



Hazelden Betty Ford Children's Program

Remote Continuing Care: Taking Care of Your Body!

An important part of self-care is exercise and good hygiene. A great way to honor your body is to stay healthy and clean. It's especially important to do this during this extended time at home.

Activity: Word Jumble

Un-jumble the letters below to reveal daily health practices. It's okay to ask for help if you get stuck. Once you are done solving the puzzles, check the teal boxes for the activities that you have completed today—try to complete at least three! If you are not able to print this worksheet, you can solve the puzzles on a different sheet of paper.

1. **rushb ym ehtet** _____
2. **tsrhcet** _____
3. **eakt a wohser** _____
4. **teg sdesrde** _____
5. **mocb ym riha** _____
6. **og rfo a kwal** _____
7. **shwa ym adshn** _____
8. **etg srhef ira** _____

ANSWER KEY

1. Brush my teeth 2. stretch 3. take a shower 4. get dressed 5. comb my hair 6. go for a walk 7. wash my hands 8. get fresh air





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Once you have finished this activity, please send us a copy of your work. You can send in your work via e-mail or snail mail. Ask your grown-up for help with this.

For extra credit, you can send us a scrambled word or phrase, and we'll try to solve it. Don't make it too difficult for us!

We hope you enjoyed this activity. If you would ever like to talk with the counselors, please call, write, or send us an e-mail. Our contact information is below. We miss you.

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