

# WELLNESS WINTER WONDERLAND

## ACTIVITY BOOK



**PUBLIC HEALTH**

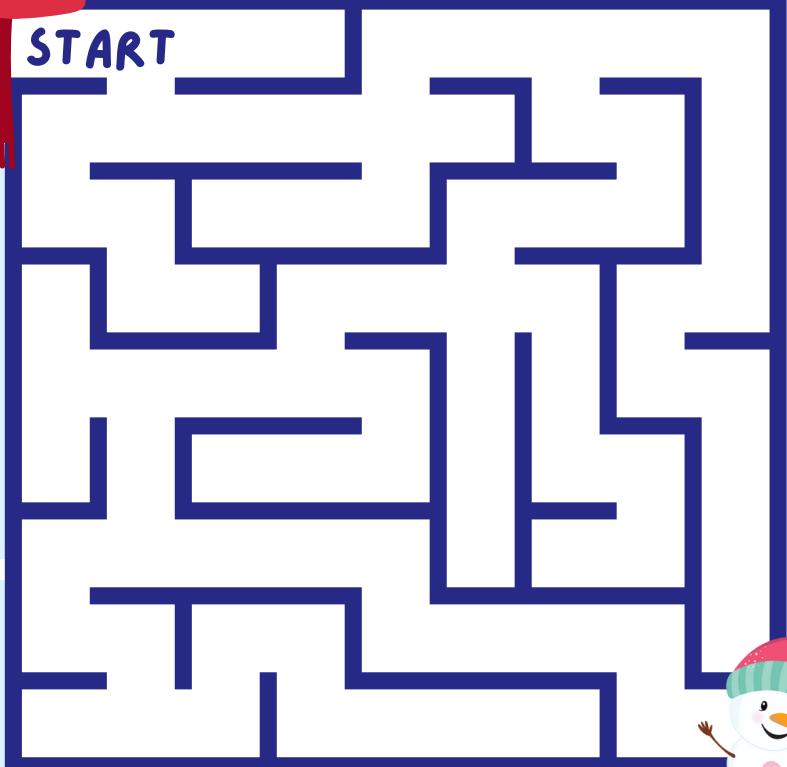
CITY OF ABILENE TEXAS

# IT'S GETTING CHILLY!

CAN YOU BRING THE SNOWMAN HIS SCARF?



START



**GREAT JOB!**

WEARING WARM CLOTHES HELPS  
KEEP YOU HEALTHY!

# TIME TO COLOR!



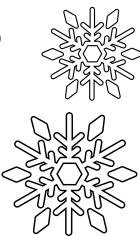
**RUN RUN REINDEER!**  
KEEPING ACTIVE WHEN IT'S  
COLD HELPS KEEP YOU HEALTHY

# TIME TO COLOR!

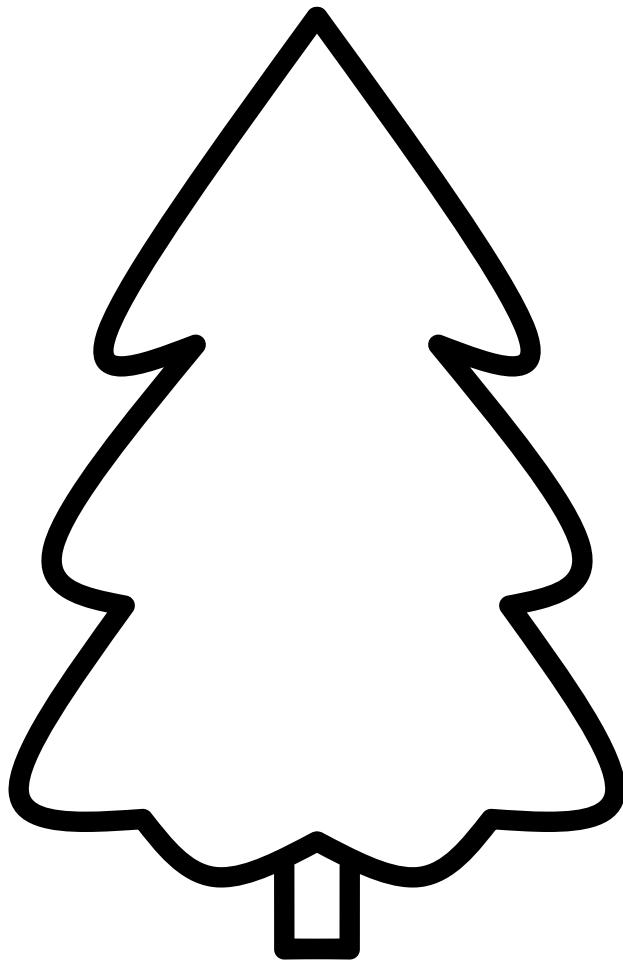


MR. PENGUIN ALWAYS  
WASHES HIS FLIPPERS  
BEFORE EATING!

# COLOR AND COUNT!



# DECORATE A TREE!



JUST LIKE TREE ORNAMENTS,  
COLORFUL FRUITS AND  
VEGGIES KEEP US BRIGHT!

# MATCHING GAME!



Ornament



Hat



Cookie



Scarf



Hot Cocoa

WHEN IT'S COLD OUT, MOVE  
AROUND AND PLAY TO STAY WARM!

# HIDE AND SEEK!

## Can you find the mouse?



Great job!  
Mr. Mouse always drinks his  
water, even when it's cold!