

# BEING HEALTHY ROCKS

Help Hedgey the Hedgehog learn how to be healthy and make good decisions!

HOW DO I GROW UP TO BE HEALTHY?!

**STEP #1**

**MY DREAMS:**  
Draw what you dream you'll be when you grow up.



**STEP #5** FIND ALL THE BLACK WORDS ON THE PAGE IN THE SCRAMBLE BELOW!

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



**PLAY TIC TAC TOE WITH SOMEONE AT HOME!**

**STEP #3**




**STEP #2** HELP HEDGEY THINK OF THE WAYS HE CAN BE SAFE AND SMART!



HAPPY HALLOWEEN FROM THE



[www.vernonrocksct.org](http://www.vernonrocksct.org)

**CIRCLE ALL 13 HEALTHY IMAGES OF THE THINGS HEDGEY SHOULD DO**

**STEP #4**



- Across**
2. What are animals in your house that you take care of and play with?
  5. What do you say when someone does or says something nice?
  6. Where do you go to learn?
  7. Who do you enjoy spending time with?
  8. Who makes rules to keep you safe?
- Down**
1. You should only take this from your parents or a doctor.
  3. Who do you not talk to?
  4. Where do you go to play?