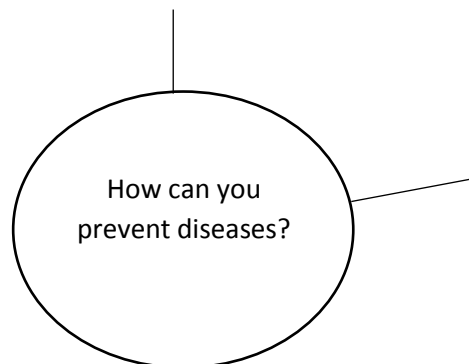


1. Find 10 words related to hygiene.

Name: _____
Created with TheTeachersCorner.net Word Search Maker

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

2. Find relating words to the question in the middle.



3. True or false

If a person is unconscious or has a change in mental status, follow these first aid steps: call or tell someone to call 911 or the local emergency number.

Hygiene is conditions or practices conducive to maintaining health and preventing diseases especially through dirtiness.

A basic first aid kit contains plasters of different sizes and shapes, disinfectant and injectors.

A great way of preventing injuries is to take breaks between sport sessions.

Warming up and cooling down is an unnecessary thing to do in sports.

Physical distancing helps limit the spread of COVID-19.

4. Fill in the gaps, be careful because there are some extra words.

phone/muscles/blood/helmet/mustn't/both
ways/unhealthy/must/yoga/drugs/stretching/balance/right/seatbelt

Don't look at your _____ while driving.

If you drink alcohol you _____ drive.

Wear your _____ when you are in a vehicle.

Put on a _____ when biking.

Look _____ when crossing the street.

Avoid _____ habits such as drinking, smoking, doing drugs...

By doing a little bit of _____ you can stay limber.

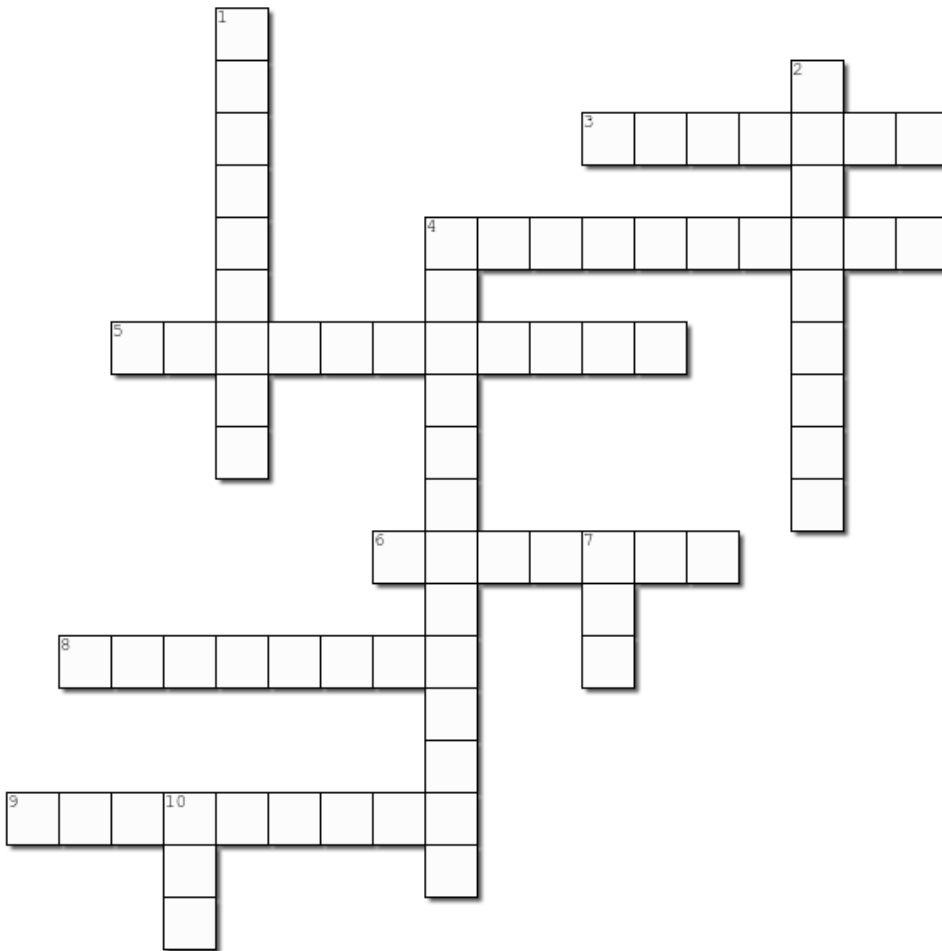
_____ helps improve your range of motion, increased _____ flow to your muscles and benefits your overall performance.

