Search for a Smile in the Activity Book & Ages 3-10

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Note to the parents and caregivers:

Soothems has created this **Activity Book** to help develop your child's creativity, imagination and critical thinking skills by engaging them with fun learning activities like coloring and puzzles. Do your best to make sure your child enjoys the challenges of learning and believes in the rewards by completing age appropriate activities. Support your child's efforts to move beyond what he or she can already accomplish with perhaps a little coaching from you, but not to the point of frustration. Always leave your child eager to learn more!

Soothems are a therapeutic medical product that stands on it's own as an effective way to help retain the moisture levels on the skin, relieve itching and help irritated skin heal. Soothems blue moons are printed with **MAGIC fadeaway ink** because "what kid doesn't want **Magic pajamas? It's every kid's dream!**"

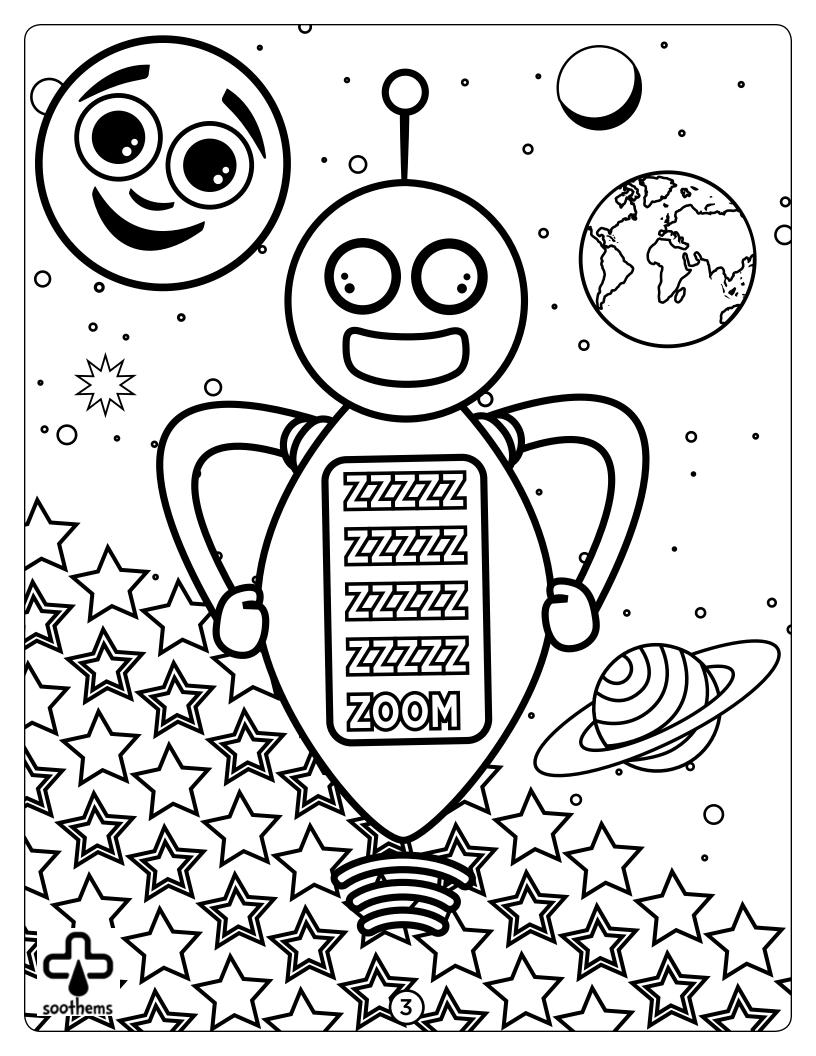
Enjoy our book!

We wrote *Search for a Smile in the Moon* because we understand how miserable living with eczema can be and we want your child to feel more comfortable with their eczema emotionally as well as physically.

Learning guide about eczema: We all know that children thrive on acceptance and it can be difficult for a child when they feel a little bit different from the other kids. This can be especially true for child living with eczema. Help your child develop, in their own words an understanding about eczema. Keep it simple so they can explain eczema to kids that don't have eczema.

