallen branch that's shorter than your arm.

☐

Find something that starts with a "C."

Spot a bug. Give it a name. Then draw it right here:

Discover something you've never seen before.
Describe it:



What's up, Doc?

It's important for all kids to see the doctor—even when they're not sick—to help them stay healthy. Use this checkup checklist to get ready for your next visit, and fill out the rest while you're there.



My doctor's name is: _____

A question I want to ask my doctor:

Match each tool to the body part it checks:

Stethoscope



Otoscope



Ophthalmoscope



When the doctor taps your knee with a rubber hammer, your leg will probably swing in the air. That means:

- A. It's a magical hammer.
- B. Your body feels like dancing.
- C. Your reflexes are working. Your nerves can carry the messages that tell your body what to do.