

Be Healthy



Written by Rozanne Lanczak Williams
Illustrated by Gloria Y. Jenkins



Cat and Dog are healthy and active. But when it starts to rain, they don't get to go out and play. Rainy day after rainy day, they end up getting into some bad health habits. When Cat catches a cold, Dog comes up with a plan to get back to healthy ways of living. Read to find out how Cat and Dog find ways to stay healthy and fit in spite of bad weather and bad choices.

HEALTH AND SAFETY FOR KIDS

> Health and safety topics covered in this book:

- > Healthy habits
- > How to avoid illness
- > How to handle illnesses
- > Ways to stay fit and active
- > Healthy eating
- > Daily good health
- > Importance of sleep/rest

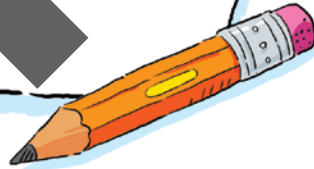
- > Discuss these topics before, during, and after reading the book. Use the questions and activities on page 32 to inspire and extend learning.

Dear Readers,
I hope the 5 books in my new series will help you understand ways you can develop healthy habits, handle stressful situations, learn in new ways, feel happy, and be good friends to one another. And . . . I guarantee that these books will be fun to read thanks to my pals Cat and Dog, who help me tell the stories.

These characters, along with Mouse, have been reader favorites in some of the 250 books I've written that help kids all over the world learn to read and write. So let's explore, all together, ways you can stay safe and be healthy!

Happy reading!

Rozanne



Be Healthy
© 2021 Creative Teaching Press Inc.

Written by Rozanne Lanczak Williams
Illustrated by Gloria Y. Jenkins

Published in the United States of America by:
Creative Teaching Press Inc.
6262 Katella Avenue
Cypress, CA 90630

All rights reserved. No part of this book may be reproduced in any form without the written permission of Creative Teaching Press.

Be Healthy



Written by Rozanne Lanczak Williams

Illustrated by Gloria Y. Jenkins



creative
teaching
press