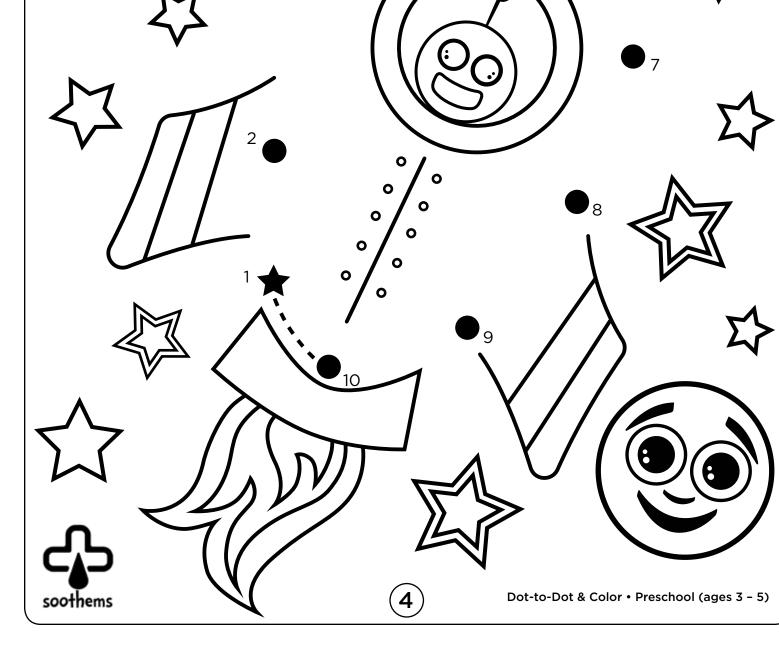
- What is eczema? It is a skin disorder that causes the skin to become dry, red and itchy. The more you itch eczema the worse it feels which is just the opposite of what the brain tells you. Eczema is not contagious and has frequently been linked to other childhood health issues like hay fever and asthma. Statistically the majority of children outgrow eczema by around age 10.
- Why do I have eczema? First, eczema is common, it has been estimated that 1:5 kids and approximately 31 million people in the US and 400 million people in the world have some degree of the seven different types of eczema. Studies have shown a hereditary connection for eczema in families. It is generally the skin's reaction to common everyday things like environmental (hot & damp or dry & cold weather), air quality (pollen, dust mites, pet dander, air pollution, smoke), certain foods (milk, wheat, eggs), and even stress and physical activities. If you know your child's eczema triggers focus on those causes so they can learn to avoid certain things.
- How do I get rid of eczema? Depending on the severity of your child's eczema and the health care professional's specific eczema treatment recommendations the goal is to restore moisture levels to the skin to help relieve the urge to itch. Using special products like bath additives, emollients and moisturizing creams and then covering affected areas with special eczema clothing like Soothems (either wet or dry) will really make a difference in the time it takes for the flareup to subside and the rash to disappear.

Contact Soothems at **wecare@soothems.com** for more information.



