



Welcome to Winter



For a Warm and Safe Winter!



A Winter Safety Coloring Packet for Kids

www.YakimaHealthDistrict.org



HEALTHY WINTER HABITS

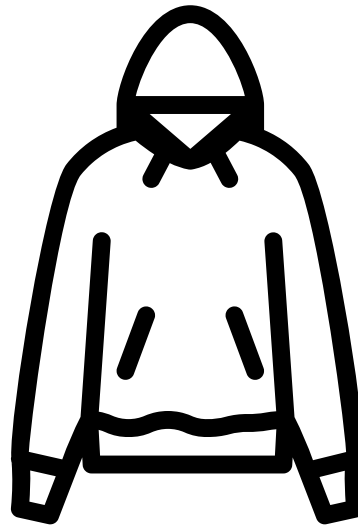


Wash your hands

Dress in layers to stay
warm



Stay home if you're
sick



Exercise



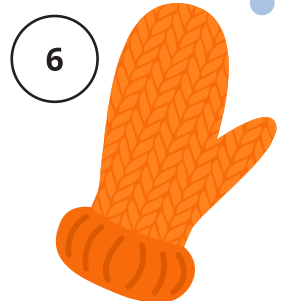
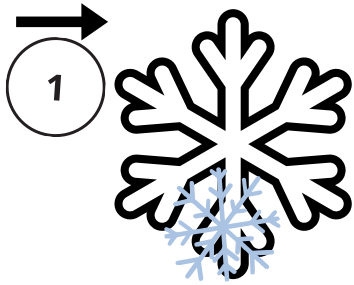
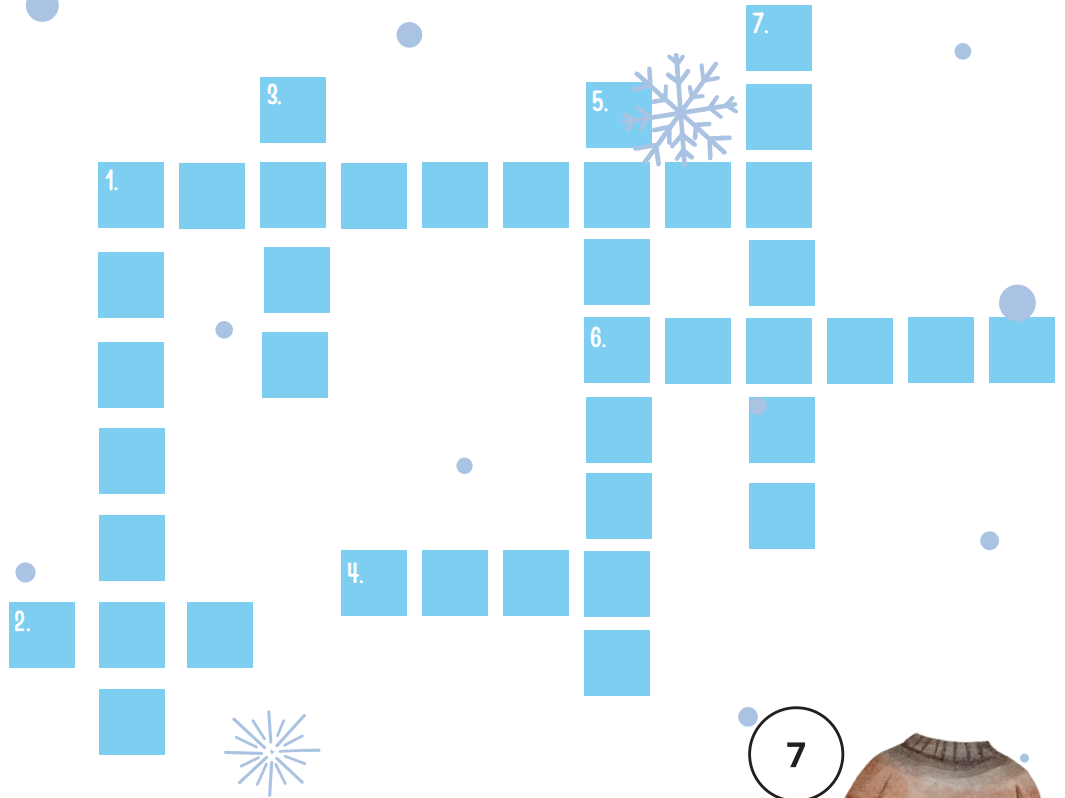
Cover your cough
or sneeze



