



Body & Health

i is for illness.



An illness is when your body does not feel well or is not working normally. Rest, fluids, and medical care can help you get better.

An ABC theme book with photos & descriptions.

a

is for arm.



**Your arm helps
you reach, carry,
and hug. It has
muscles and
joints that help it
move.**

b

is for back.



**Your back
supports your
body when you
sit, stand, and
move. Keeping
your back
strong can help
prevent pain.**

C

is for cough.



A cough is your body pushing air out to clear your throat or lungs. You might cough when you have a cold or allergies.

d

is for doctor.



A doctor helps
you stay
healthy and
treats you when
you are sick.
Doctors can
check your
body and give
you advice or
medicine.

e is for elbow.



Your elbow is the bend in your arm where two bones meet. It helps your arm move to eat, write, and play.

f

is for feet.



**Your feet help
you balance
and move from
place to place.
Wearing
comfortable
shoes can help
protect your
feet.**

g

is for germs.



Germes are tiny organisms that can spread and make people sick. Washing hands helps keep germs from spreading.

h is for hospital.



A hospital is a place for medical care when someone is very sick or hurt. Nurses and doctors work there to help people heal.

i

is for illness.



An illness is when your body does not feel well or is not working normally. Rest, fluids, and medical care can help you get better.

j

is for joint.



A joint is where two bones connect, like your knee or elbow. Joints help your body bend and move in many ways.

k

is for knee.



Your knee is a joint that helps your leg bend and straighten. It is important for walking, climbing, and running.

is for leg.



**Your leg helps
you walk, jump,
and kick.**

**Strong legs
help your body
stay steady and
active.**

m is for medicine.



Medicine can help your body fight illness or feel better. It should only be taken with help from a trusted adult or doctor.

n is for neck.



Your neck supports your head and helps it turn and look around. Gentle stretching can help your neck feel less stiff.



is for “ouch!”



“Ouch” is a word you might say when something hurts. It can help others know you need help.

p

is for pain.



Pain is a signal that something in your body may be hurt or irritated. Telling an adult where it hurts can help you get support.

q

is for quiet rest.



Quiet rest gives
your body time
to recover and
rebuild energy.
Resting can
help when you
feel sick or sore.

r

is for rash.



A rash is skin that looks red, bumpy, or irritated. Some rashes itch, and a doctor can help if it does not go away.

S

is for sore throat.



A sore throat can make swallowing feel painful or scratchy. Warm drinks, rest, and checking with a doctor can help.

t

is for tummy.



Your tummy is your belly, where your stomach helps break down food. A tummy ache can happen from illness, hunger, or eating too much.

U is for urgent care.



Urgent care is a clinic that helps when you need medical help quickly. It is often used when it is not an emergency but you cannot wait.

V is for vaccine.



**A vaccine helps
your immune
system learn
how to fight
certain germs.
Vaccines can
help prevent
serious
illnesses.**

W is for wash hands.



**Washing hands
with soap
removes germs
from your skin.
Clean hands help
protect you and
others from
getting sick.**

X

is for x-ray.



An X-ray is a picture doctors use to look at bones inside your body. It can help find breaks or other injuries.

y

is for yawn.



A yawn can mean your body is tired or needs more oxygen. Getting enough sleep helps your body stay healthy.

Z

is for “Zzzzz” sleep.



Sleep helps
your body heal,
grow, and stay
strong. Good
sleep can also
help your brain
focus and learn.



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and holiday
themed
activities in our
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to you by DTA Schools!

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