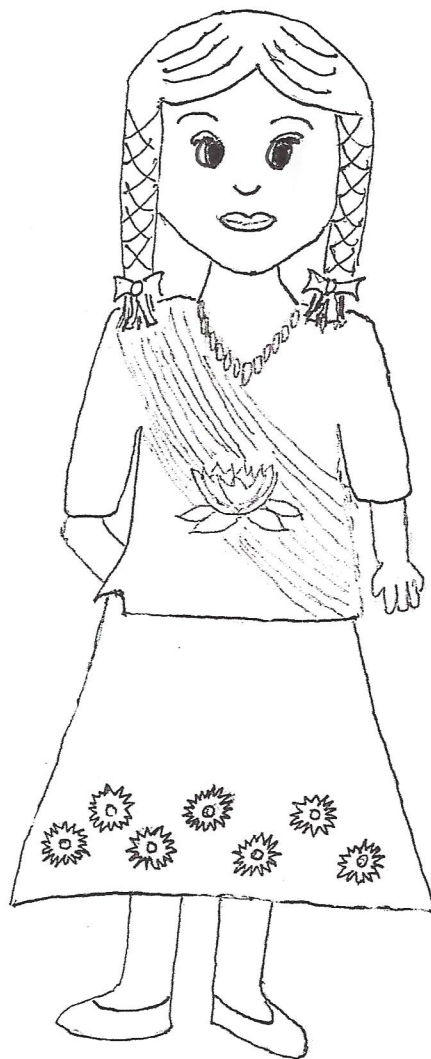


Sparkly Charkalee Phronesis
Padma Sherni Health Workbook



Pialee Roy

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<http://www.sparklycharkaleephronesis.com>

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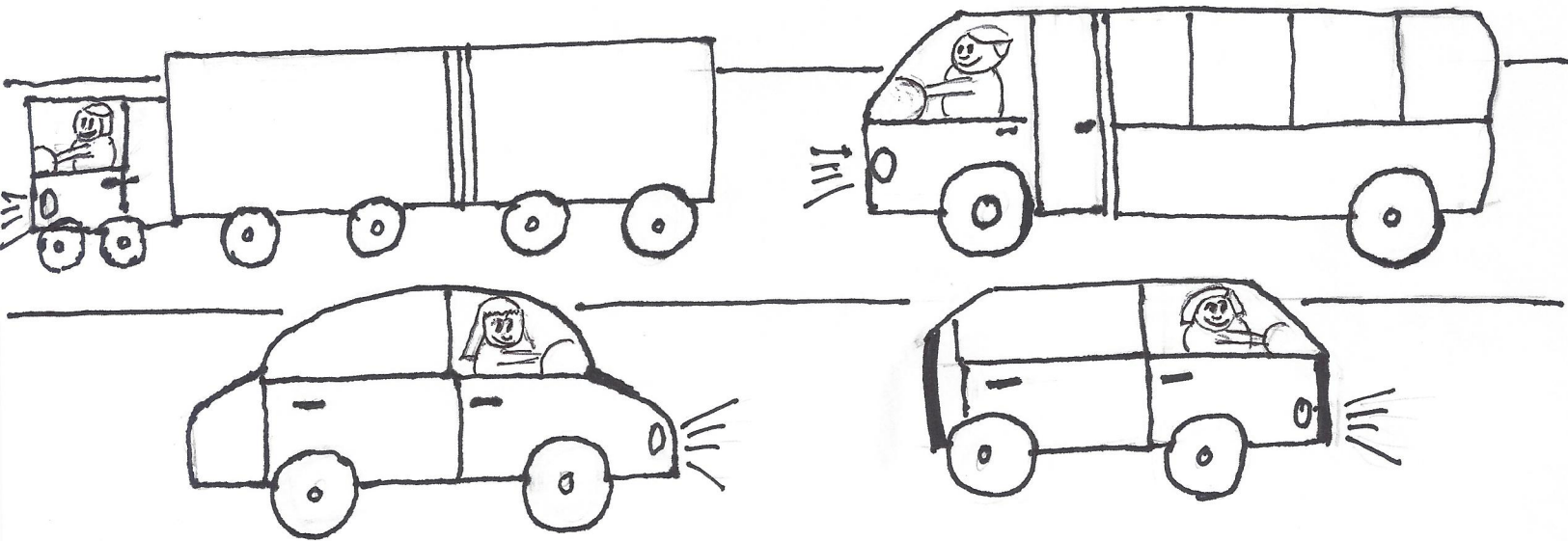
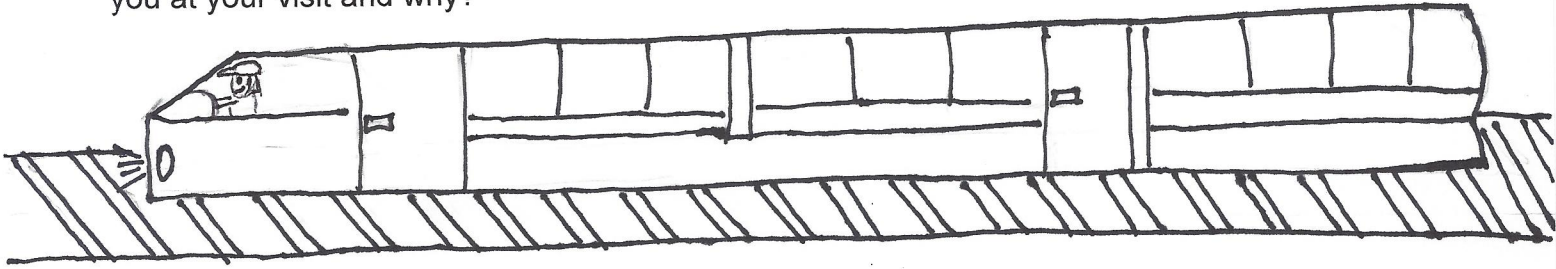
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Padma Sherni would like to help you improve your health. She has been trying to stay healthy and hopes that you achieve good health too. She hopes health providers like your doctors and nurses can offer you the best care.