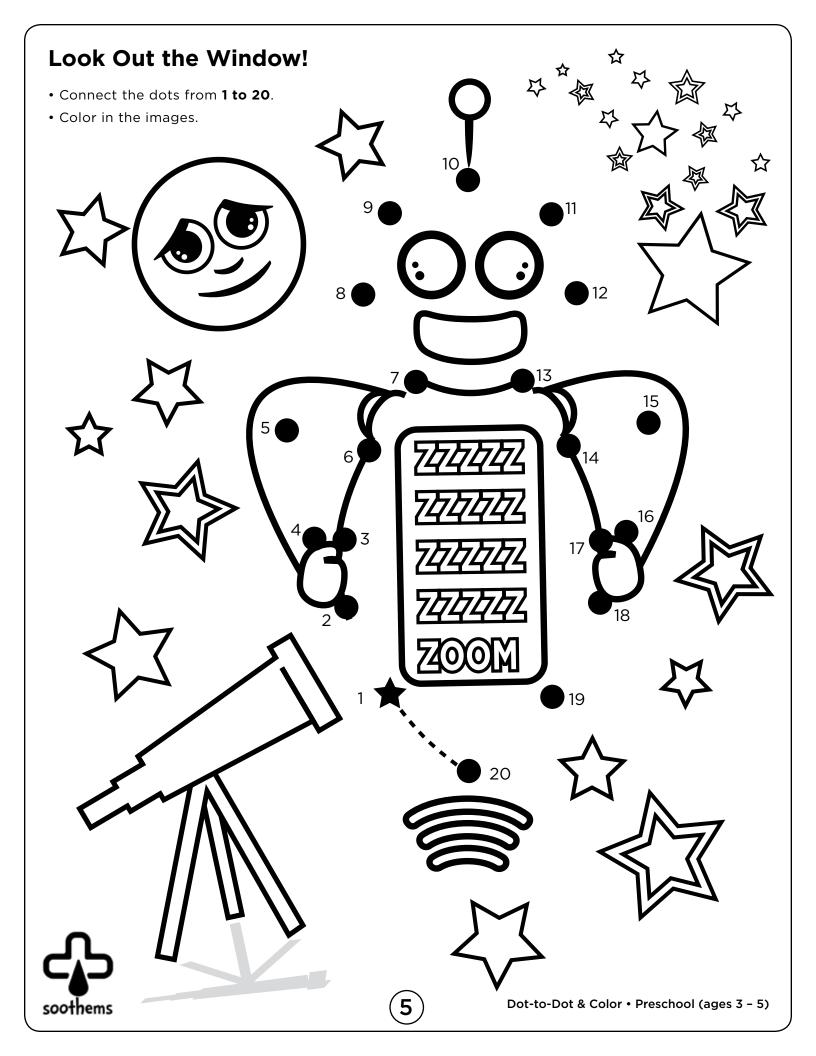
Lost in Space Preschool (ages 3 - 5)

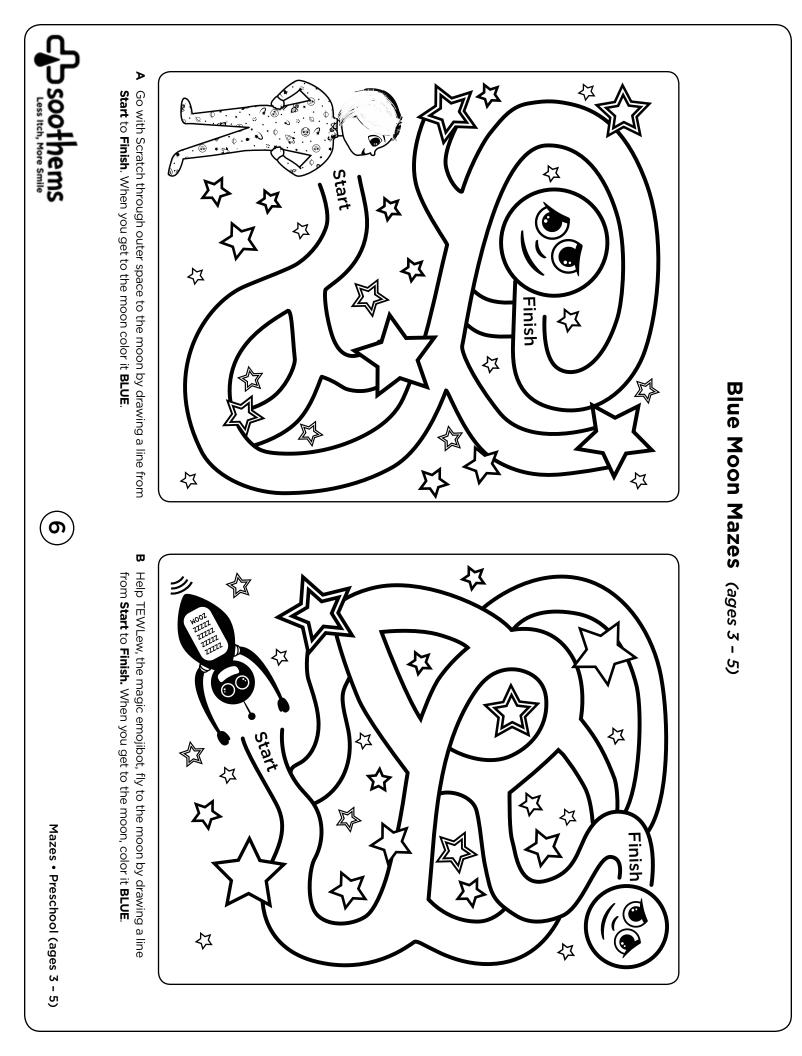
Dot-to-Dot activities help a child practice counting by sequentially recognizing numbers to complete the image. After connecting the dots with a pencil enjoy coloring the images.

