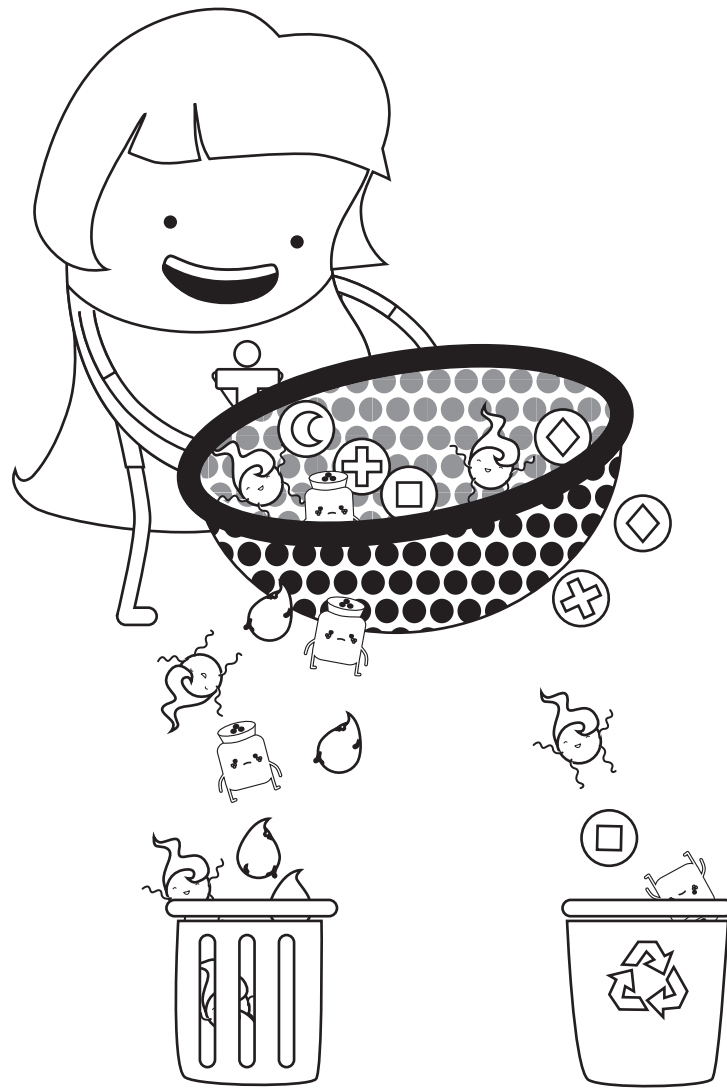


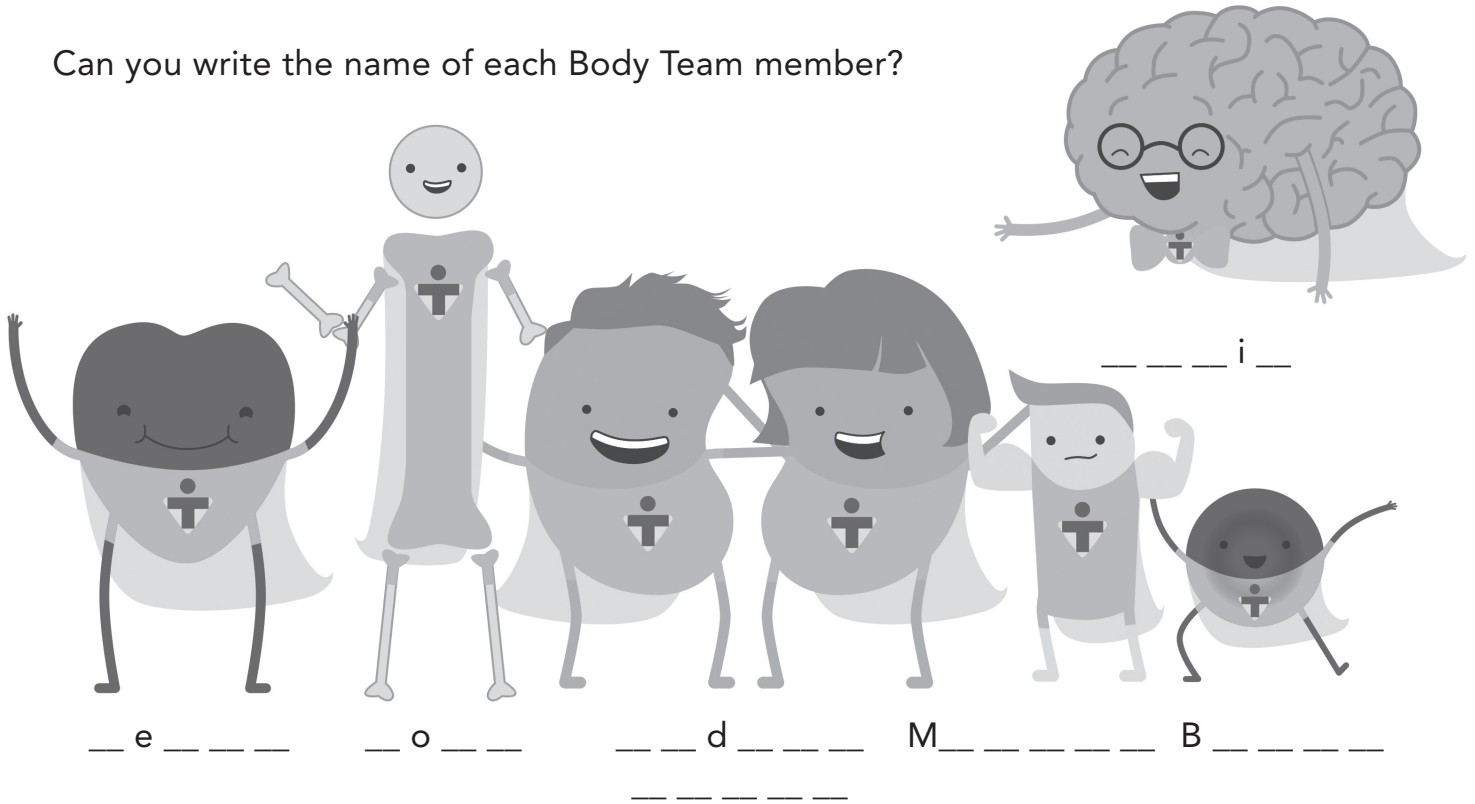


HEALTHY KIDNEYS

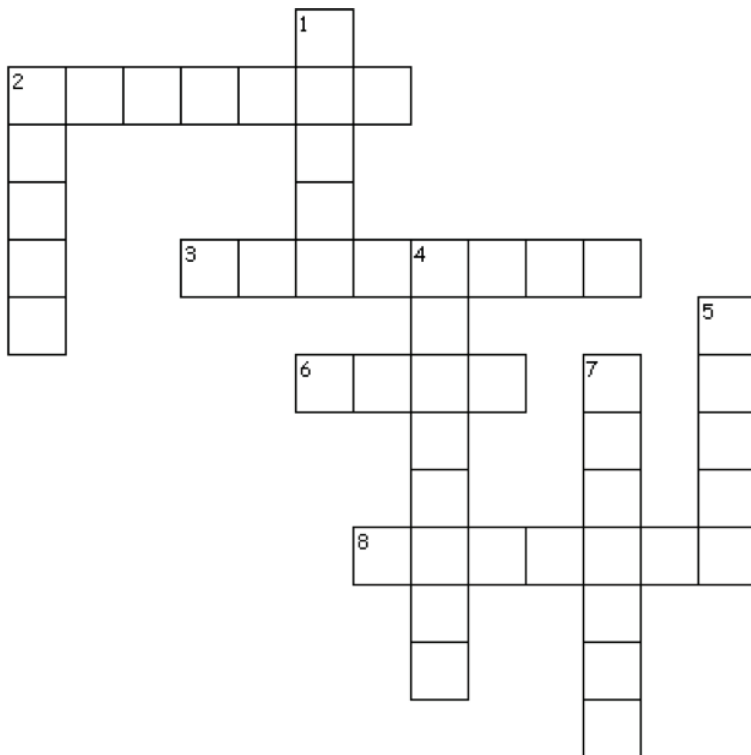
BALANCE ACTIVITY SHEET



Can you write the name of each Body Team member?



BALANCE CROSSWORD PUZZLE



ACROSS

- 2. A bag for storing urine
- 3. Along with minerals, these are important for our body to be healthy
- 6. The frame of our body, made from calcium and phosphate
- 8. Keeping just the right amount of what the body needs to stay healthy