Page 2.

Padma Sherni asks how do you get to the doctor's office? Will you travel by walking, by car, by bus, or by train? Is travel fun? Why or why not? Who do you want to have with you at your visit and why?



Padma Sherni asks: What do you need to take with you to your appointment?



Page 4.

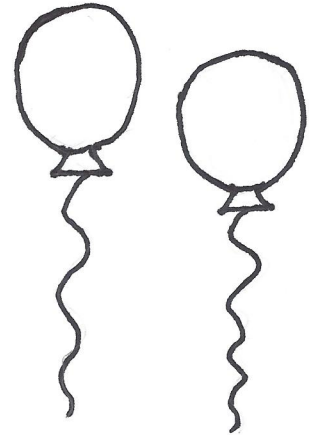
Padma Sherni says: At the doctor's office, you can let the front desk know you have arrived and pay for your visit. They will ask you: What is your full name and birthday?

Your full name: _____

Your birthday: _____

Address: _____

Phone Number: _____



Do you have a wish list for your next birthday?

Please write, draw, and color as you wish in the space below:

Padma Sherni suggests: When you do not feel well, name some people who you can talk with and list their phone number below:

Family: _____

Friend: _____

School Nurse: _____

Doctor: _____

Other adult: _____



Padma Sherni says: After your height and weight is recorded, the doctor's helper (nurse or physician's assistant) will continue your check-up. They will check your temperature, blood pressure, and reflexes. They will also check for how many heart beats per minute you have by checking your pulse. What will be used to check these vital signs? Can you match the instrument to the function for your check up?

How are your reflexes? Did your arm and leg move when they were tapped?

