



CHI St. Joseph Children's Health

Hank's Quest – Feelings!

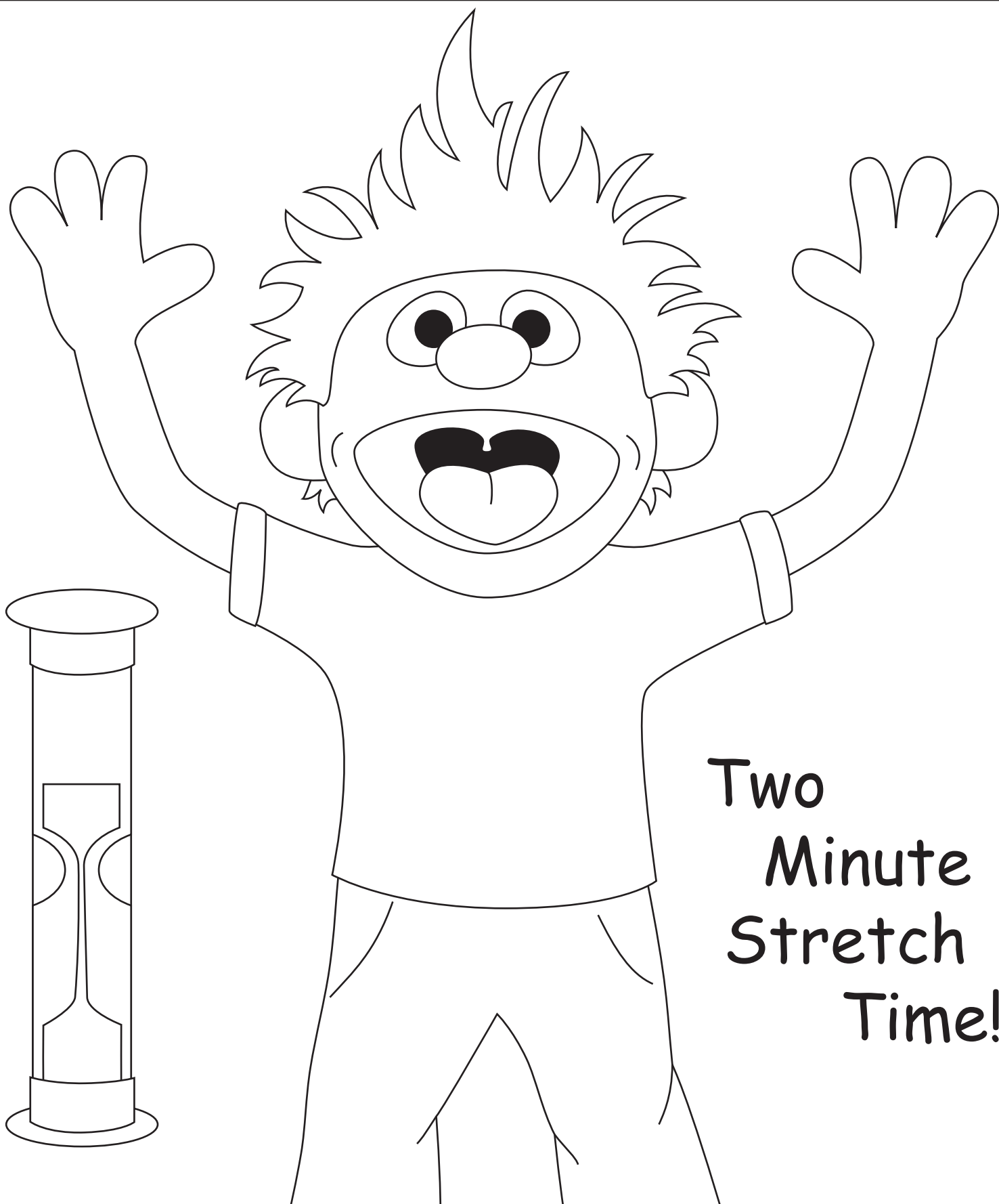
Health
Heroes
Do
Belly
Breathing





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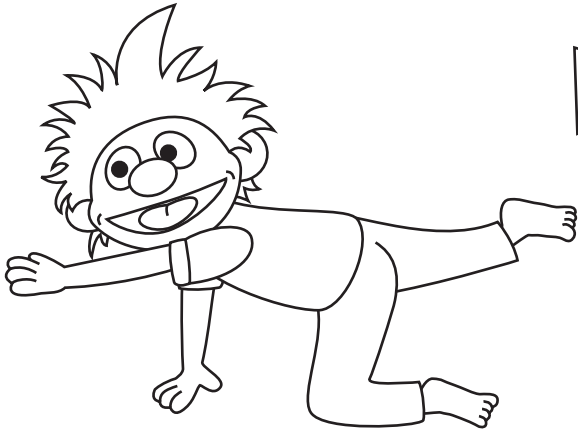


Two
Minute
Stretch
Time!