A _____ of fruits and vegetables, lean meats and fish and simple carbohydrates will insure your _____ are able to recover properly.

5. Find the words related to first aid.

Name: _____

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 3. when you call 911, you should speak...
- 4. symptom of heart attack
- 5. keep the person awake in case of...
- 6. if the victim is conscious ask for...
- 8. symptom of shock
- 9. broken bones are...

Down

- 1. care given to a person injured or ill
- 2. trouble ... is a life threatening condition
- 4. checking for ... is the first step out of 6
- 7. emergency medical services
- 10. the c in ABC's of life saving steps

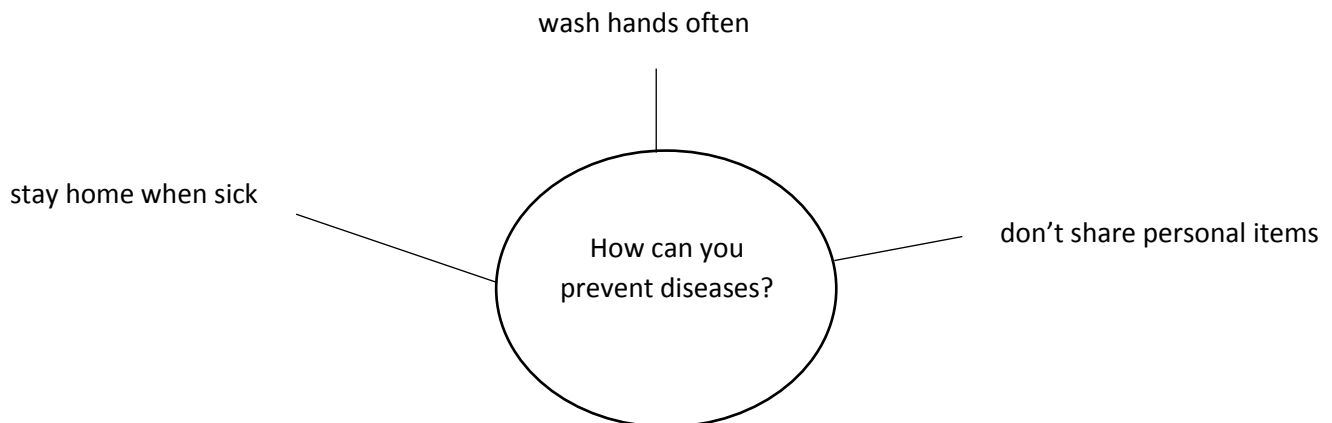
Solutions

- Find 10 words related to hygiene.

Name: _____
Created with TheTeachersCorner.net Word Search Maker

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

- Find relating words to the question in the middle.



- True or false

If a person is unconscious or has a change in mental status, follow these first aid steps: call or tell someone to call 911 or the local emergency number. **T**

Hygiene is conditions or practices conducive to maintaining health and preventing diseases especially through dirtiness. **F**

A basic first aid kit contains plasters of different sizes and shapes, disinfectant and injectors. **F**

A great way of preventing injuries is to take breaks between sport sessions. **T**

Warming up and cooling down is an unnecessary thing to do in sports. **F**

Physical distancing helps limit the spread of COVID-19. **T**

4. Fill in the gaps, be careful because there are some extra words.

phone/muscles/blood/helmet/mustn't/both
ways/unhealthy/must/yoga/drugs/stretching/balance/right/seatbelt

Don't look at your **phone** while driving.

If you drink alcohol you **mustn't** drive.

Wear your **seatbelt** when you are in a vehicle.

Put on a **helmet** when biking.

Look **both ways** when crossing the street.

Avoid **unhealthy** habits such as drinking, smoking, doing drugs...

