

HEALTH ACTIVITY BOOK

Grade 2

Harcourt School Publishers

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Cleveland Metropolitan School District

2nd Grade Blizzard Science



DAY/PAGE NO.	DAY/PAGE NO.	DAY/PAGE NO.
DAY 1 HB 1 HB 40 AND HB 41	DAY 6 HB 6 HB 42 and HB 43	DAY 11 HB 22 HB 67
DAY 2 HB 2 HB 40 and HB 41	Day 7 HB 18 HB 63 and HB 64	Day 12 HB 23 HB 67
DAY 3 HB 3 HB 40 AND HB 41	Day 8 HB 19 HB 63 AND HB 64	Day 13 HB 24 HB 68
DAY 4 HB 4 HB 40 AND HB 41	Day 9 HB 20 HB 70	Day 14 HB 25 HB 67 And HB 68
DAY 5 HB 5 HB 42 AND HB 43	Day 10 HB 21 HB 70	Day 15 HB 26 HB 72

Name _____

Exercise Fun!

Draw a line from each picture to the matching exercise.

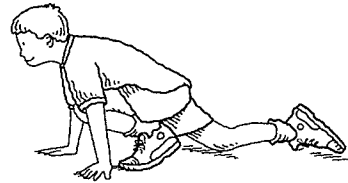
1. Shoulder and chest stretch

a.



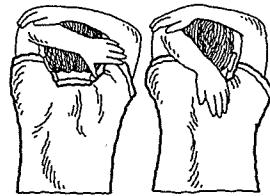
2. Sit-and-reach stretch

b.



3. Calf stretch

c.



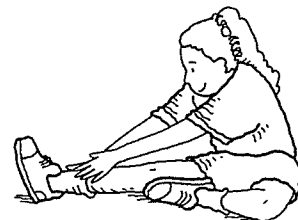
4. Upper back and shoulder stretch

d.



5. Thigh stretch

e.



Name _____



Exercise True or False

Circle the **T** if the sentence is true.

Circle the **F** if the sentence is false.

- | | | |
|---|---|---|
| 1. You should warm up before you exercise. | T | F |
| 2. You should stretch for 10 minutes. | T | F |
| 3. Hold each stretch to the count of 25. | T | F |
| 4. Repeat each stretch three times. | T | F |
| 5. Slow down at the end of exercise. | T | F |
| 6. Cool down by stretching for five minutes. | T | F |
| 7. Stretching after exercise helps muscles warm up. | T | F |

8. Rewrite one false statement to make it true.

Name _____



Exercise and You

Write about how you exercise. Use the words in the box to help you.

always	bounce	breathe
never	stretch	

Draw a picture of yourself using good exercise habits.

Name _____



Exercise Buddies!

Read the story.

Kyle and Danya know they should warm up their muscles before they exercise. They also know they should slow down at the end of their exercise to let their muscles cool down. They have decided they will become exercise buddies and work out together.

List some exercise activities they might like to try.

1.

2.

3.

4.

5.



Name _____



Exercise Scramble

Use the words in the box to complete the sentences.

cool down
lifeguard

flat
support

helmet
warm up

1. Shoes should _____ your feet.

2. Always jump rope on a _____ surface.

3. Wear a _____ when riding a bike.

4. A _____ should be present when
you go swimming.

5. Always remember to _____ before
exercising and _____ after exercising.

Name _____



Fit and Fun

List three things you like to do that are exercise.

1.

2.

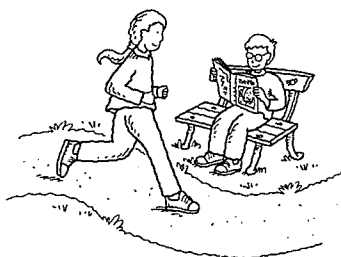
3.

List three things you like to do that are not exercise.

1.

2.

3.



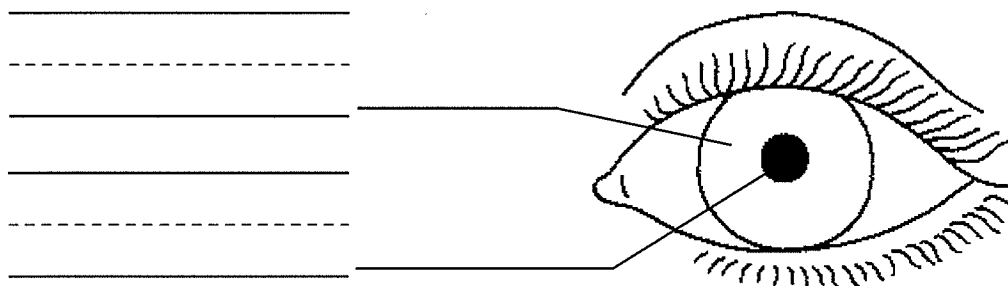
Name _____



Your Eyes and Ears

Label the parts of the eye.