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Health Heroes

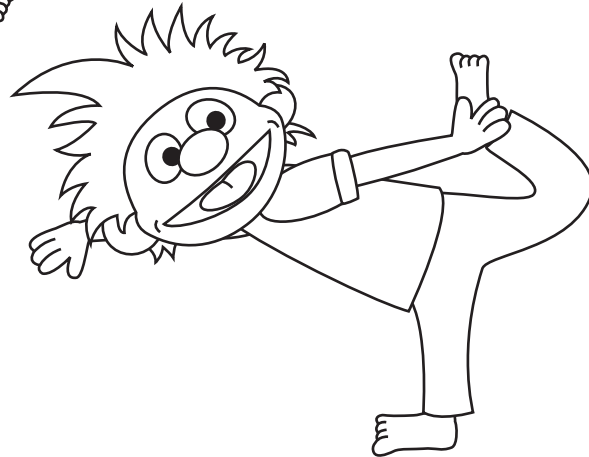


Tiger!

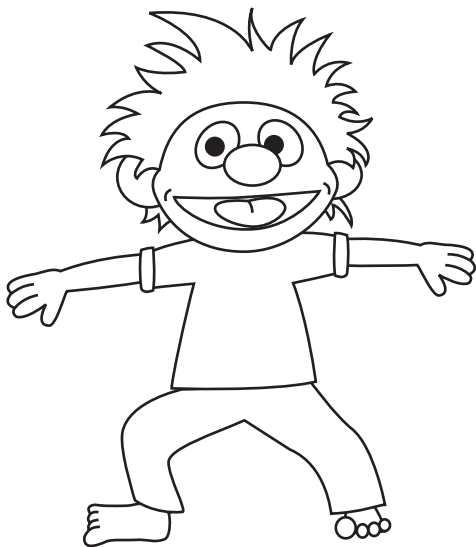
DO YOGA!



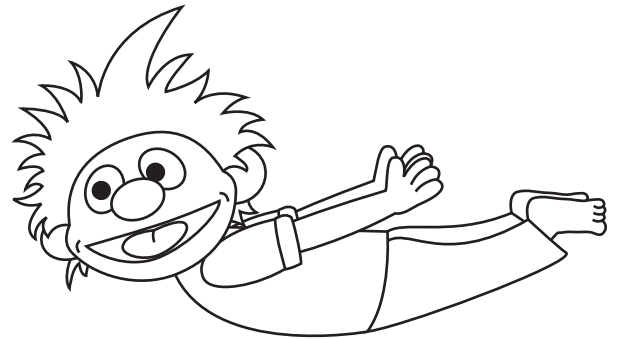
Cowboy!



**Super
Hero!**



Surfer!



Stingray!