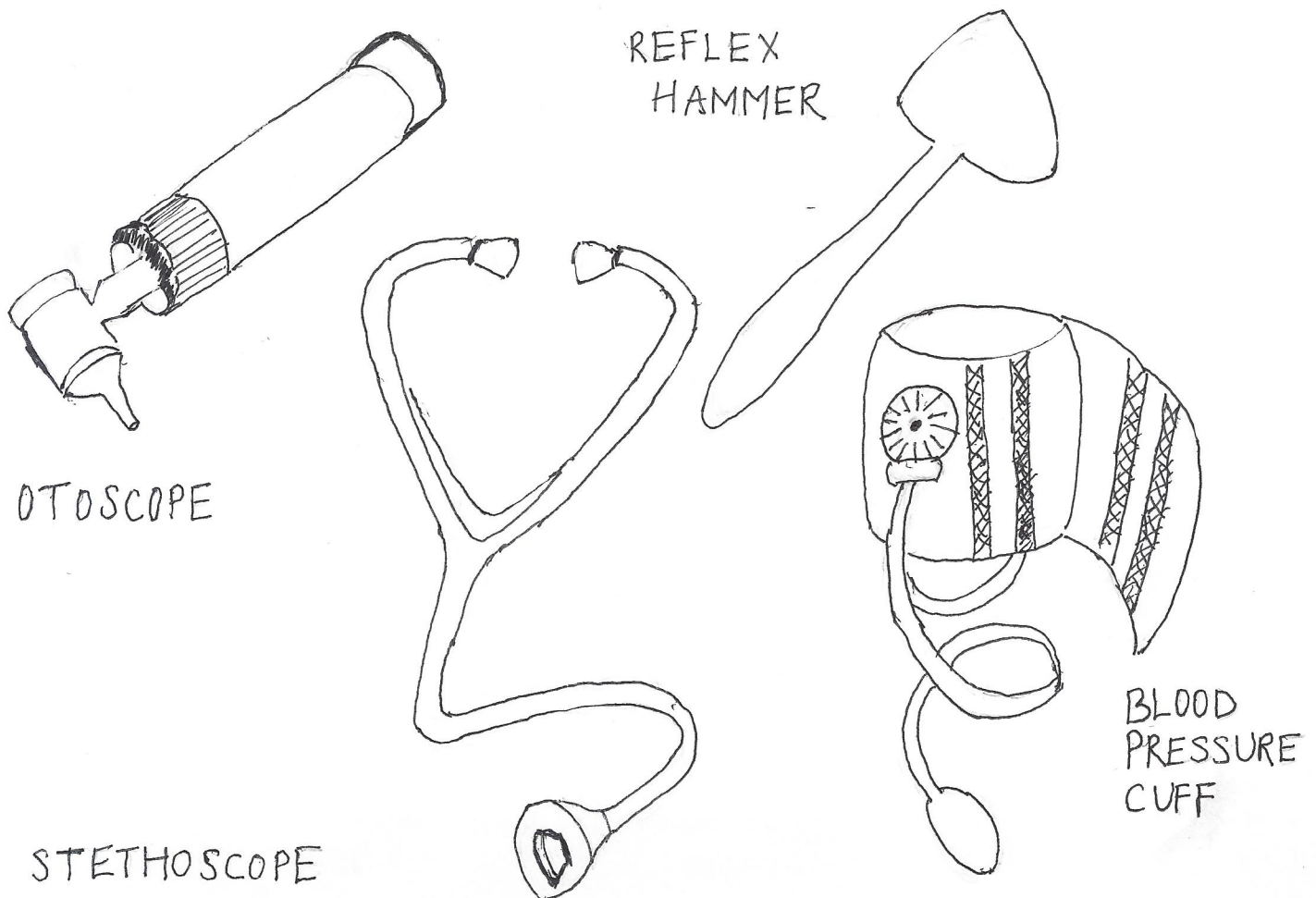
What will be used to check how your lungs breathe?

What will be used to check your ears?

What will be used to check your nose?

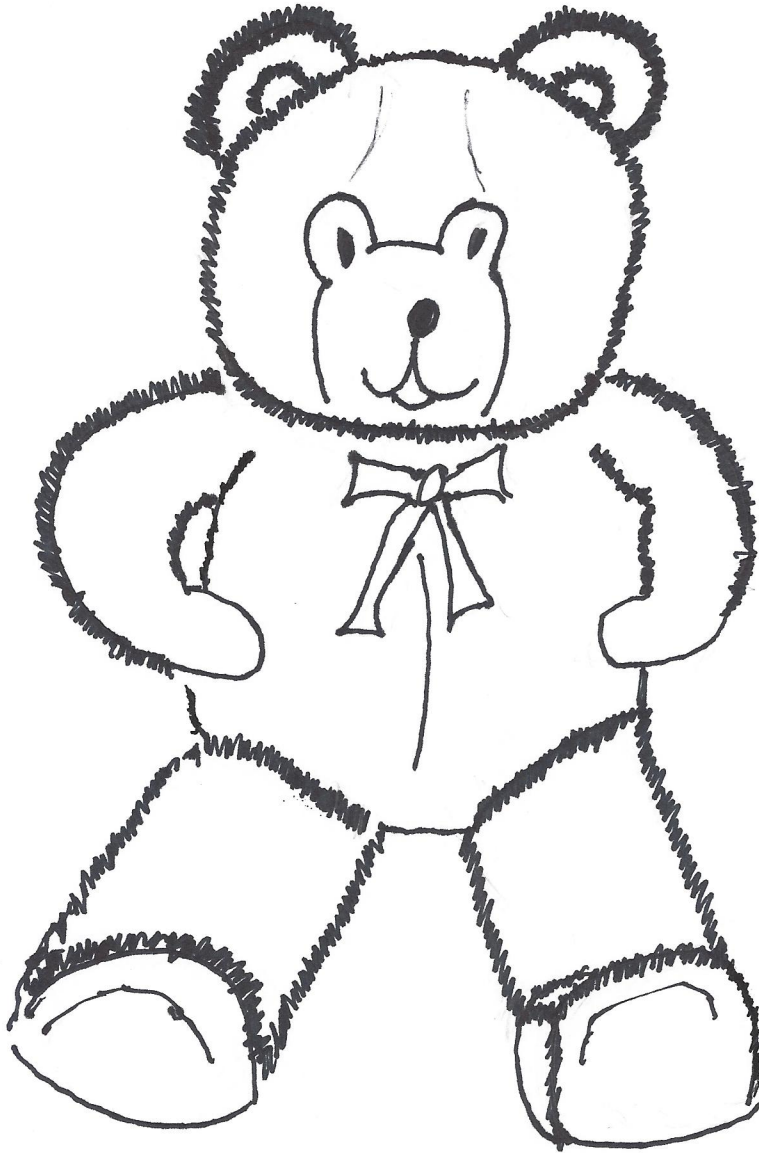
What will be used to check your throat?