Color this eye to match your eyes.



Fill in the blanks to solve the puzzle.

Clues

Across

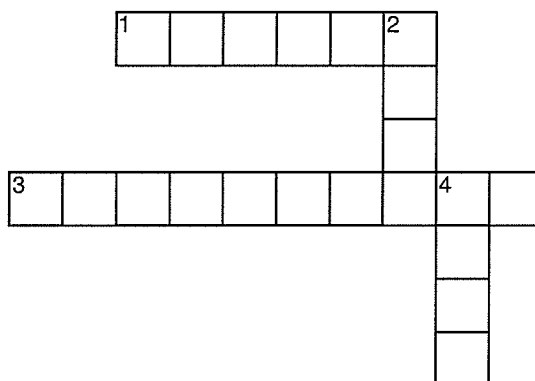
1. The main part of your ear is located _____ your head.

3. These protect your eyes.

Down

2. You listen with these.

4. You see with these.



Name _____



Your Sense Organs

Unscramble the letters to spell the correct words.
The words in the box and the clues will help you.

inside
outer

iris
pupil

- 1.** The colored part of your eye.

srii _____

- 2.** It looks like a hole in the middle of your eye.

lippu _____

- 3.** The main part of your ear is located in this part of your head.

edisin _____

- 4.** This is the part of the ear you see on your head.

retou _____

Name _____



The Respiratory System

Use each word in the box in a sentence.

breathing

lungs

mouth

1.

2.

3.

Name _____



Respiratory Puzzle

Fill in the blanks to solve the puzzle.

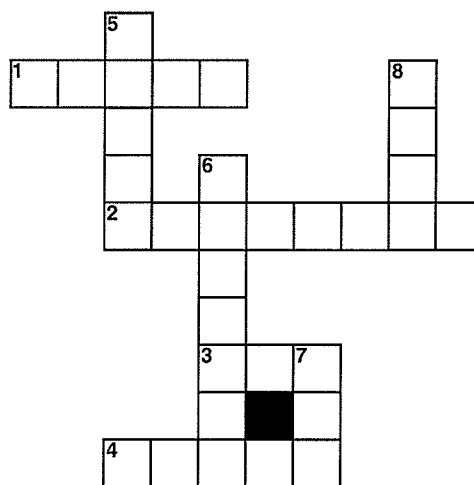
Across

1. If your nose is blocked, you breathe in through the _____.
2. Breathing harder makes your lungs _____.
3. You have this many lungs _____.
4. Your lungs are in your _____.

Down

5. These fill with air and are in your chest.
6. When you _____, you are using the respiratory system.
7. Air leaves your lungs when you breathe _____.
8. Air enters your body through your mouth and _____.

breathe	chest
lungs	out
mouth	nose
stronger	two



Name _____



Muscle Identification

Identify the muscles by writing the muscle names on the correct lines. Choose the names from the words in the box.