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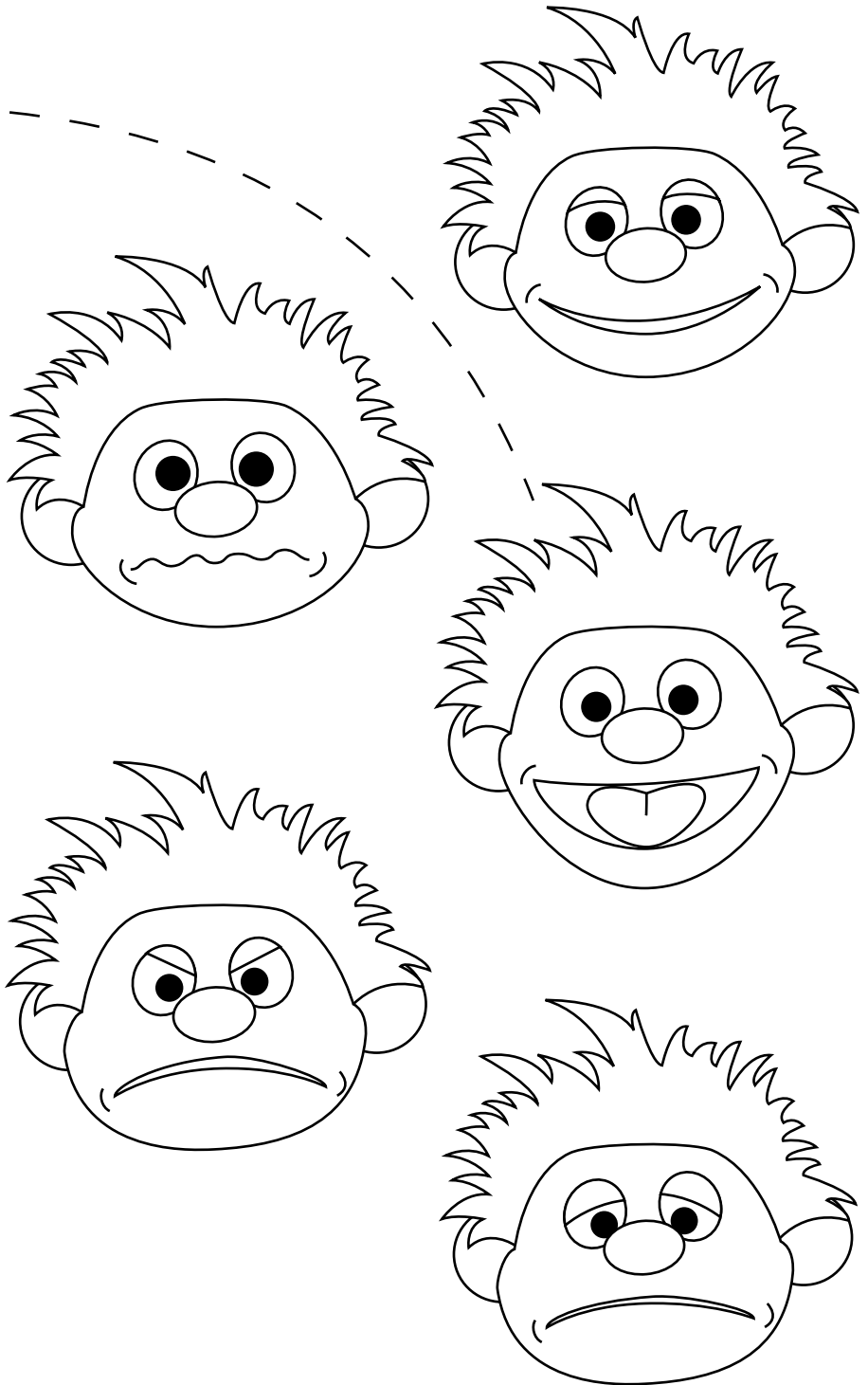
happy

sad

mad

calm

fear



Trace and match!



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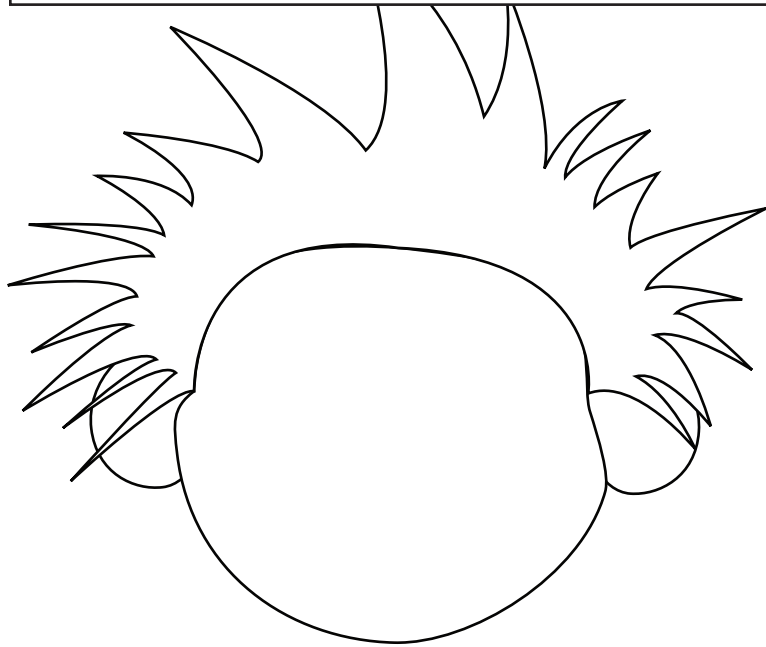


1 = Orange 2 = Blue 3 = Red 4 = Pink 5 = Brown 6 = Green 7 = Light Blue 8 = Yellow
All the windows are yellow too!