DOWN

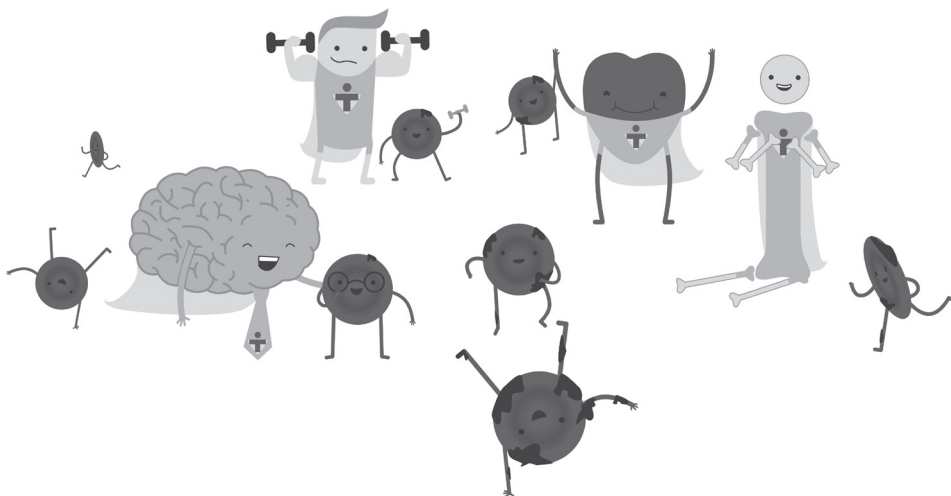
- 1. Pumps blood to the body
- 2. Flows through arteries and veins all through the body
- 4. Along with vitamins, these are important for our body to be healthy
- 5. Made up of water and waste and stored in a bag called a bladder
- 7. The "twins" that work to balance what the body needs

BALANCE WORD SEARCH

Can you find these words? They can be forwards, backwards or diagonal.

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

BLOOD
BONES
BRAIN
CLEAN
GARBAGE
HEART
MINERALS
MUSCLES
PROTEIN
RECYCLE
URINE
WASTE
WATER

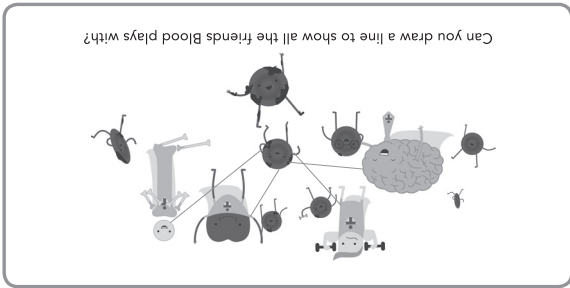


Can you draw a line to show all the friends Blood plays with?

IMPORTANT THINGS I LEARNED:

- _____
- _____
- _____
- _____
- _____

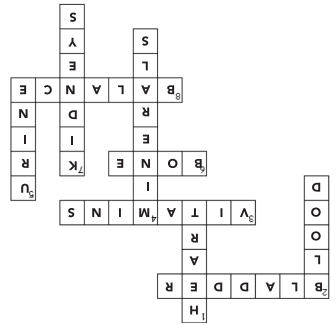
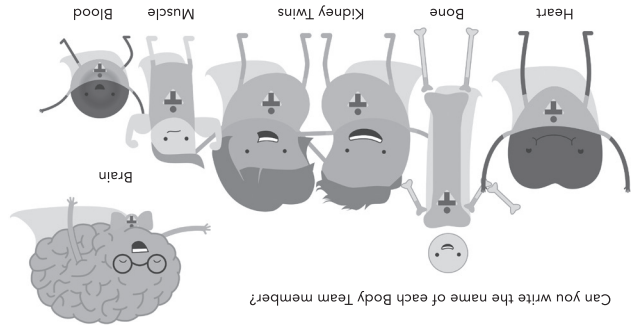
ACTIVITY ANSWER KEY:



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

BALANCE WORD SEARCH
Can you find these words? They can be forwards, backwards or diagonal.

- BLOOD
- BONES
- BRAIN
- CLEAN
- GARBAGE
- HEART
- MINERALS
- MUSCLES
- PROTEIN
- RECYCLE
- URINE
- WASTE
- WATER



- ACROSS**
- Along with minerals, these are important for our body to be healthy
 - A bag for storing urine
 - Along with vitamins, these are important for our body to be healthy
 - Flows through arteries and veins all through the body
 - Made up of water and waste and stored in a bag called a bladder
 - The "twins" that work to balance what the body needs
- DOWN**
- Pumps blood to the body
 - Flows through arteries and veins all through the body
 - Keeps just the right amount of what calcium and phosphate
 - The frame of our body, made from
 - Important for our body to be healthy
 - Keeps just the right amount of what calcium and phosphate
 - Along with vitamins, these are important for our body to be healthy
 - Made up of water and waste and stored in a bag called a bladder
 - The "twins" that work to balance what the body needs