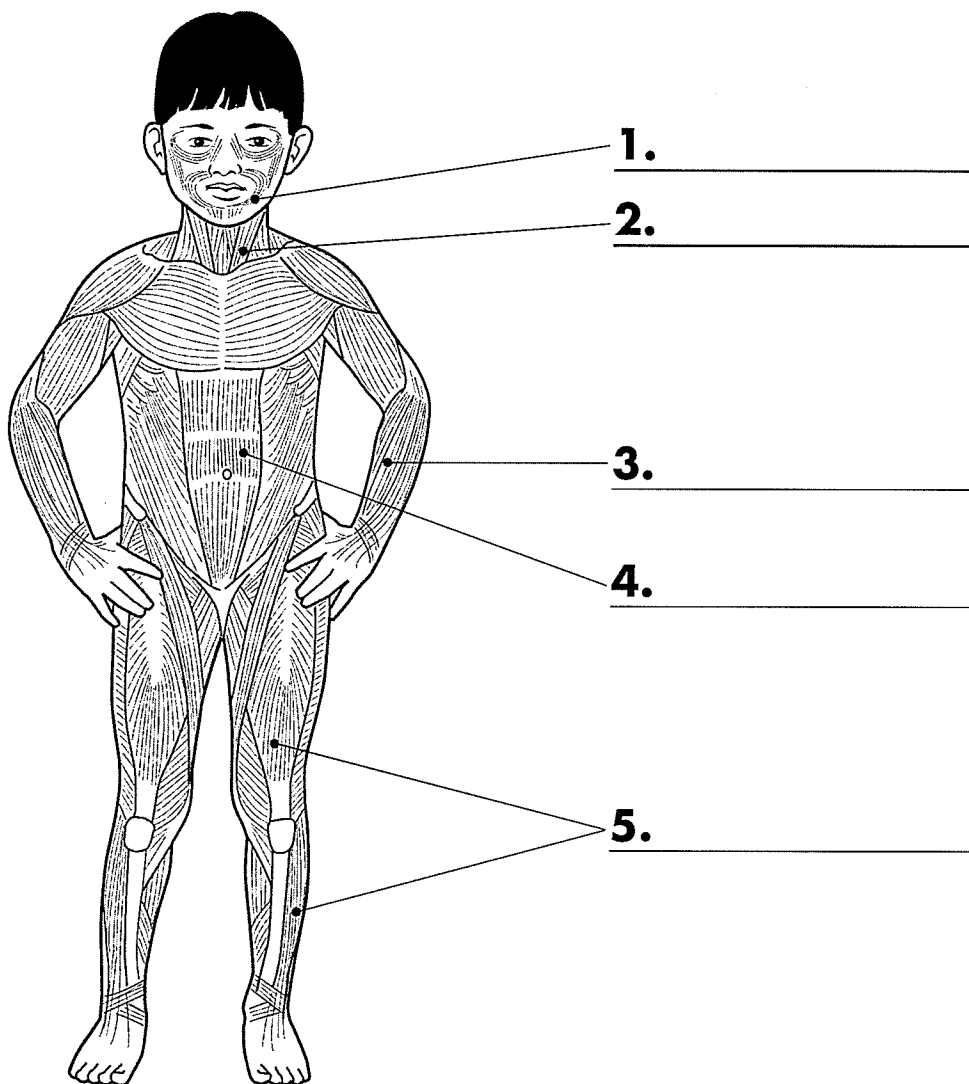
arm

face

leg

neck

stomach



Name _____



Activity Fun

List the muscles you would use most for each activity.

arm	face	leg	neck
-----	------	-----	------

- 1.** Josh and Hannah smile at their mother.

- 2.** Josh kicks the ball to his sister, Hannah.

- 3.** Hannah reaches for the ball.

- 4.** Mother turns her head to watch her children.

Name _____



Nervous System

True or False

Circle the **T** if the sentence is true.

Circle the **F** if the sentence is false.

- | | | |
|---|---|---|
| 1. Your nervous system makes your muscles work. | T | F |
| 2. Your brain is not part of the nervous system. | T | F |
| 3. Sleeping lets your brain rest. | T | F |
| 4. Your brain and nerves tell you about
your surroundings. | T | F |
| 5. You do not need to get much sleep. | T | F |
| 6. Choose one false sentence. Rewrite it to make it true. | | |

Name _____



Muscles and Nerves

Answer each question by writing **muscles** or **nerves**.

1. We need to stretch gently before exercise.

What are we? _____

2. We tell you about your surroundings.

What are we? _____

3. We make your muscles work.

What are we? _____

4. You use us to blink, run, and eat.

What are we? _____

5. We are connected to the brain.

What are we? _____

Name _____



Caring for Your Body

Use the words in the box to solve the puzzle.

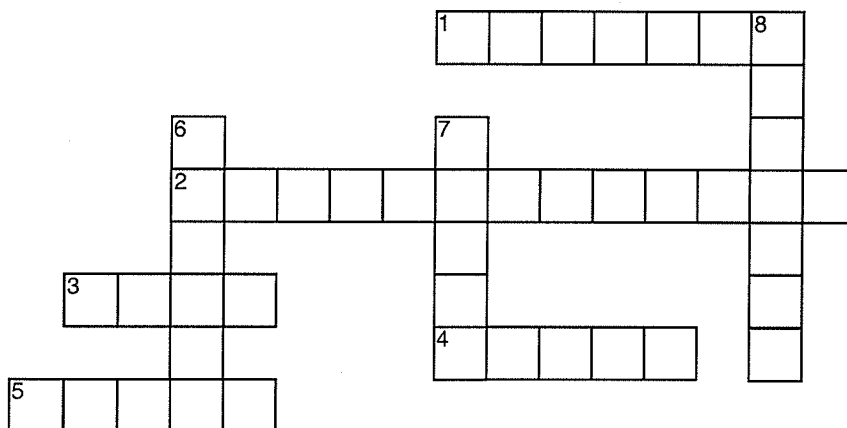
Across

1. these help your body move
2. your brain and nerves
3. colored part of your eye
4. these fill with air
5. part of the ear you see

inside
iris
lungs
muscles
nervous system
outer
pupil
stretch

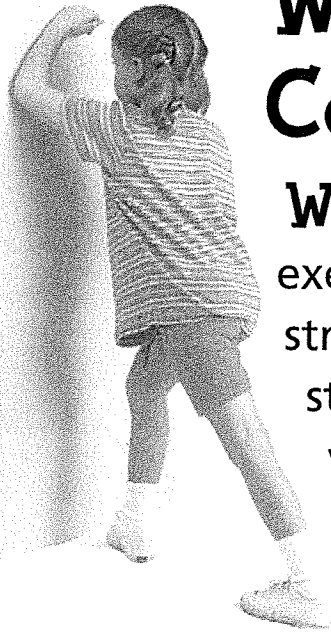
Down

6. the main part of your ear is ____ your head
7. hole in the middle of your eye
8. you should do this before you exercise



Getting Exercise

Warm-Up and Cool-Down Stretches



Warm up your muscles before you exercise. Spend at least five minutes stretching. You can use any of the stretches shown here. Hold each stretch while you count to 15. Repeat each stretch three times. Remember to start exercising slowly.