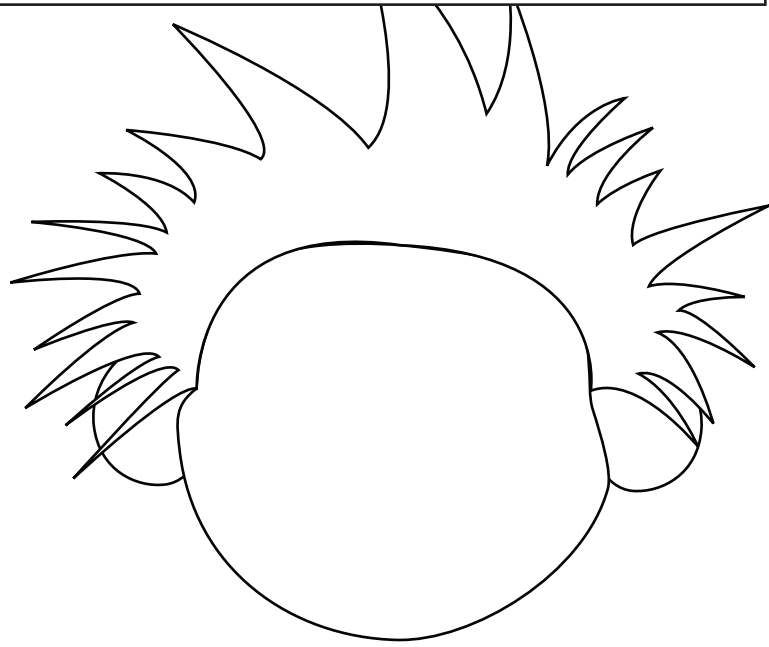


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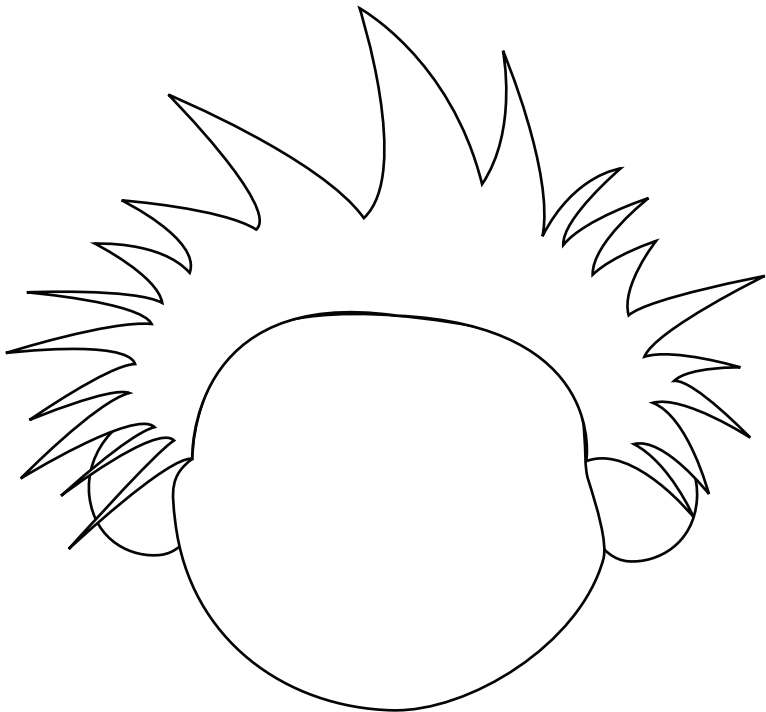
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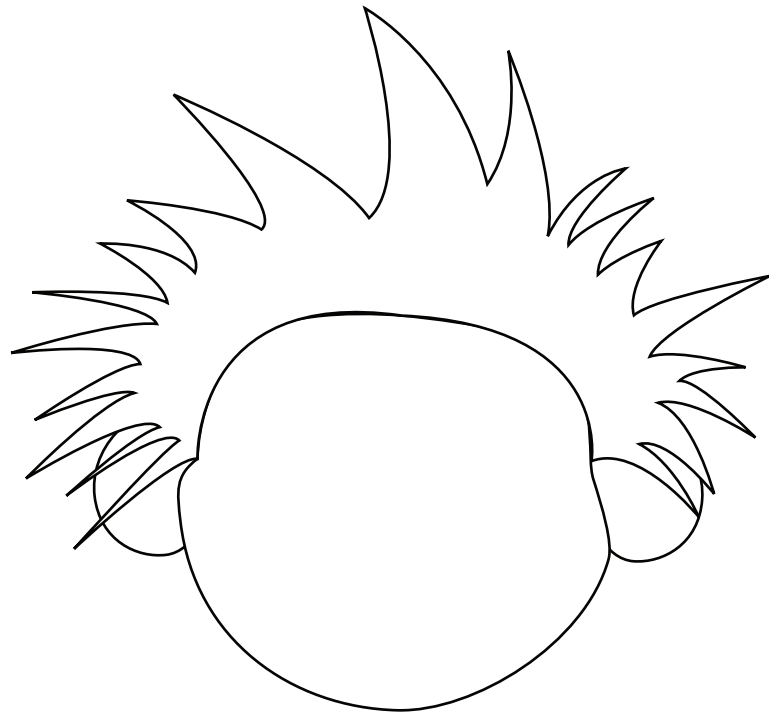
Happy