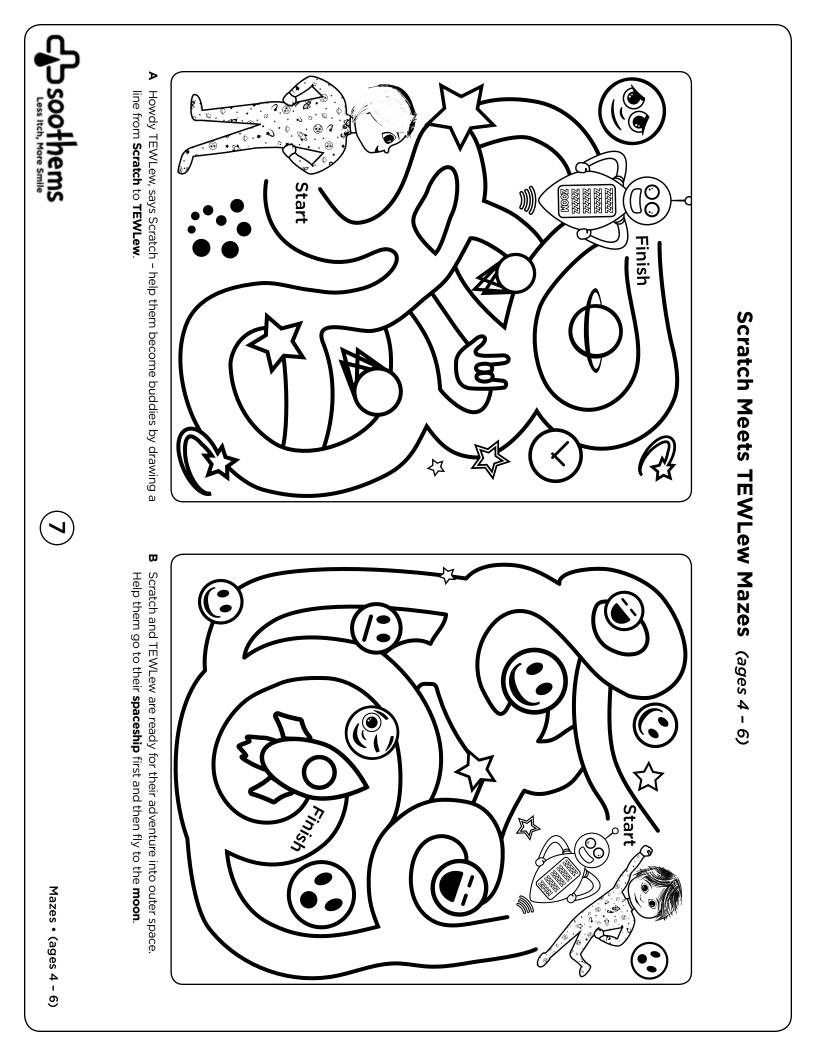


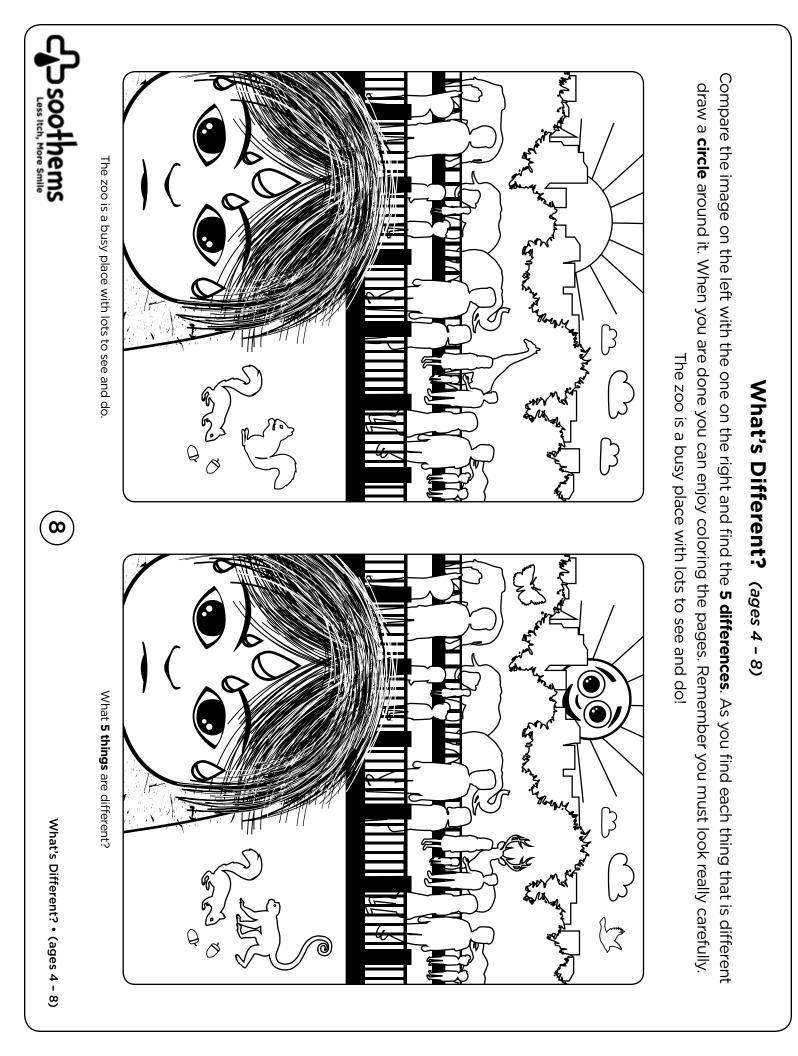
