



Kid Scoop®

.com

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



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Have a Happy, Healthy Winter!

When the weather outside turns frightful, it gets harder to get your much needed exercise.

Moving around keeps you healthy and feeling good. Give these safe and fun indoor activities a try and let us know what you think!

WINTER HEALTH TIP: Hydrate!

If it's cold outside, you might not feel thirsty. However, it is important that you keep drinking water throughout the day. A good reminder is to drink a glass of water each time you go to the bathroom.

How many differences can you find between this boy and his reflection?



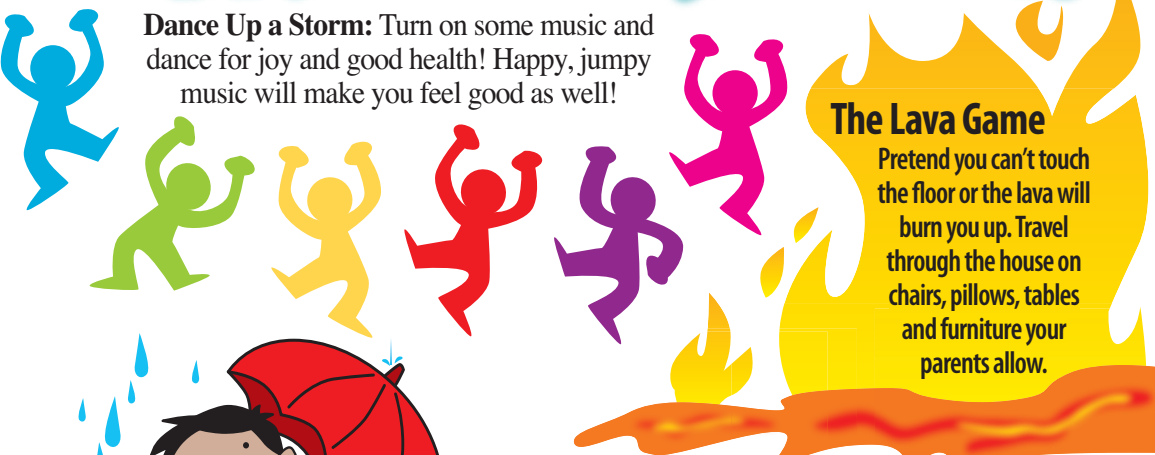
Extra! Extra!

Hundred Toss

Crumple up a sheet of newspaper into a small ball. Cover the entire ball with masking tape. Toss the ball back and forth with one or more pals, counting from 1 to 10 each time the ball is successfully caught. If someone drops the ball, start counting from 1 again. Can you make it all the way to 100?

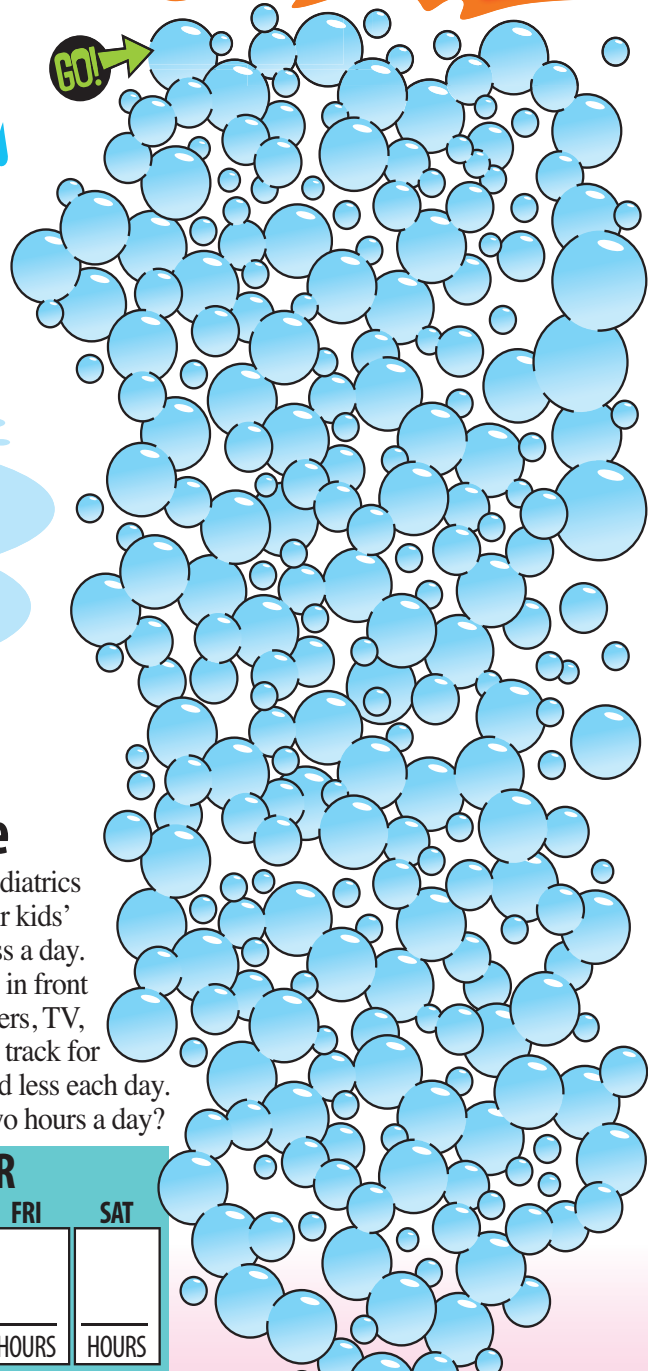
Standards Link: Reading comprehension: Follow simple written directions