What will be used to check your blood pressure?



Page 8.

Padma Sherni asks: What do you want the doctor, nurse, or doctor's helper to know about how you feel today? What would you like your doctor to know that will help make your visit better?



Padma Sherni says: At some appointments, a health provider may request that you get an injection. You do not always have to get an injection when you go for your health appointment, but what can you do when this is required? Some kids are very brave and find ways to feel better before, during, and after the shot. What would make you feel better when you need to get a shot to help make you healthier or when tests need to be run?

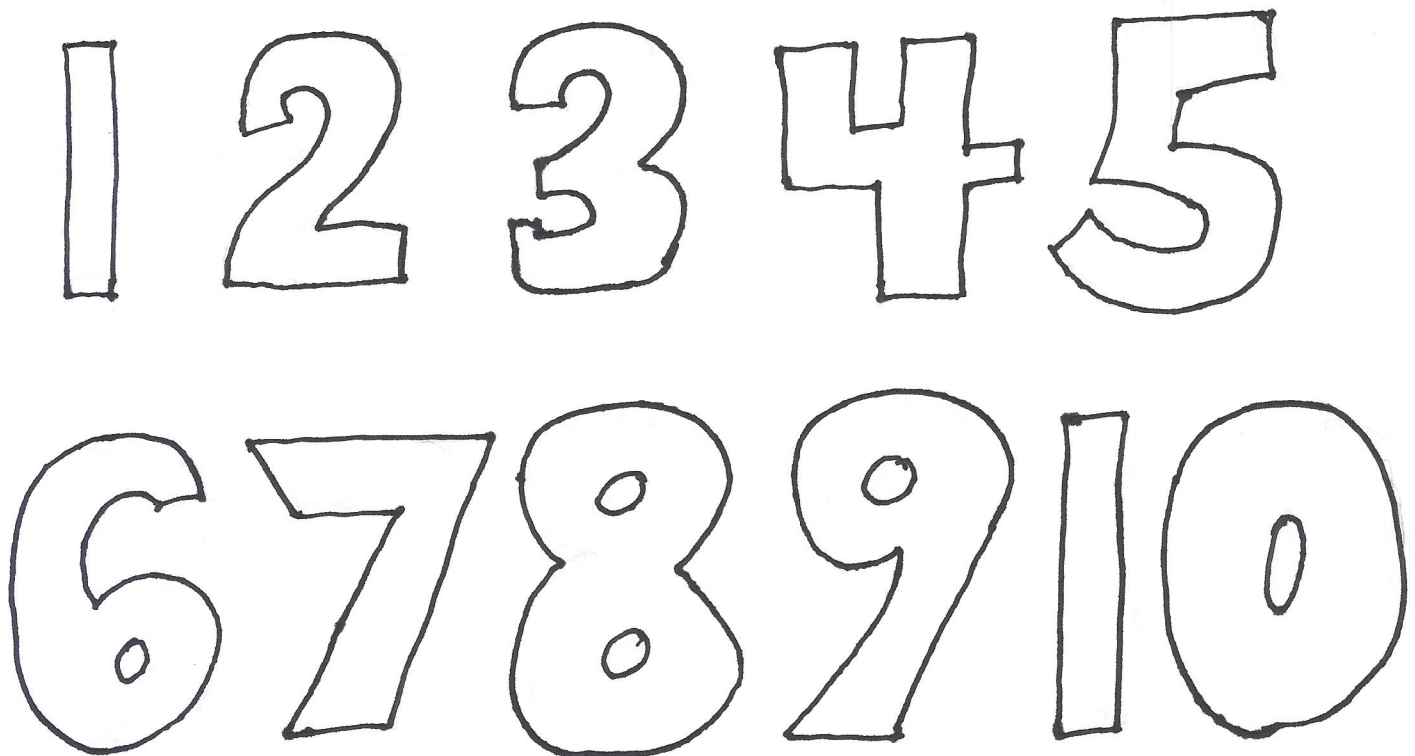
Does looking at a picture on the wall help?

Does counting from 1 to 10 help until the pinch goes away?