Sad



Angry



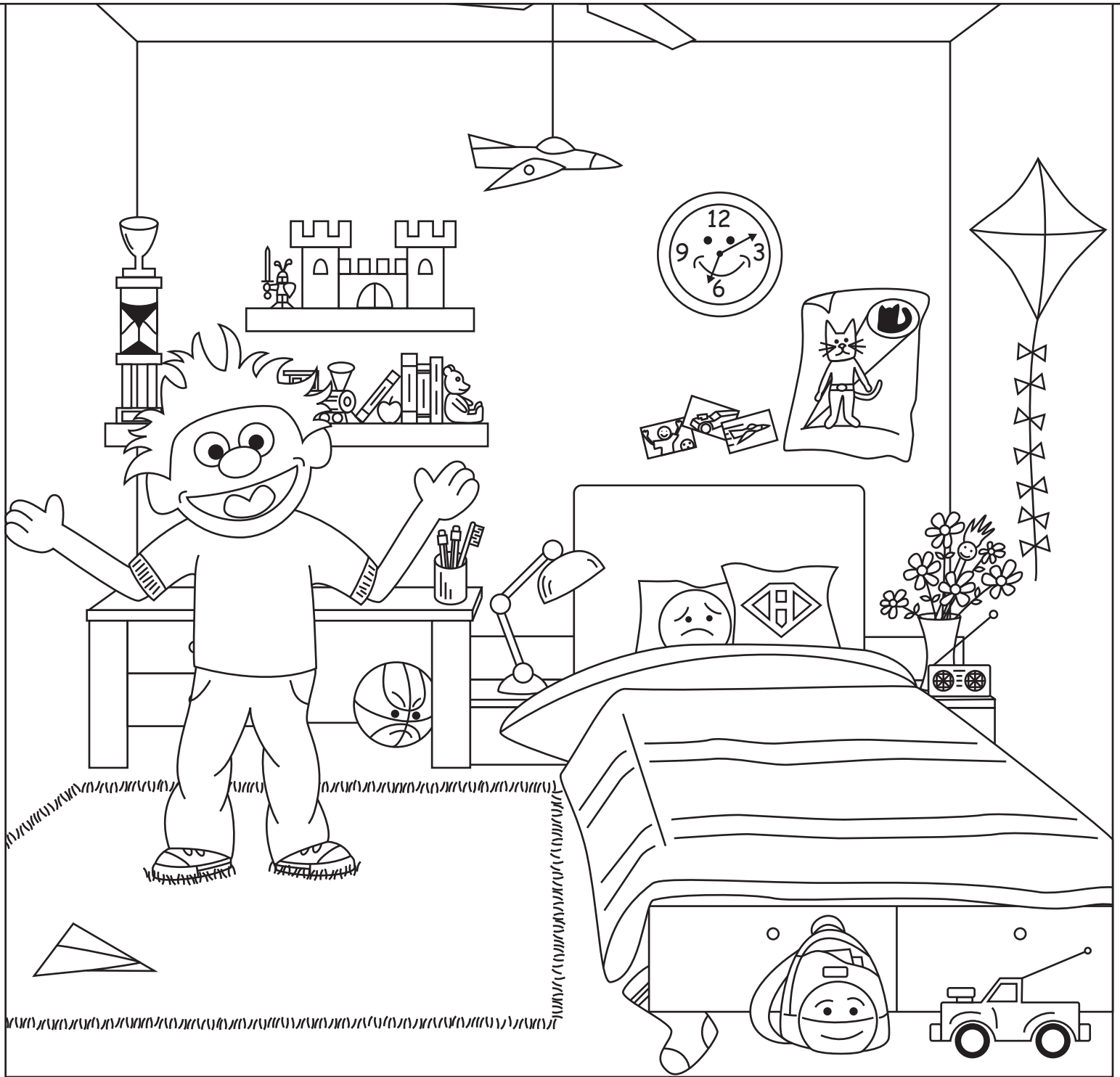
Calm

Health Heroes know it is okay to feel the way they do.
Fill in Hank's face to show how he is feeling.