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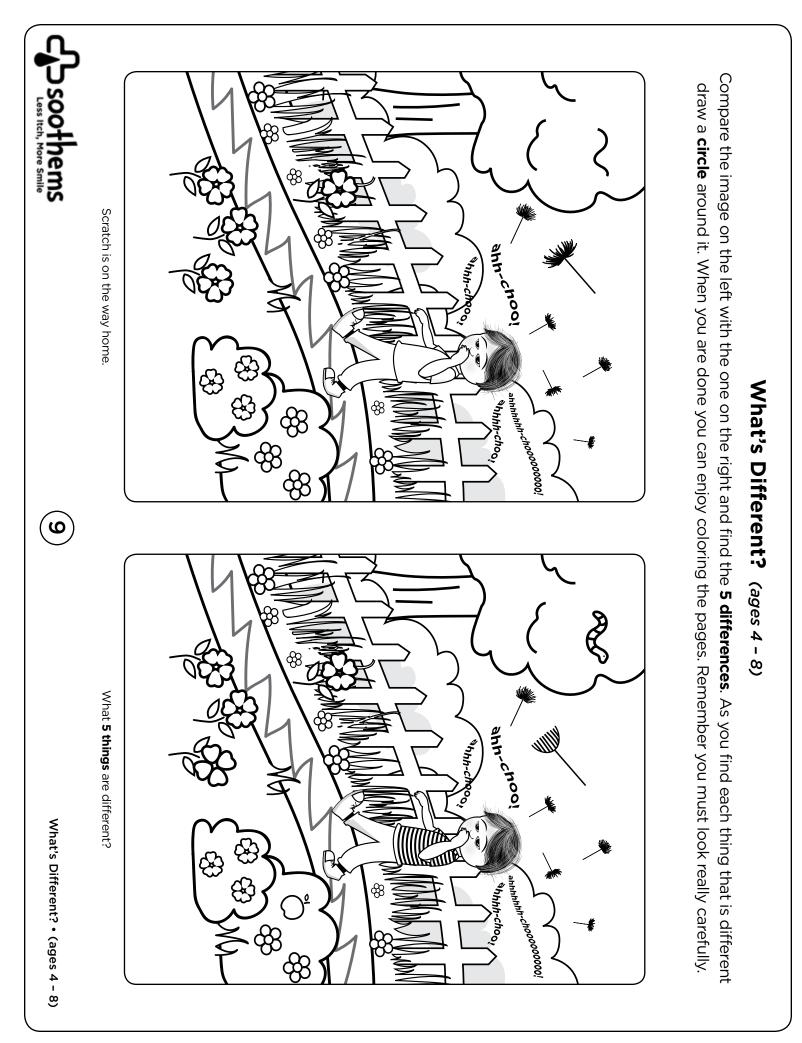