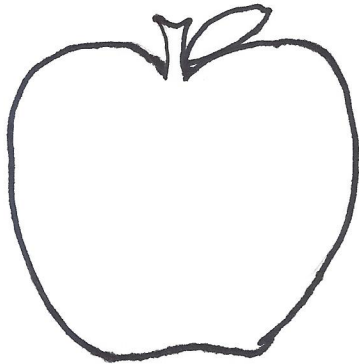
Does talking with someone help you through the ordeal?

Do stickers and/or a hug help you look forward to when the pinch is over?

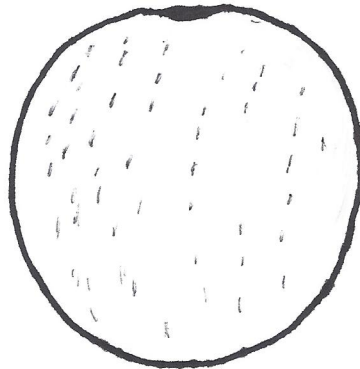
If you decide to refuse an injection the first time can you be in charge of when you will complete this later if it will help make you healthier? Most likely you are learning to express your feelings well and are getting to be very brave!



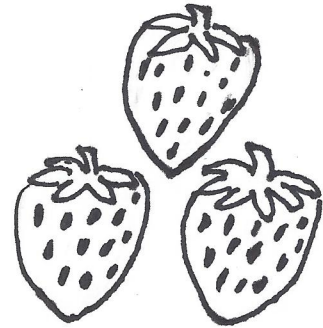
Padma Sherni says: Good nutrition is important. Fruit and vegetables can be delicious and are a good option for a food choice, especially for snacks. How many pieces of fruit do you eat each day? What kinds of fruit do you like?



