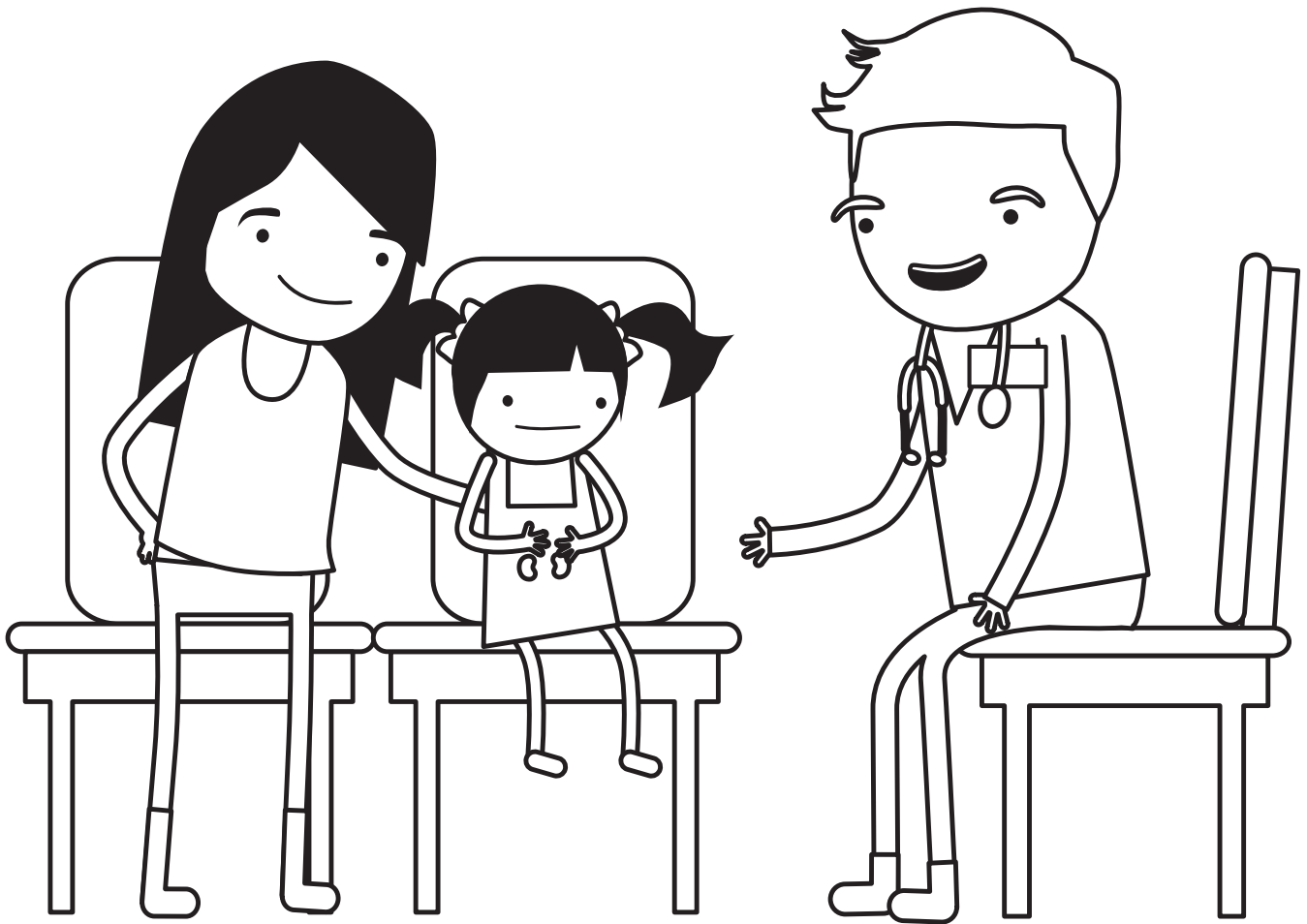




# HEALTHY KIDNEYS

CHRONIC KIDNEY DISEASE ACTIVITY SHEET



KIDNEYS: NEW MESSAGE

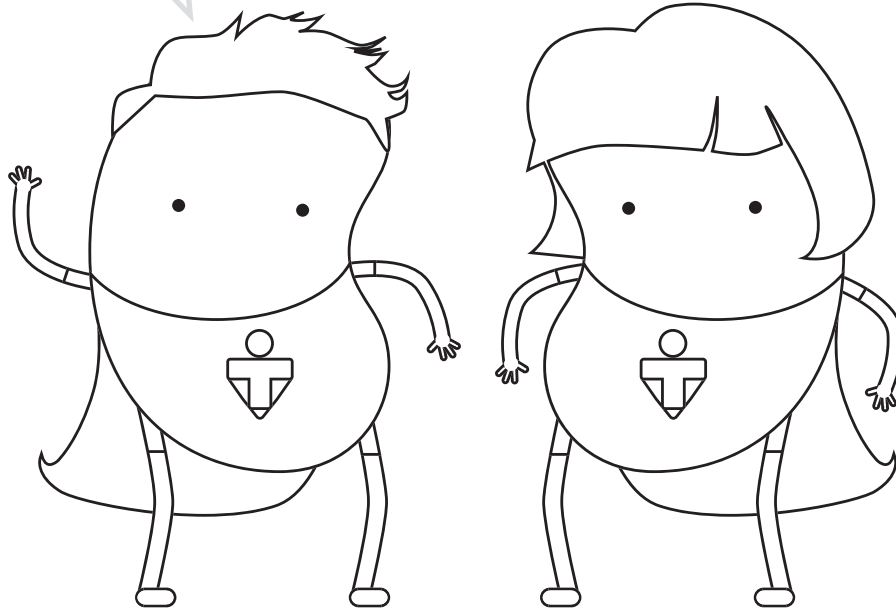
Hey @BONE, we need  
#MOREBLOOD

Your Kidneys send an ESA message to your bones to make more strong blood. What are some other things @YOU need to be #HEALTHY and #LIVEWELL with CKD?



The **Kidney Health Team** wants you to share how you're feeling!

Can you draw how we feeling today? Silly? Angry? Happy? Sad?



## CHRONIC KIDNEY DISEASE WORD FIND

Find and circle the terms to reveal a hidden phrase!

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

ANEMIA  
BALANCE  
BONES  
CHANGE  
CHRONIC  
COMMUNITY  
COPING  
HEALTHY  
HEART  
KIDNEY  
LISTEN  
SAFE  
TALK  
UNIQUE  
UREMIA

What are some of the things you can do every day to live well with CKD?

play video games

take medicines

eat dinner with family

drink pop

eat fresh fruit

talk with my family

play sports

dance

lay on the couch

jump rope

eat junk food

go for a walk

have a daily routine

watch TV

keep a feelings diary

talk to the Kidney Health Team

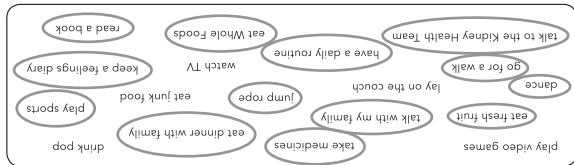
eat Whole Foods

read a book

## IMPORTANT THINGS I LEARNED:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## ACTIVITY ANSWER KEY:



What are some of the things you can do every day to live well with CKD?

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

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