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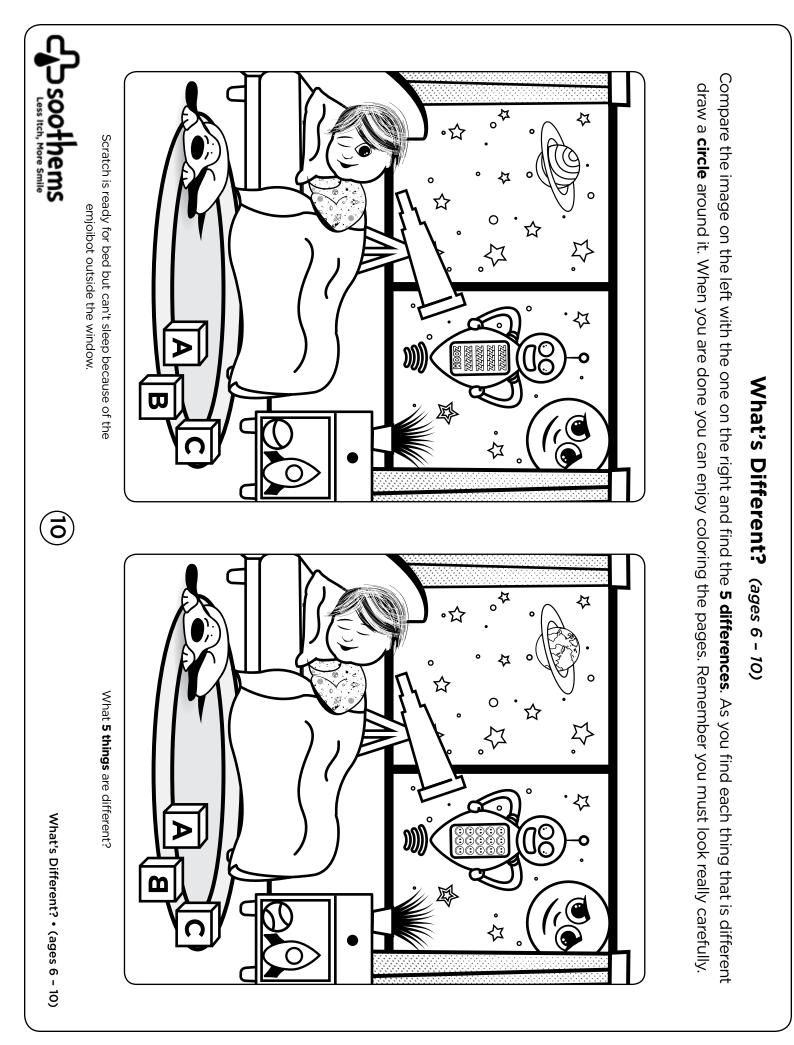