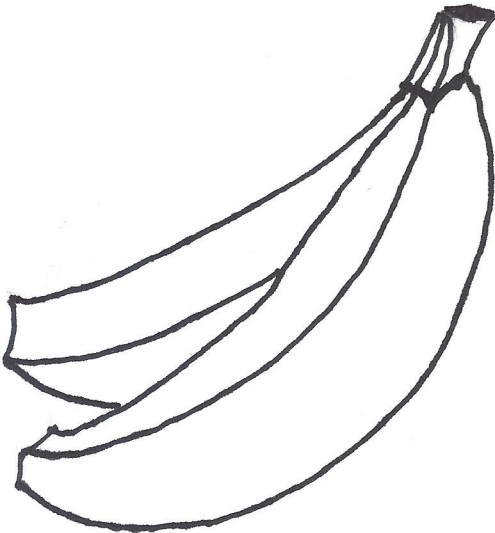
APPLE



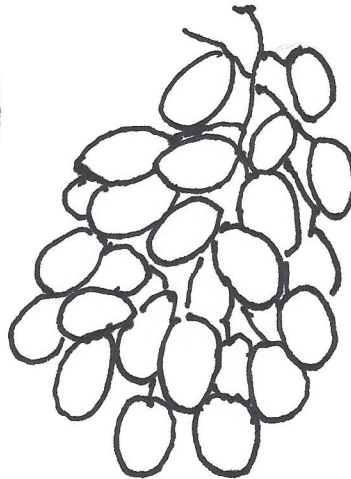
ORANGE



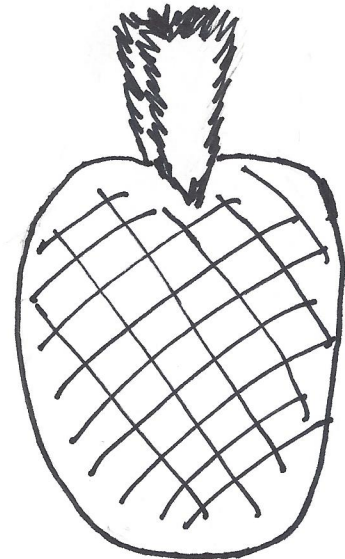
STRAWBERRIES



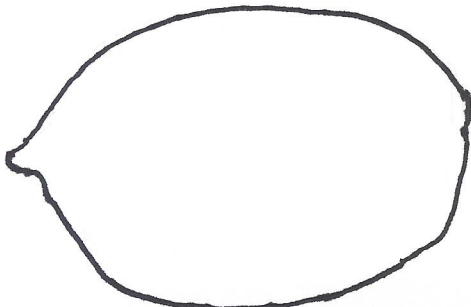
BANANA



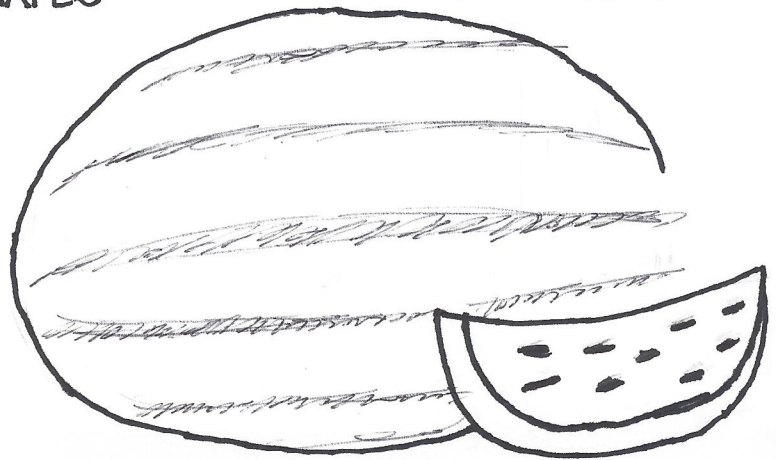
GRAPES



PINEAPPLE

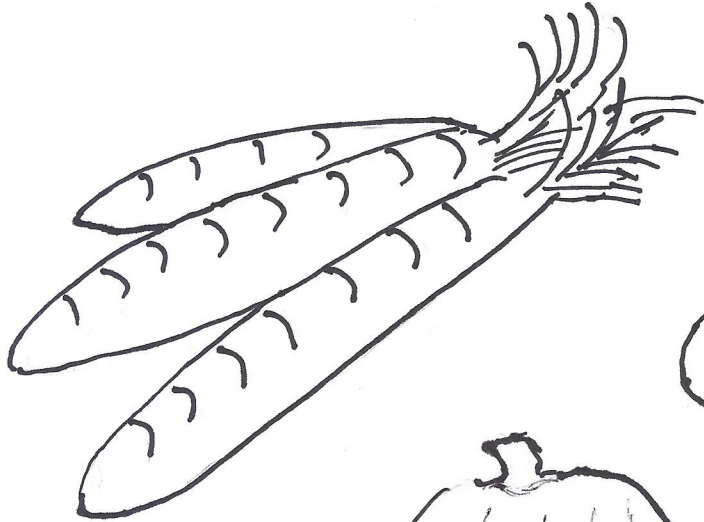


LEMON

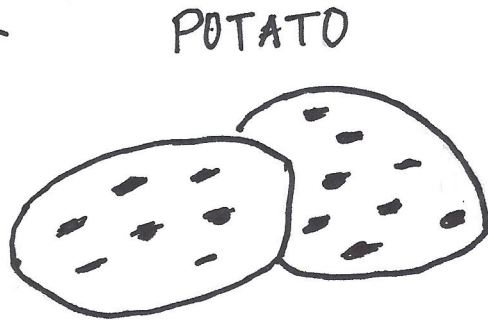


WATERMELON

Padma Sherni says: Fruit and vegetables also have a lot of vitamins which help your body to stay healthy and help to prevent you from getting sick. How many servings of vegetables do you eat each day? What kinds of vegetables do you like?



CARROT



POTATO



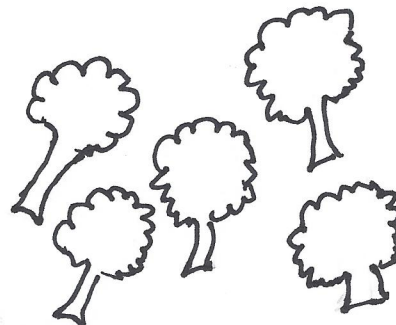
ONION



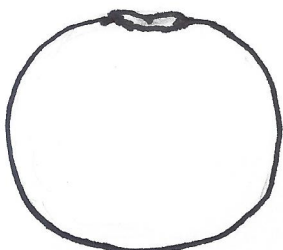
PUMPKIN



EGGPLANT



BROCCOLI



TOMATO

Padma Sherni asks: What kind of drinks or beverages do you have each day? Do you drink enough water?

Recipe idea: Take your favorite piece of fruit, perhaps a piece of watermelon, or lemon, or an orange, and place that in a cool glass of water for a refreshing drink!

Word Search

Look for these words below! Water, Milk, Juice, Soda, Green Tea, Milkshake.

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

Padma Sherni asks: Have you been feeling hungry in between breakfast, lunch, and dinner? Yes or No? If yes, when? What do you like to have for snacks?