Slow down at the end of exercise. Then repeat some of these stretches for about two minutes. Stretching after exercise helps your muscles cool down.

▲ Leg Stretch

Extend one leg behind you. Keep the toes of that foot pointed up.



◀ Sit-and-Reach Stretch

Bend forward at the waist. Keep your eyes on your toes.

▼ Upper-Back and Shoulder Stretch

Try to stretch your hand down so that it rests flat against your back.

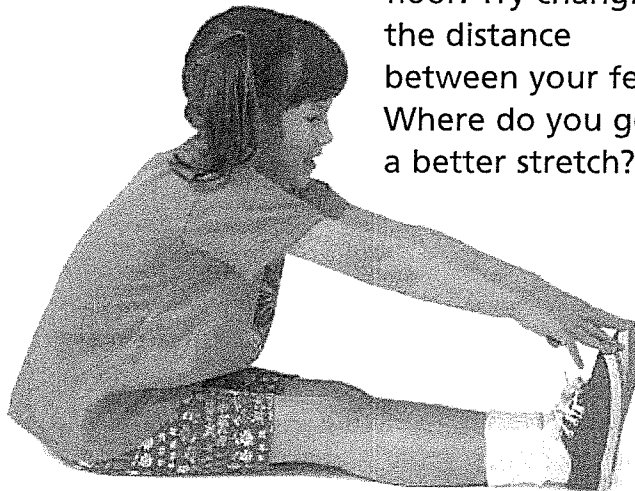


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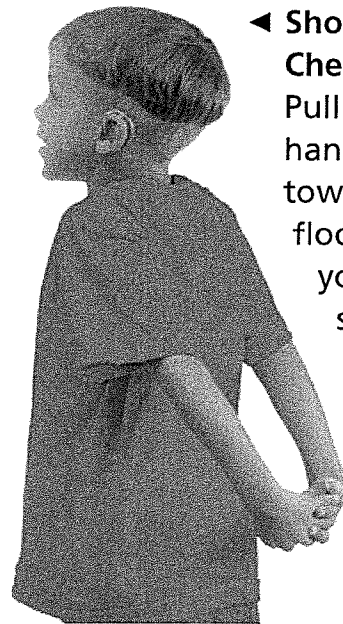
- **Thigh Stretch** Keep both hands flat on the ground. Lean as far forward as you can.



- ▼ **Calf Stretch** Keep both feet on the floor. Try changing the distance between your feet. Where do you get a better stretch?



- ◀ **Shoulder and Chest Stretch** Pull your hands slowly toward the floor. Keep your elbows straight, but don't lock them.



Tips for Stretching

- Never bounce. Stretch gently.
- Breathe normally to get the air you need.
- Never stretch until it hurts. You should feel only a slight pull.

Getting Exercise

Build Your Heart and Lungs

Exercise helps your heart and lungs grow strong. The best exercise activities make you breathe deeply. They make your heart beat fast. You should try to exercise for at least twenty minutes at a time. Remember to warm up first and cool down at the end.