Dance Up a Storm: Turn on some music and dance for joy and good health! Happy, jumpy music will make you feel good as well!



The Lava Game

Pretend you can't touch the floor or the lava will burn you up. Travel through the house on chairs, pillows, tables and furniture your parents allow.



WINTER HEALTH TIP: Limit Screen Time

The American Academy of Pediatrics recommends parents limit their kids' screen time to two hours or less a day. How much time do you spend in front of a screen each day? Computers, TV, phones ... it all adds up. Keep track for one week and try to do less and less each day. Can you keep it to less than two hours a day?



SUN	MON	TUE	WED	THU	FRI	SAT
HOURS	HOURS	HOURS	HOURS	HOURS	HOURS	HOURS

Wash Your Hands Often!

Exercise keeps you healthy. Remember to wash your hands throughout the day. Visit kidscoop.com/scrub-squad/ to find a Kid Scoop video and printable activity pages that help make hand washing fun!



Starting up top at "GO," can you find your way through the gaps in these bubbles all the way back down to this little boy?

Kid Scoop® Puzzler

Unscramble each of the mixed-up words.

When should I wash my hands?

- after playing DISTOUE O l l l l l
- after using the STROMORE R T R l l l
- before eating or KONCOGI O O l l l l
- after petting SANIMLA l S l l l l
- before and after visiting a sick DRFNEI F l l l l l
- after blowing your nose, coughing or sneezing
- after taking out the RATHS T l l l l l

Standards Link: Reading Comprehension: Follow simple written directions.

Let's Talk: With your family, discuss things you can do to be healthier in 2020. Come up with a plan to eat healthier foods, get more exercise and spend fun time together!

Double Double Word Search

REMINDER
EXERCISE
HEALTHY
HYDRATE
WEATHER
PRETEND
THIRSTY
MOVING
TRAVEL
DANCE
STORM
LIMIT
SAFE
TIME
WASH

Find the words in the puzzle. How many of them can you find on this page?

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

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.



FIT & FUN

Hand Exercises

Now that your hands are nice and clean, they could use a little exercise. Try these:

Stretch & Squeeze

Spread your fingers out as far as possible. Feel that s-t-r-e-t-c-h? Now squeeze them into two tight fists. Repeat 10 times.

The Big Reach

Stand with your feet slightly apart. Reach your hands up, up, UP as high as you can. Now bend and reach for your toes. Repeat 10 times.

Helicopter Hands

Extend your arms straight out, level with your shoulders. Slowly start twirling your arms in a circular motion. Spin them faster and faster for 60 seconds.

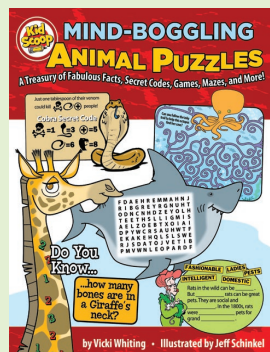
Pat on the Back

Hold your hands out in front of you. Reach over your shoulders and pat your back for 30 seconds. Cross your arms and try again. Do this for 30 seconds. You deserve a pat on the back!

Standards Link: Physical Education: Use a variety of basic and advanced movement forms.

The Kid Scoop book for puzzle lovers!

A great gift idea! Order from your local bookstore, Target.com, BarnesandNoble.com or Amazon.com today!



Kid Scoop® VOCABULARY BUILDERS

This week's word: **HYDRATE**

The verb **hydrate** means to take in or drink water.

The coach reminded the team of the need to **hydrate** during practice.

Try to use the word **hydrate** in a sentence today when talking with your friends and family.

Write On!

Write Words Wonderfully

Write a sentence in which most, or all of the words start with the same letter.

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