Healthy Idea: You can make your own yogurt fruit cup:
In half a cup or small bowl mix some fruit with vanilla yogurt or strawberry yogurt.
Sprinkle some of your favorite cereal or chewy granola.
Try blueberries, raspberries, or oranges

Word Search

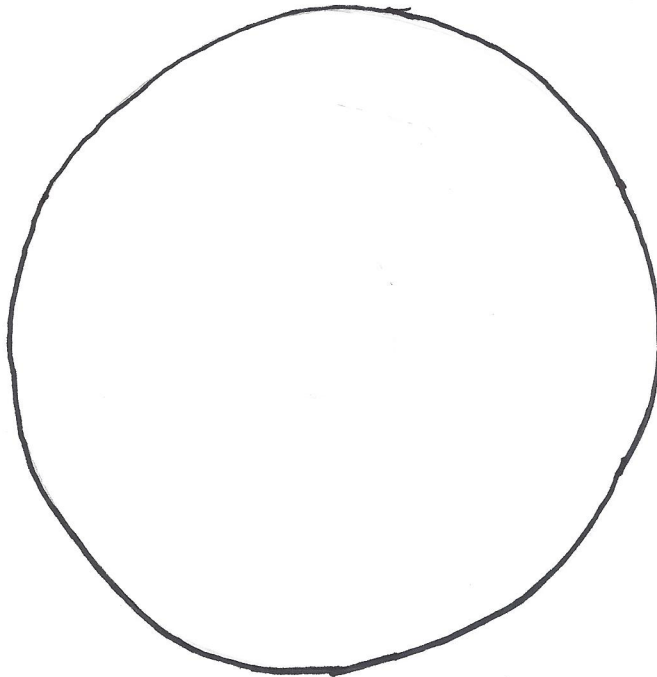
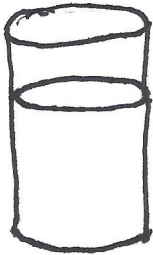
Look for these words below! Fruits, Vegetables, Healthy, Water, Snack, Meal

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

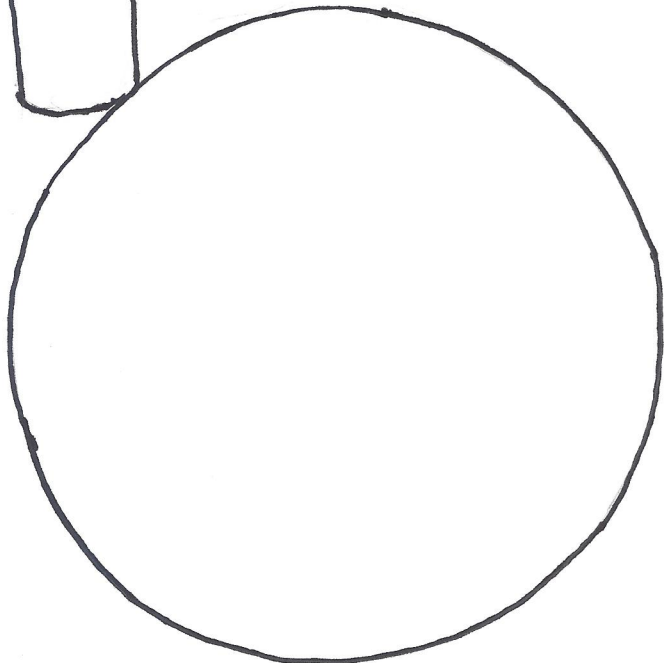
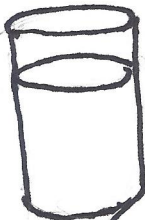
Page 14.

Draw a picture of your last meal in the space below.

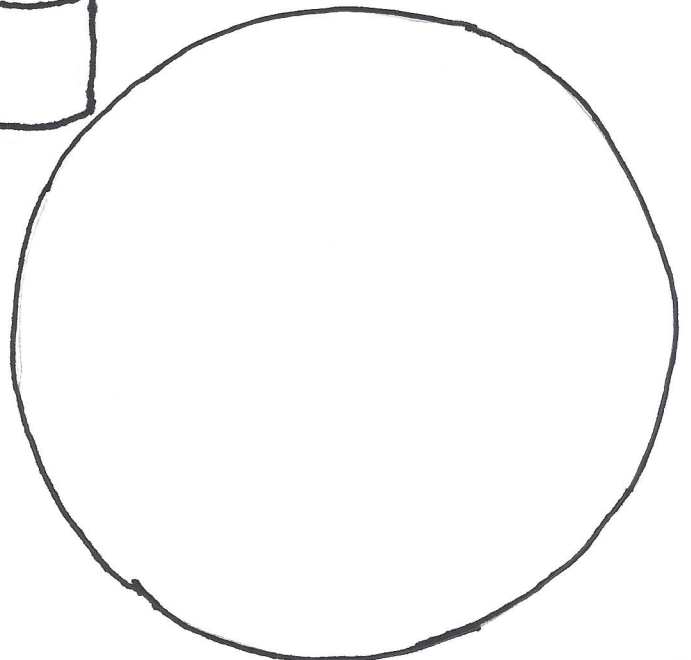
Did you have a healthy meal that included some fruit or vegetables?