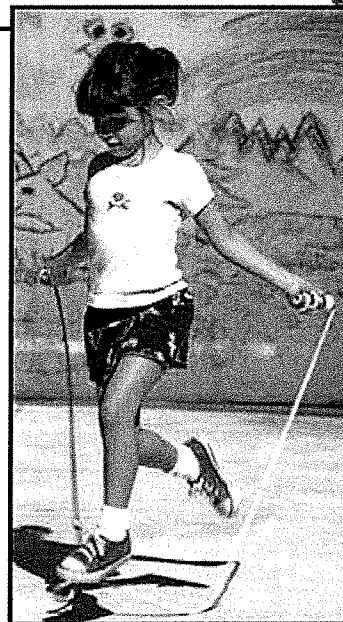
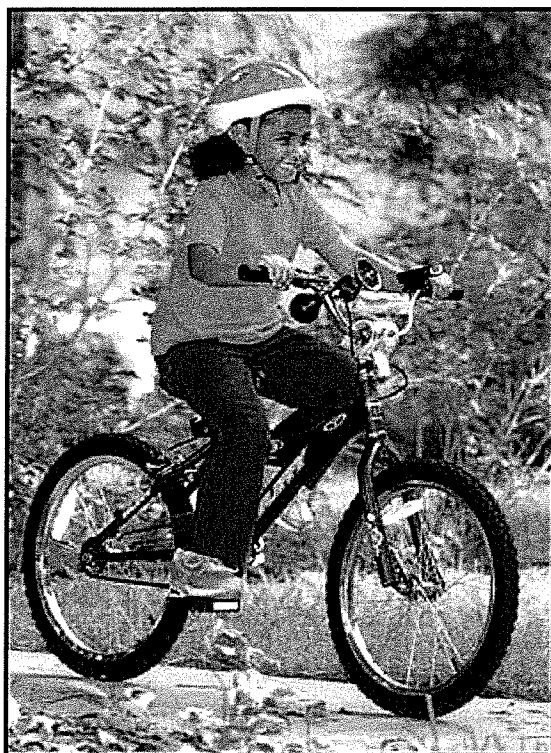
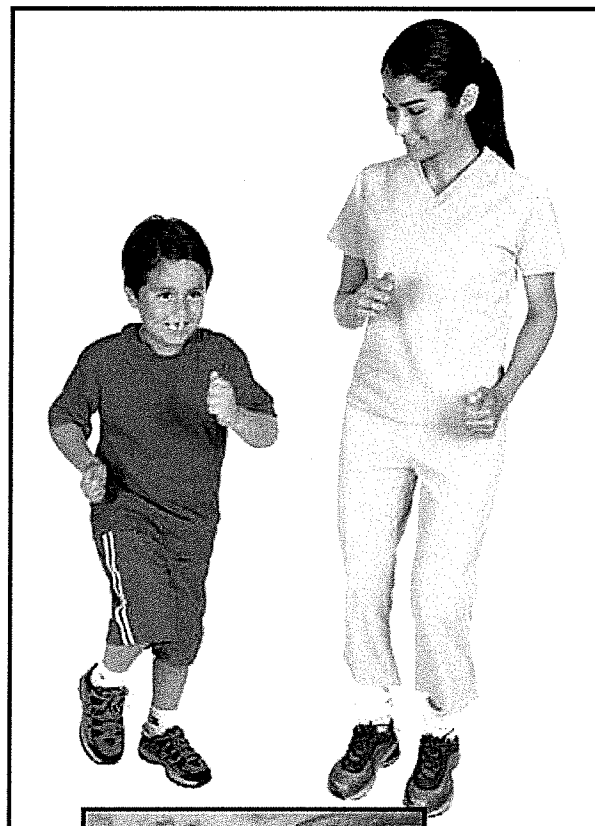
▼ **Swimming** If you are not a strong swimmer, use a kickboard to get a good workout. Remember to swim only when a lifeguard is present.

▲ **Skating** Always wear a helmet, elbow and knee pads, and wrist guards. Learn to skate, stop, and fall correctly.



► **Walking** A fast walk can help build your heart and lungs. Wear shoes that support your feet. Walk with a friend for extra fun!

▼ **Riding a Bike** When you ride your bike, your exercise really gets you somewhere! Follow bike safety rules, and always wear your helmet. See pages HB48–HB49 for information on safety rules and bike helmets.



▲ **Jumping Rope** Jumping rope is good for your heart and your lungs. Always jump on a flat surface. Wear shoes that support your feet.

Getting Exercise

The President's Challenge

The President's Challenge is a physical fitness program for children ages six to seventeen. There are five activities in the President's Challenge. Each activity tests the fitness of a different part of your body. Your teacher can tell you more about how to take the President's Challenge.



- ① **Curl-Ups or Sit-Ups** This exercise measures strength in the muscles below your stomach.

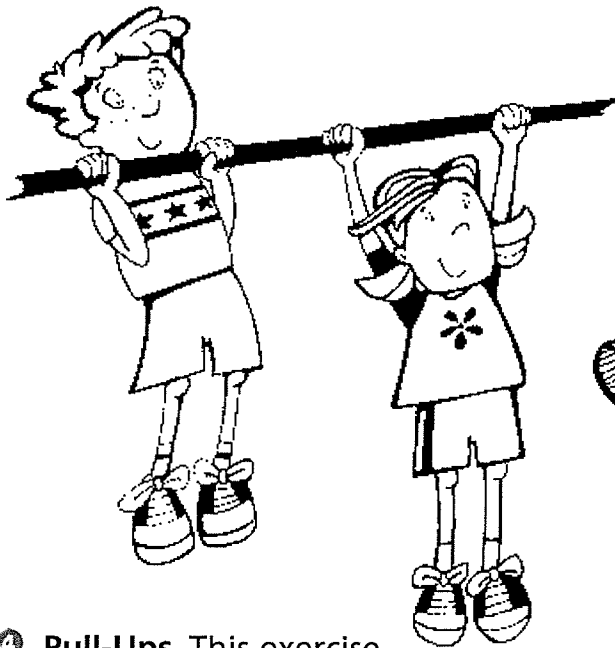
- ② **Shuttle Run** This exercise measures the strength of your legs. It also tests your heart and lungs.