WINTER THINGS

STAY
WARM

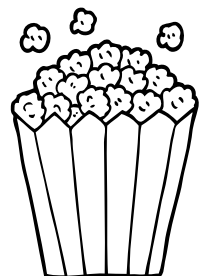
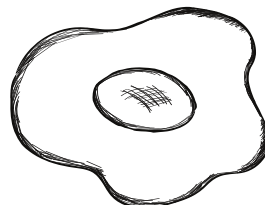
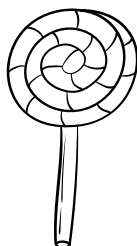
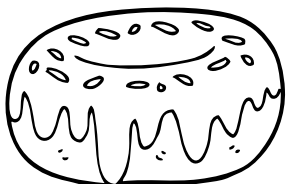
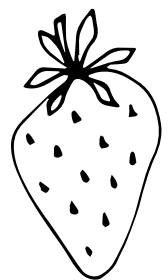
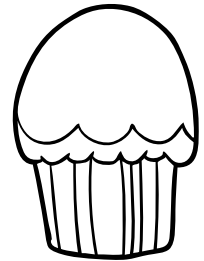
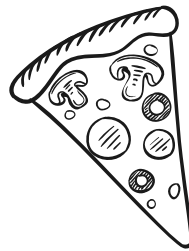
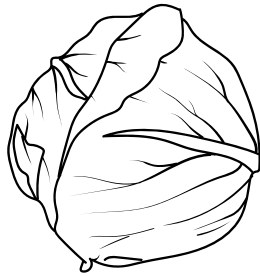
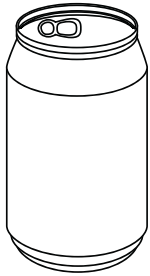
CROSSWORD PUZZLE



ANSWER: -->1. Snowflake 1. (Down) Snowman 2.Hat
3.Boot 4.Leaf 5.Earmuffs 6.Mitten 7.Sweater