By doing a little bit of **stretching** you can stay limber.

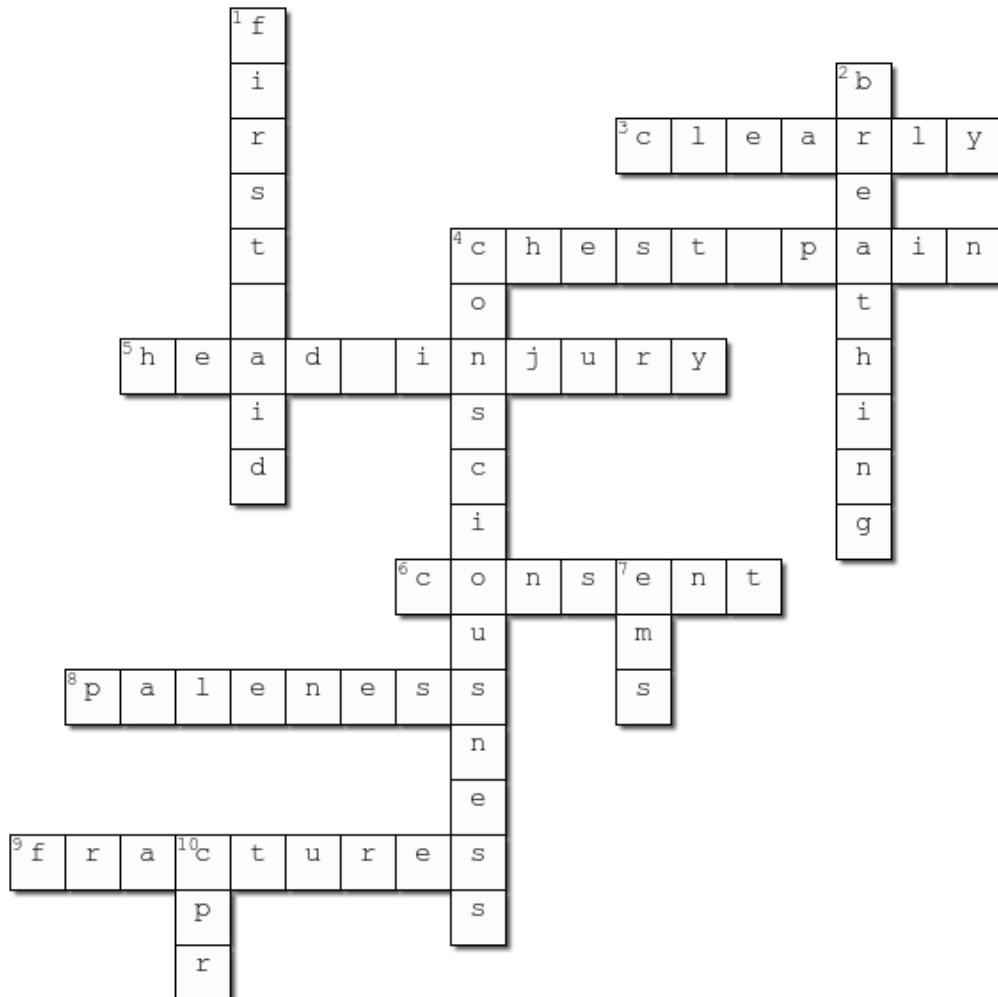
Yoga helps improve your range of motion, increased **blood** flow to your muscles and benefits your overall performance.

A **balance** of fruits and vegetables, lean meats and fish and simple carbohydrates will insure your **muscles** are able to recover properly.

5. Find words related to first aid.

Name: _____

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 3. when you call 911, you should speak...
(**clearly**)
- 4. symptom of heart attack (**chest pain**)
- 5. keep the person awake in case of...
(**head injury**)
- 6. if the victim is conscious ask for...
(**consent**)
- 8. symptom of shock (**pale ness**)
- 9. broken bones are... (**fractures**)

Down

- 1. care given to a person injured or ill (**first aid**)
- 2. trouble ... is a life threatening condition
(**breathing**)
- 4. checking for ... is the first step out of 6
(**consciousness**)
- 7. emergency medical services (**ems**)
- 10. the c in ABC's of life saving steps (**pr**)