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- ③ **One-Mile Run or Walk** This exercise measures the strength of your legs. It tests how long you can exercise without getting too tired.



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- ④ **Pull-Ups** This exercise measures strength in the muscles of your arms and shoulders.



- ⑤ **V-Sit Reach** This exercise measures how easily the muscles of your legs and back can stretch.

Your Senses

You have five senses that tell you about the world. Your five senses are sight, hearing, smell, taste, and touch.

Your Eyes

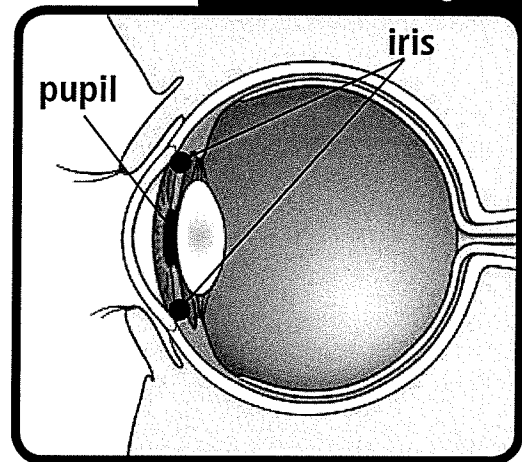
If you look at your eyes in a mirror, you will see an outer white part, a colored part called the iris, and a dark hole in the middle. This hole is called the pupil.

Caring for Your Eyes

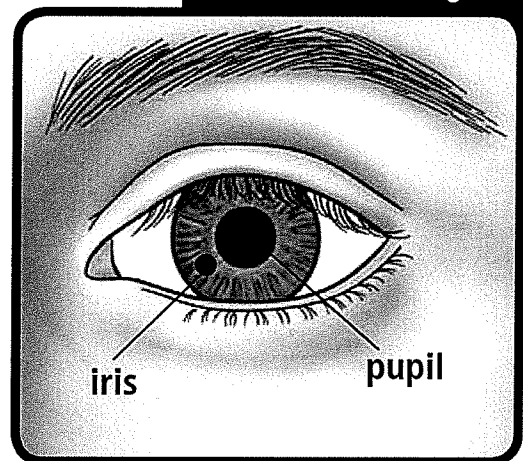
- Have a doctor check your eyes to find out if they are healthy.
- Never look directly at the sun or at very bright lights.
- Wear sunglasses outdoors in bright sunlight and on snow and water.
- Don't touch or rub your eyes.
- Protect your eyes when you play sports.

