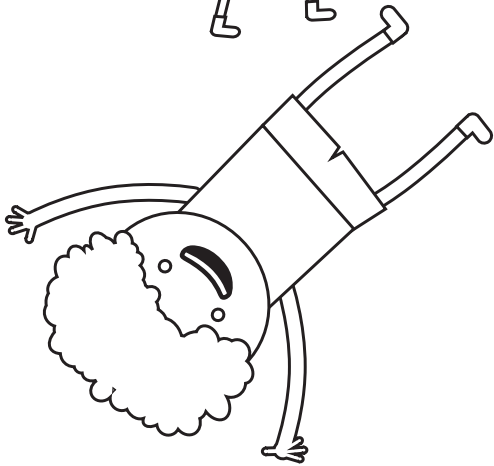
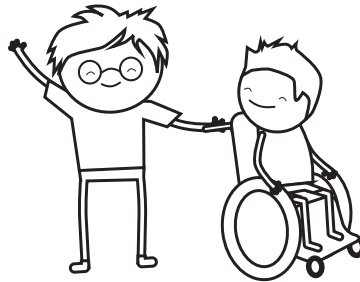




HEALTHY KIDNEYS

MY COPING ACTIVITY SHEET



When our Kidneys need help, what are some of the things we can do to stay healthy?
 Fill in the blanks and reveal a message below.



Eat healthy

7 8 8 9 10

Take M 2 9 12 13 12 14 2 10

Talk to the K 12 9 14 2 6

H 2 3 4 5 1 **T** 2 3 11 **about**

how you're feeling.

Lots of people have to do different things to stay healthy.

13 **K** 9 12 10 **j u** 10 5 **p** 3 **r** 5 8 7 4 12 7 2.



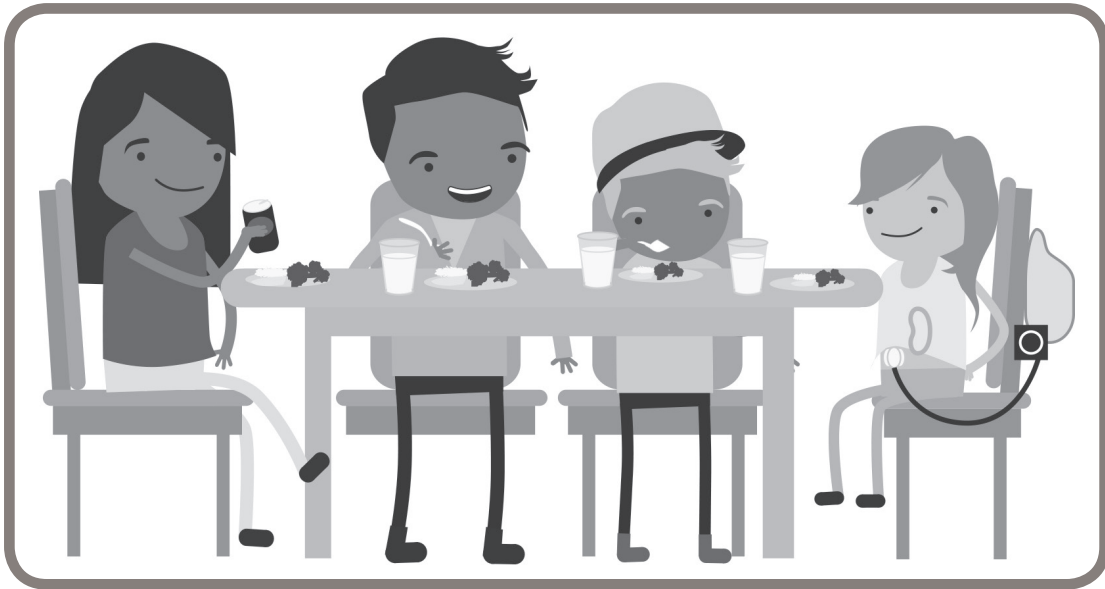
Today I'm feeling _____.



Hmph! I feel so _____.



There are 11 differences. Can you spot them all?



I feel _____!



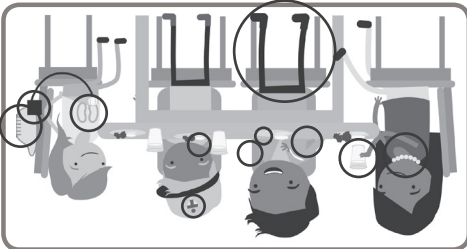
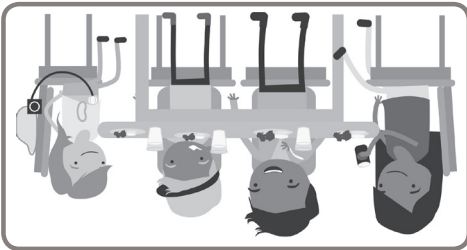
Who looks tired? Colour them in.
Who looks happy? Decorate their hair!
How do you feel right now? Circle the character that shows how you feel right now, or add a new character.

IMPORTANT THINGS I LEARNED:

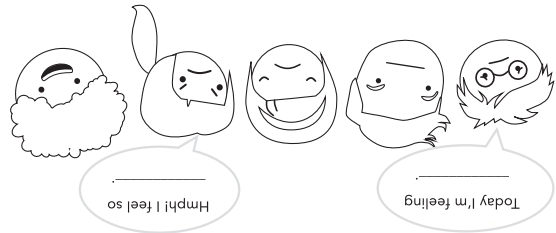
- _____
- _____
- _____
- _____
- _____

ACTIVITY ANSWER KEY:

Who looks tired? Colour them in.
Who looks happy? Decorate their hair!
How do you feel right now? Circle the
character that shows how you feel right
now, or add a new character.



There are 11 differences. Can you spot them all?



C K D I S j u s t p a r t o f l i f e .

Lots of people have to do different things to stay healthy.

Eat healthy foods.
Talk to the kids in your family about
how you're feeling.



When our kids need help, what are some of the things we can do to stay healthy?
Fill in the blanks and reveal a message below.

RESOURCES:

<http://www.aboutkidshealth.ca/En/JustForKids/Life/Pages/Puberty.aspx>