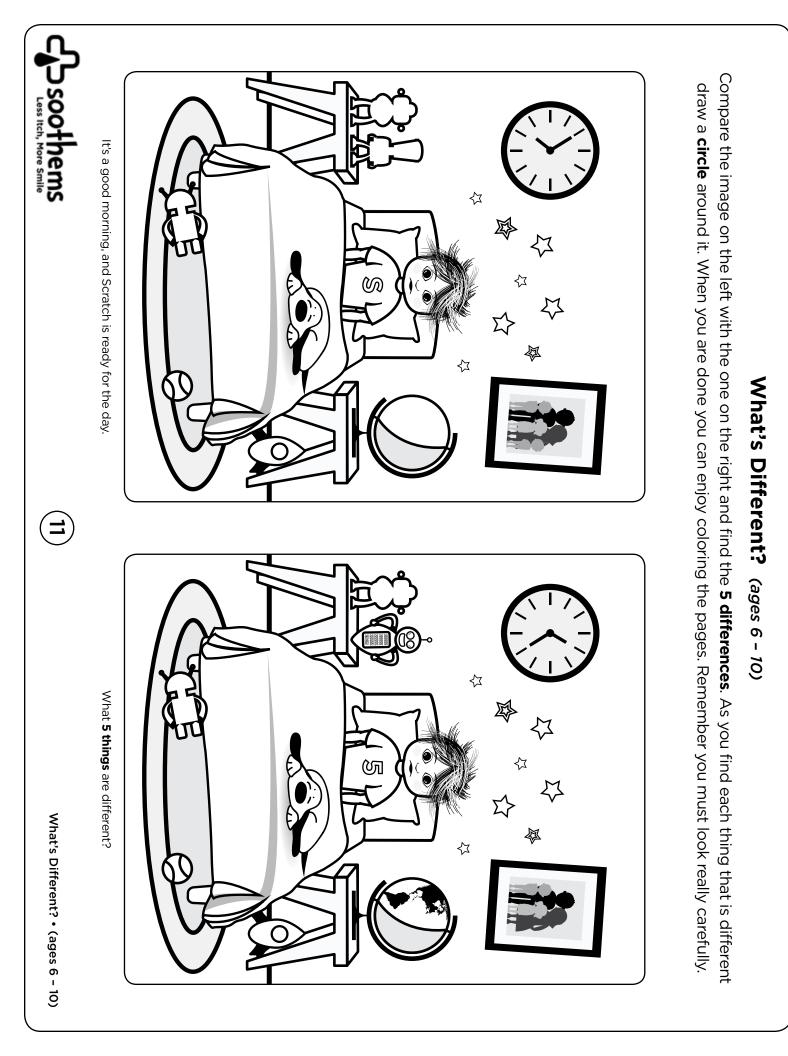












Healthy Foods Word Search Puzzle (ages 4 - 8)

| S | т | R | Α | W | В | Е | R | R | Y | W | Α | | | | | | |
|---------|--|---|---|---|----|--------------------------|---|--|------|------------|----------------------------|--|--|--|--|--|--|
| В | Ζ | С | I | D | Е | R | K | G | G | J | F | | | | | | |
| A | Α | F | I | Y | R | Κ | I | W | I | Z | R | | | | | | |
| Ν | Ρ | G | R | Α | Ρ | Е | S | Е | Ν | Ρ | U | | | | | | |
| Α | Ρ | G | Κ | С | н | Е | R | R | Y | Е | I | | | | | | |
| N | L | U | R | W | S | V | Μ | L | U | Α | т | | | | | | |
| A | Е | I | W | Ρ | Е | Α | С | н | S | R | S | | | | | | |
| z | L | Е | Μ | Ο | Ν | R | G | Ν | W | I | Е | | | | | | |
| S | Μ | Ο | Ο | т | н | I | Е | X | Α | D | S | | | | | | |
| R | G | J | Μ | S | W | U | J | L | I | Μ | Е | | | | | | |
| ᠿ | FRUITS STRAWBERRY BANANA CHERRY | | | | AP | APES PLE MON WI | | PEACH PEAR CIDER SMOOTHIE LIME | | | | | | | | | |
| oothems | | | | | (1 | 2) | | | Word | Search • (| Word Search • (ages 4 - 8) | | | | | | |

Countdown to Take Off Word Search Puzzle (ages 4 - 8)

| E | I | G | н | т | 0 | Α | С | Ζ | G | F | S | |
|----------|---------------------------------|---|---|---|---|---|---|-----------------------------|---|----------|--------------|--|
| Т | I | т | Е | Ν | Ν | S | I | X | X | 0 | U | |
| w | Κ | т | R | Κ | Е | I | D | Ζ | Κ | U | Е | |
| E | J | н | Y | Q | Y | Ζ | Α | Ν | F | R | L | |
| L | R | R | G | S | Е | V | Е | Ν | I | U | Е | |
| v | L | Е | J | т | Ν | I | Ν | Е | V | I | V | |
| E | Ρ | Е | Ρ | J | L | Ν | G | т | Е | Ρ | Е | |
| м | J | т | κ | н | Α | т | W | 0 | V | V | Ν | |
| | TWELVE ELEVEN TEN NINE | | | | | | | FOUR THREE TWO ONE | | | | |
| soothems | othems (13) | | | | | | | | | Search • | (ages 4 - 8) | |