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Inside of Eye



Outside of Eye



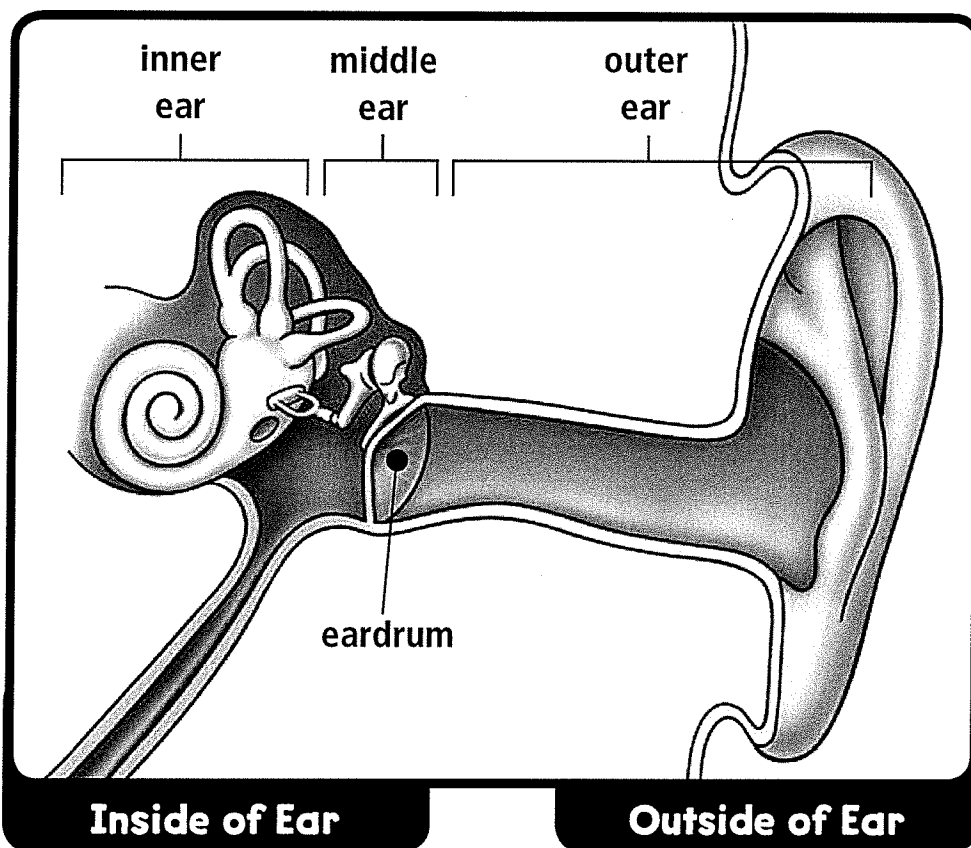
Your Senses

Your Ears

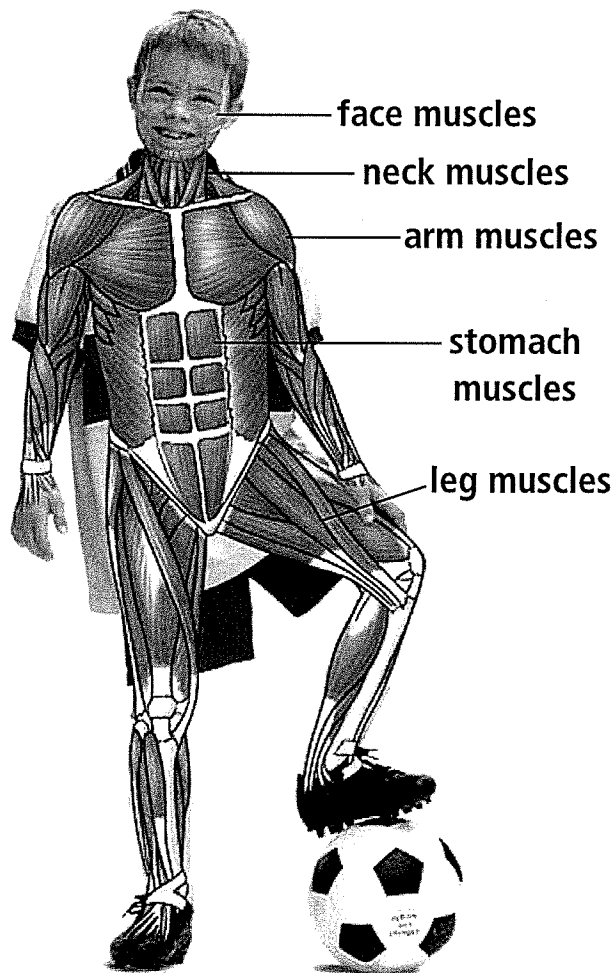
Your ears let you hear the things around you. You can see only a small part of the ear on the outside of your head. The parts of your ear inside your head are the parts that let you hear.

Caring for Your Ears

- Have a doctor check your ears.
- Avoid very loud noises.
- Never put anything in your ears.
- Protect your ears when you play sports.



Your Muscular System



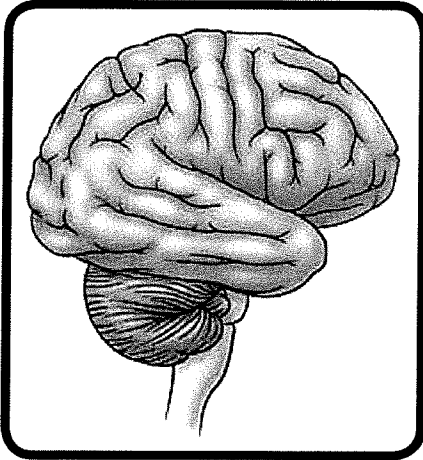
Your muscular system is made up of the muscles in your body. Muscles are body parts that help you move.

Caring for Your Muscular System

- Exercise to keep your muscles strong.
- Eat foods that will help your muscles grow.
- Drink plenty of water when you play sports or exercise.
- Rest your muscles after you exercise or play sports.



Your Nervous System



Your brain and your nerves are parts of your nervous system. Your brain keeps your body working. It tells you about the world around you. Your brain also lets you think, remember, and have feelings.

Caring for Your Nervous System

- Get plenty of sleep. Sleeping lets your brain rest.
- Always wear a helmet to protect your head and your brain when you ride a bike or play sports.

