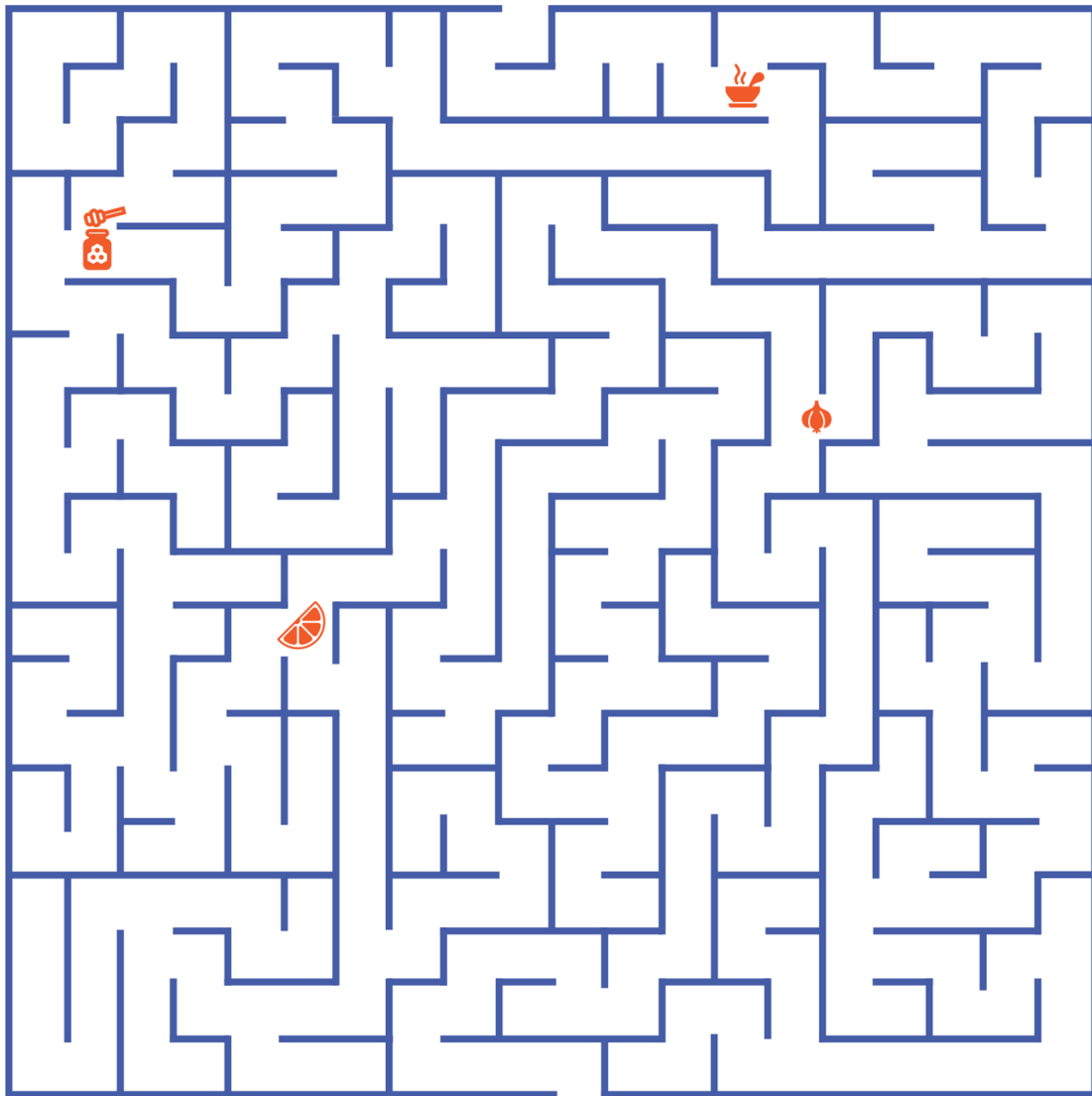


# Activities

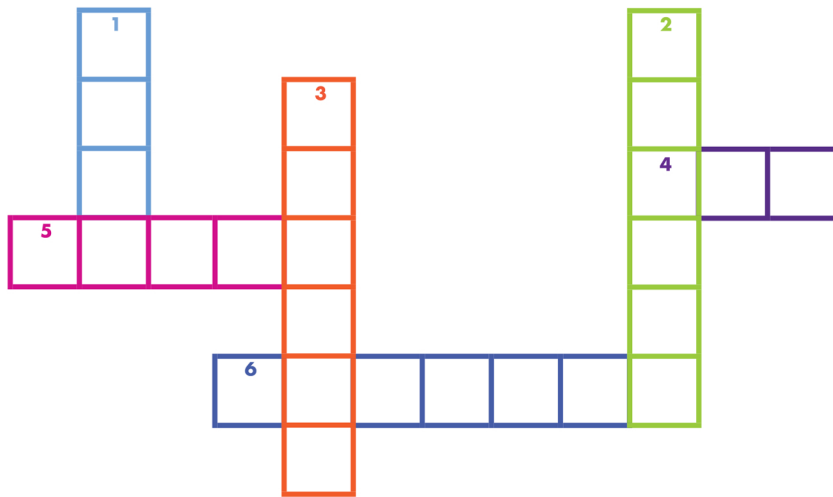
## HOME REMEDIES MAZE



**SOUP:** 3 POINTS  
**HONEY:** 2 POINTS  
**GARLIC:** 4 POINTS  
**CITRUS:** 1 POINT

**WIN BONUS:**  
**10 POINTS!**

# Activities



## SYMPTOMS CROSSWORD

### DOWN:

1. RUNNY \_\_\_\_\_
2. ACHOO!
3. SORE \_\_\_\_\_

### ACROSS:

4. \_\_\_\_ ACHE
5. HIGH TEMPERATURE
6. YAWN! F \_\_\_\_ G \_\_\_\_

## PRECAUTIONS WORD SEARCH



**EAT** healthy – Good nutrition keeps the immune system tough, watchful, and ready.

**EXERCISE** regularly – The stronger you are, the faster your body overcomes illness.

