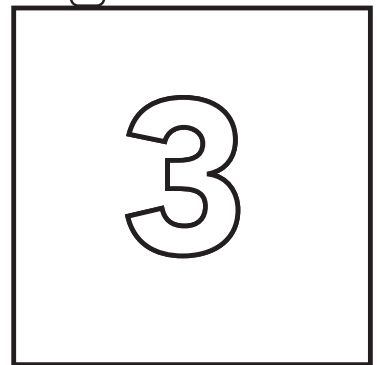
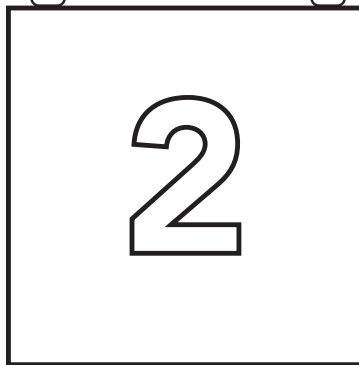
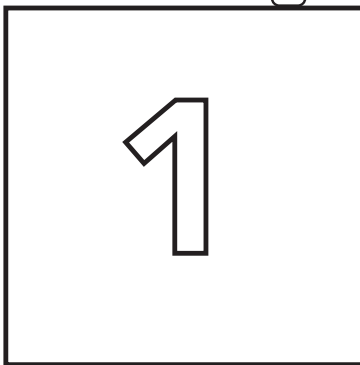
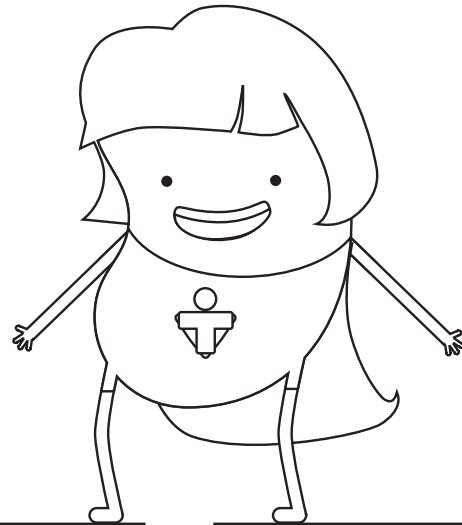
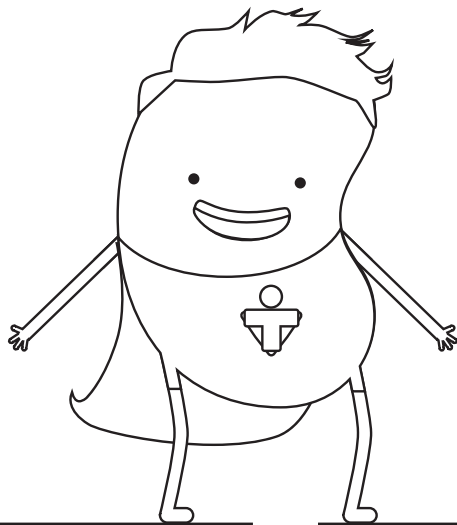




HEALTHY KIDNEYS

CONNECTIONS ACTIVITY SHEET



The Kidneys have some important jobs for our body. Do you remember all of them? Unscramble these words to find out!

THE KIDNEYS:

Circle 1: blood, clean

Circle 2: make, strong, more, blood, help

Circle 3: water, needs, right, know, of, body, and, salt, the, amount, our

Circle 4: healthy, heart, our, keep

Circle 5: balance, keep

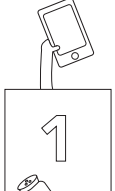
Circle 6: our, healthy, bones, keep

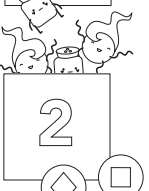
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After **cleaning your blood** and **keeping balance**, the **Kidney Twins** do 3 other important jobs for your body. Can you fill in the blanks?

job  1 The Kidney Twins help make **more strong** _____ to give you lots of _____.

job  2 The Kidney Twins help _____ stay healthy.