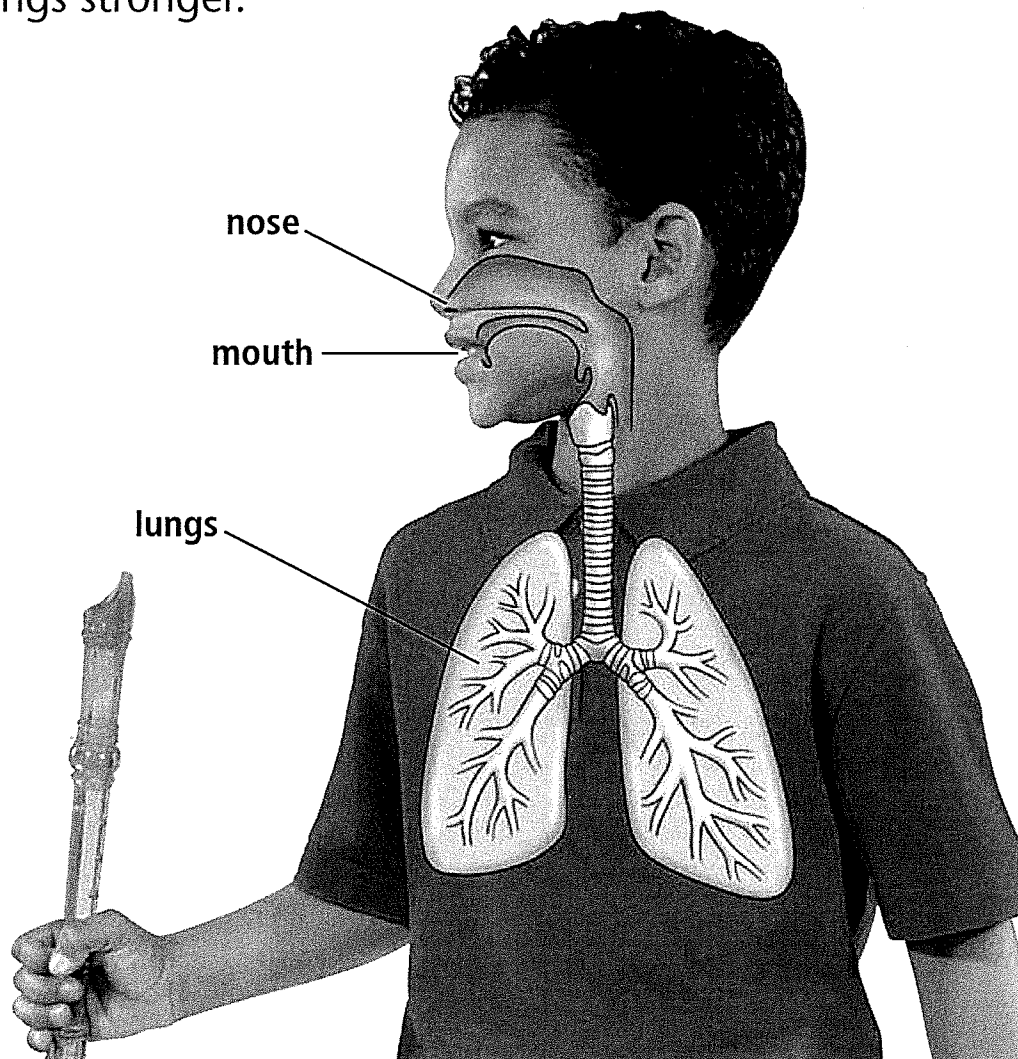
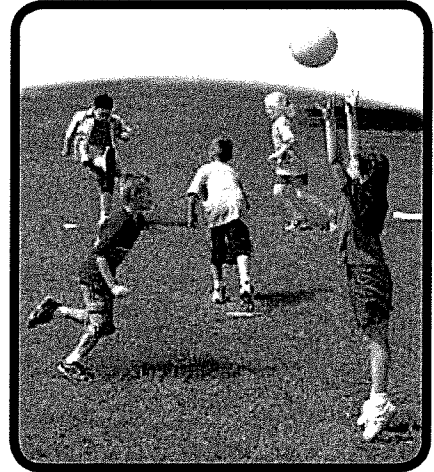


Your Respiratory System

You breathe using your respiratory system. Your mouth, nose, and lungs are all parts of your respiratory system.

Caring for Your Respiratory System

- Never put anything in your nose.
- Never smoke.
- Exercise enough to make you breathe harder. Breathing harder makes your lungs stronger.



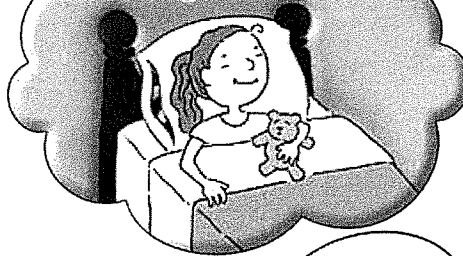
Staying Healthy

You can do many things to help yourself stay fit and healthy.

You can also avoid doing things that can harm you.

If you know ways to stay safe and healthy and you do these things, you can help yourself have good health.

Getting enough rest



Staying away from alcohol, tobacco, and other drugs



Staying active



Keeping clean



Eating right