**SMILE** often – Laughter is the best medicine and boosts immune response.

**REST** fully – Getting enough sleep gives your body the energy to fight disease.

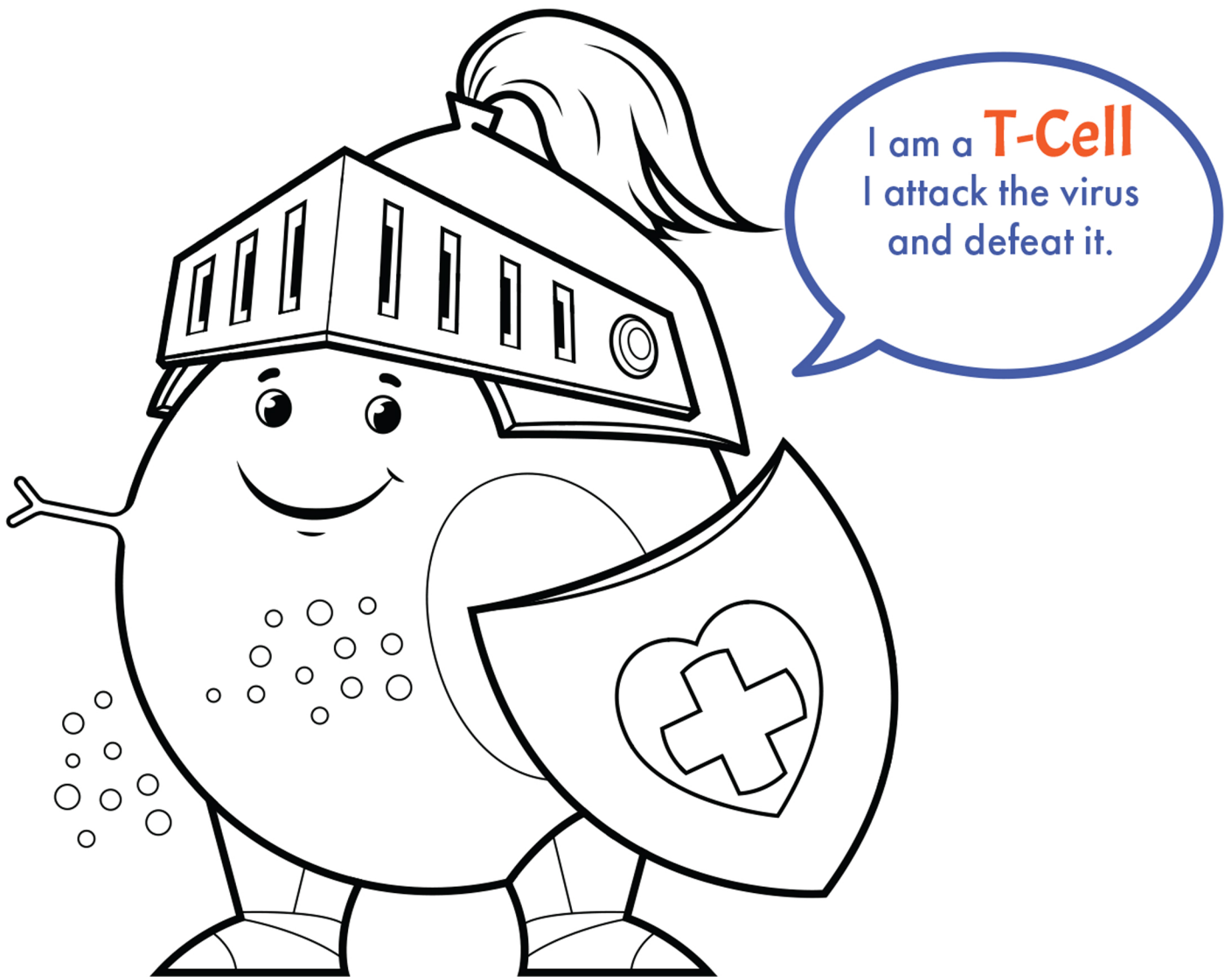
**DRINK** fluids – Hydration transports immune defenders to battle.

**WASH** hands – Germs cannot hurt you if you rinse them off and send them packing.

Get **VITAMINS** – A, B, C, D, E, & K, keep the viruses away.

# Activities

## DEFENDER ARMY COLORING



# Activities

## DEFENDER ARMY COLORING

I am a **B-Cell**  
I make antibodies  
to protect against  
the virus.