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Help Hank find his feelings and then color the page.



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Hank's Quest – Feelings!

R A C E
H O C K E Y B A
J W R A A H
S U A P U L I S
W M L D L J O L K K
I P K Q A G Y M E I
M R A Y R G J V
U L P O
N C L I M B T G
F U N Q

Help Hank find these words in the smiley face.

BALL
CLIMB
FUN

GYM
HIKE
HOCKEY
JOG

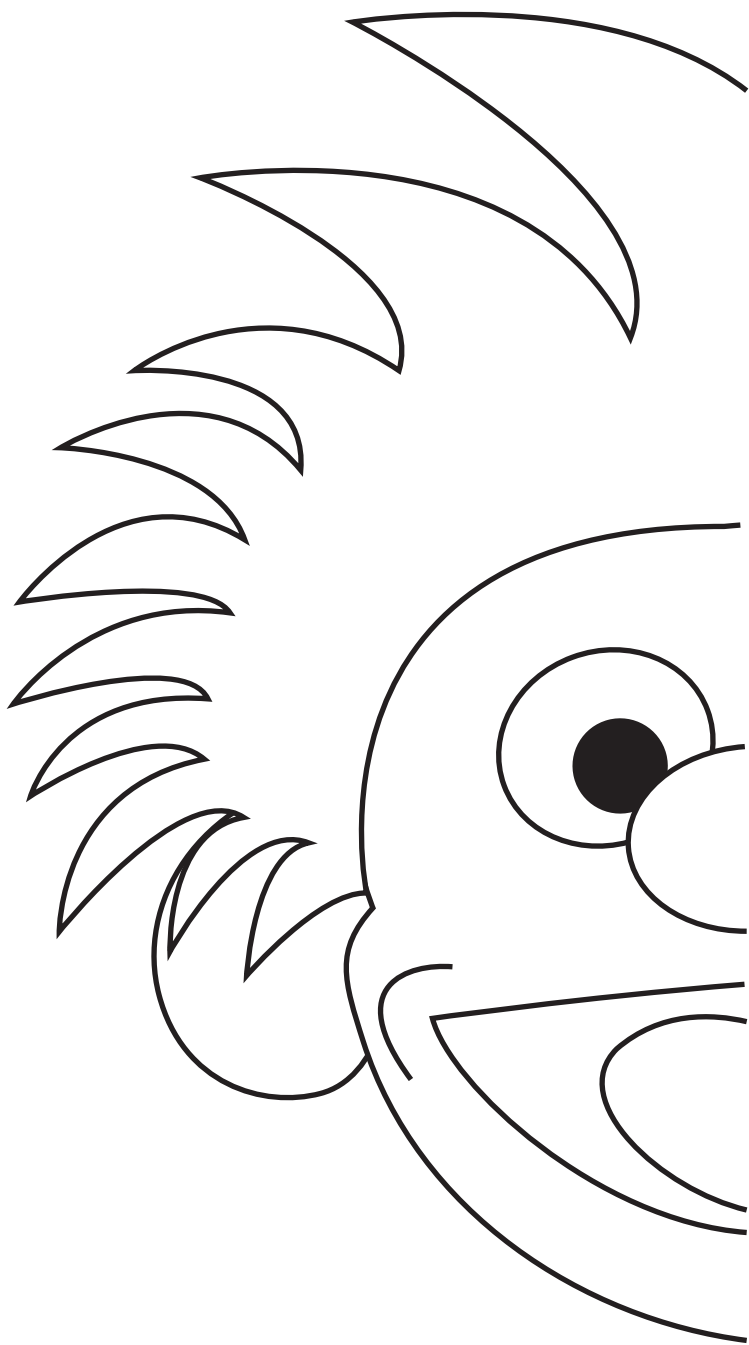
JUMP
PLAY
RACE
RUN

SKI
SWIM
WALK



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Finish Hank's smiling face