Healthy and Unhealthy Food

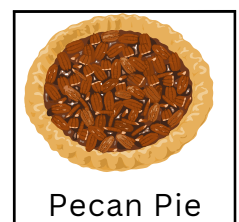
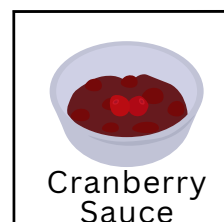
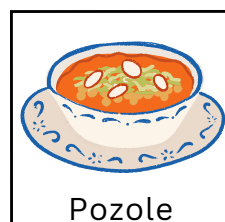
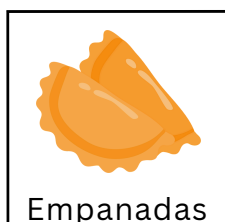
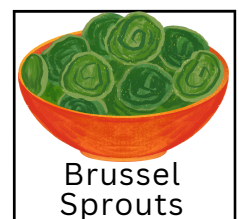
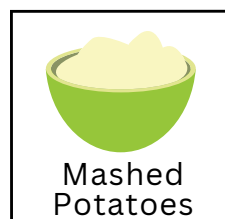
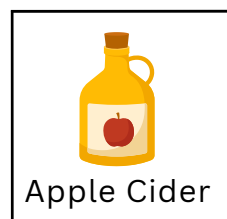
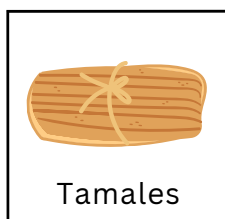
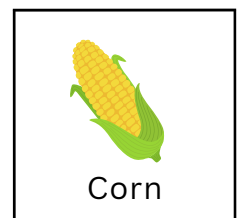
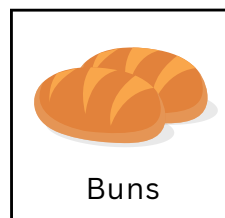
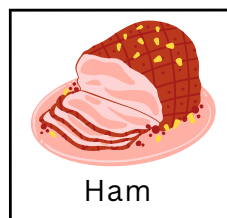
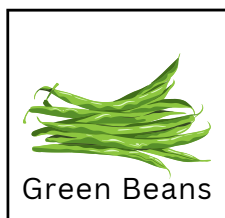
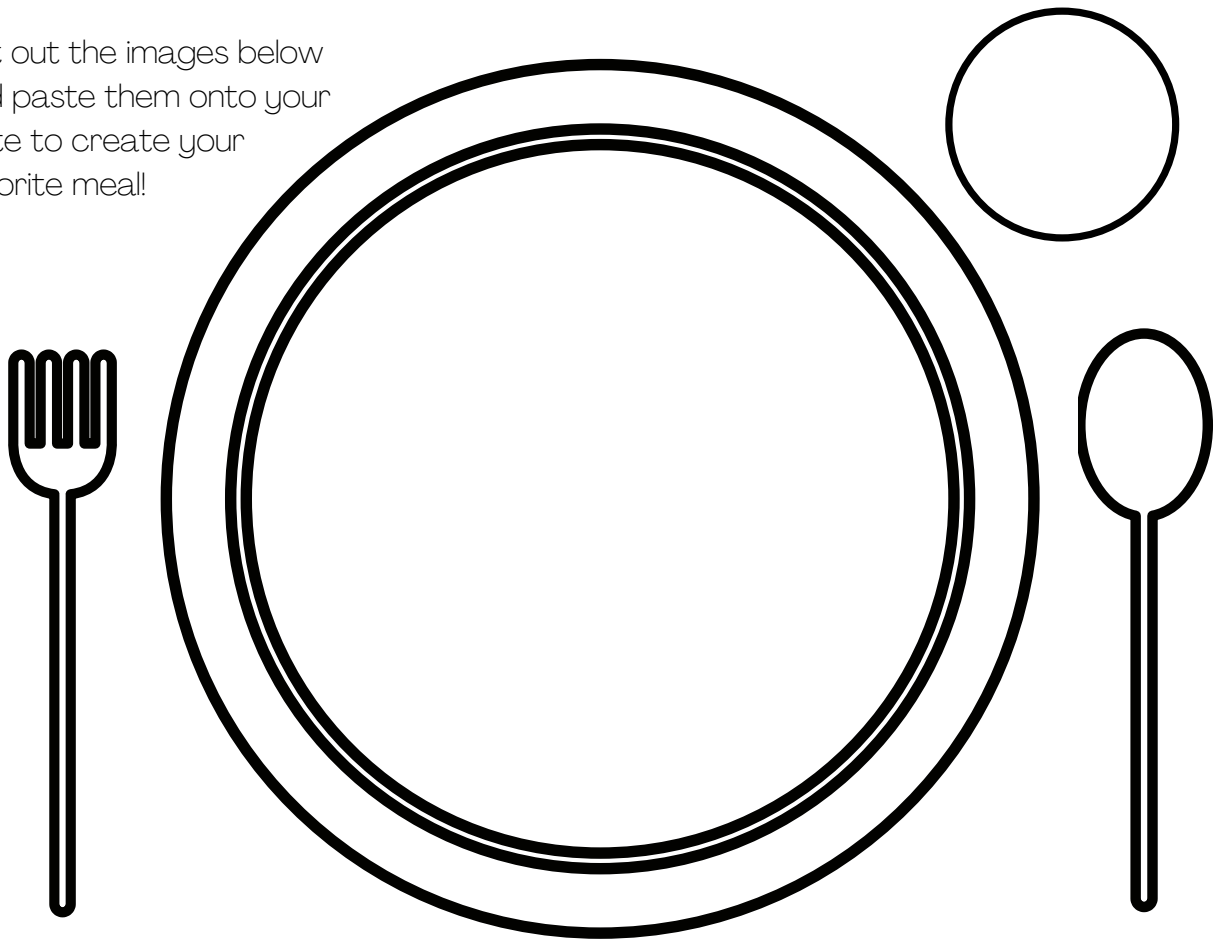
Color the healthy food and cross out the unhealthy.



WHAT'S YOUR FAVORITE HOLIDAY FOOD?



Cut out the images below
and paste them onto your
plate to create your
favorite meal!



DRESSING FOR COLD WEATHER