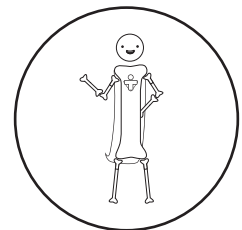
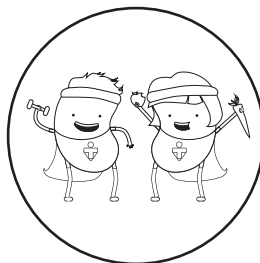
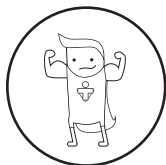
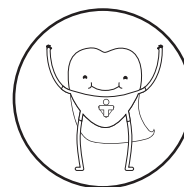
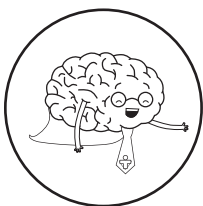
job  3 The Kidney Twins pass the right building blocks to _____, so you can grow and play!

CONNECTIONS WORD SEARCH

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

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

- ACTIVE VITAMIN D
- BALANCE
- BLOOD
- BONES
- BRAIN
- CALCIUM
- CONNECTIONS
- HEALTHY HEART
- HEART
- KIDNEY JOBS
- MAKE BLOOD
- MUSCLE
- PHOSPHATE
- RECYCLE
- REUSE
- WASTE

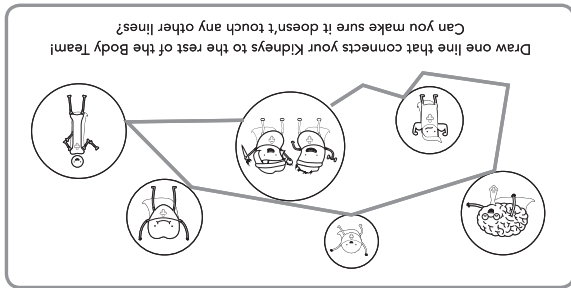


Draw one line that connects your Kidneys to the rest of the Body Team!
Can you make sure it doesn't touch any other lines?

IMPORTANT THINGS I LEARNED:

- _____
- _____
- _____
- _____
- _____

ACTIVITY ANSWER KEY:

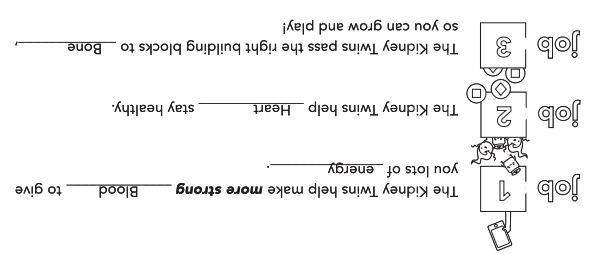


Can you find these words? They can be forwards, backwards or diagonal.

CONNECTIONS WORD SEARCH

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

ACTIVE VITAMIN D
BALANCE
BLOOD
BONES
BRAIN
CALCIUM
CONNECTIONS
HEALTHY HEART
HEART
KIDNEY JOBS
MAKE BLOOD
MUSCLE
PHOSPHATE
RECYCLE
REUSE
WASTE



After **cleaning your blood** and **keeping balance**, the **Kidney Twins** do 3 other important jobs for your body. Can you fill in the blanks?

The Kidneys have some important jobs for our body. Do you remember all of them? Unscramble these words to find out!

THE KIDNEYS:

- clean blood
- keep our heart healthy
- know the right amount of salt
- and water our body needs
- help make more strong blood
- keep balance
- keep our bones healthy

right
water
needs
and
safe
the
amount
of
body
keep
our
heart
healthy

make
blood
strong
more
help
our
healthy
bones
keep

balance
keep

Blood
clean