Living Colors Word Search Puzzle (ages 4 - 8)

| | Ρ | R | V | Т | Y | В | Ρ | W | R | Т | F | W |
|---|---------|---|---|------------|---|----------|---------------------------|---|----------|-------------------------|----------|--------------|
| | U | G | G | W | Е | L | Ν | н | Е | S | С | Ο |
| | R | В | R | Ρ | L | U | Ρ | I | L | I | Ν | Е |
| | Ρ | L | Е | I | L | Е | I | т | Κ | L | Ν | G |
| | L | Α | Е | X | 0 | Ζ | Ν | Е | Q | V | Α | R |
| | Е | С | Ν | Q | W | L | κ | В | G | Е | т | Α |
| | Ζ | Κ | Ο | R | Α | Ν | G | Е | F | R | F | Y |
| | R | Ε | D | Q | J | κ | G | т | Α | Ν | U | W |
| | | | ora Purf Yell Whi ⁻ | PLE LOW | | GI Pl | LACK REEN NK RAY | | RI SI | LUE ED LVER AN | | |
| s | oothems | | | | | (1- | 4 | | | Word | Search • | (ages 4 - 8) |

What to Wear Word Search Puzzle (ages 6 - 10)

| U | Ρ | S | Ρ | Α | J | Μ | Α | S | S | 0 | L | |
|----------|--------------------------------------|---|---|---|----|------------------------------|---|---------------------------------|--------|------------|--------------|--|
| 1 | S | н | Α | R | I | X | J | Е | W | R | G | |
| c | н | 0 | Ν | В | Ζ | L | L | В | I | Ο | ο | |
| ο | I | R | т | D | R | Е | S | S | Μ | Μ | w | |
| Α | R | т | S | U | т | W | В | F | S | Ρ | N | |
| т | т | S | G | Α | V | В | G | W | U | Е | w | |
| в | т | F | U | S | К | I | R | т | I | R | D | |
| ο | Ρ | Α | J | Α | Μ | Α | S | Ν | т | U | F | |
| E | н | н | Α | т | D | F | G | С | Α | Ρ | J | |
| ₽ | SWIMSUIT SHORTS PANTS DRESS | | | | | HIRT KIRT GOWN COAT | | PAJAMAS ROMPER HAT CAP | | | | |
| soothems | | | | | (1 | 5) | | | Word S | Search • (| ages 6 - 10) | |

Outer Space Word Search Puzzle (ages 6 - 10)

Find and circle the hidden words that are in a straight line across or down the puzzle. After you find and circle the word, cross it off the list.

| F | S | Ρ | Α | С | Е | н | Е | т | J | |
|---|---|--------------------|---|-----|-----------------------------|---|---|----------------------------|---|--|
| S | Ρ | Μ | I | L | Κ | Υ | W | Α | Υ | |
| U | L | S | т | Α | R | G | S | W | С | |
| Ν | Α | R | т | Ν | S | W | Μ | С | Α | |
| Ζ | Ν | Е | Α | R | т | н | R | Q | V | |
| Μ | Ε | D | F | Ν | W | Q | Ο | Ζ | Е | |
| Ο | т | Ρ | L | U | т | 0 | С | Q | Ν | |
| Ο | S | W | F | Μ | Χ | Q | Κ | Ζ | U | |
| Ν | S | Α | т | U | R | Ν | Е | D | S | |
| D | Μ | Α | Q | В | Q | R | т | G | G | |
| L | Μ | Е | R | С | U | R | Υ | Χ | D | |
| G | W | т | G | Μ | F | W | Χ | Q | Υ | |
| S | Α | т | Е | L | L | I | т | Е | Ν | |
| G | J | К | Μ | Α | R | S | F | В | Q | |
| U | Ν | Т | V | Е | R | S | Е | R | W | |
| | | CE NETS YWAY | | SAT | MERCURY SATELLITE SUN | | | ROCKET STAR UNIVERSE | | |

MOON

PLUTO

16



EARTH

SATURN

Word Search • (ages 6 - 10)

VENUS

MARS