BREAKFAST

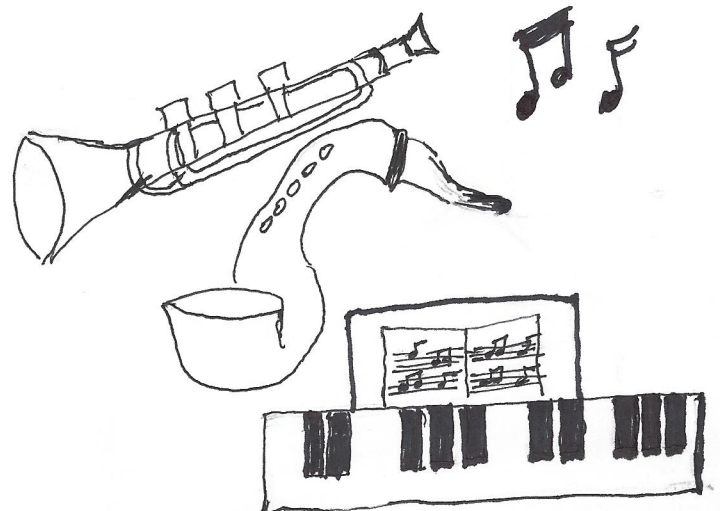
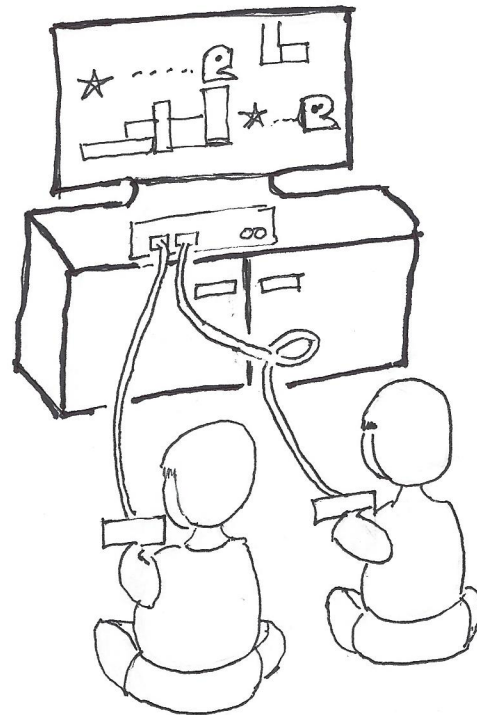
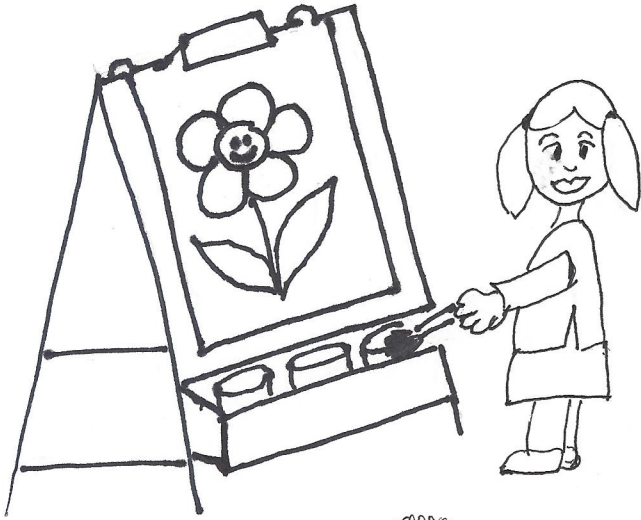


LUNCH



DINNER

How many television shows or computer games did you play today? How many are you allowed to watch or play? Was your total television time 1 hour or less? Was your total computer game time 1 hour or less? Do you spend time with other fun activities or hobbies?



Padma Sherni asks: How many times did you exercise or play outside this week? What is your favorite sport or physical activity for movement including stretches?

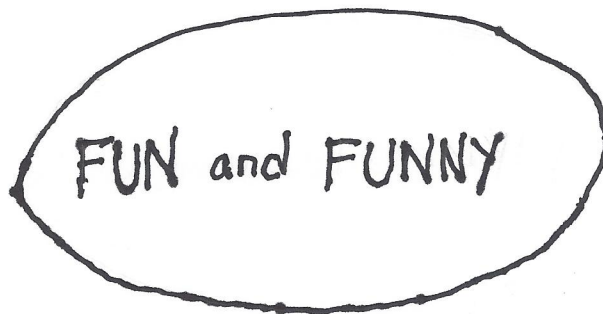
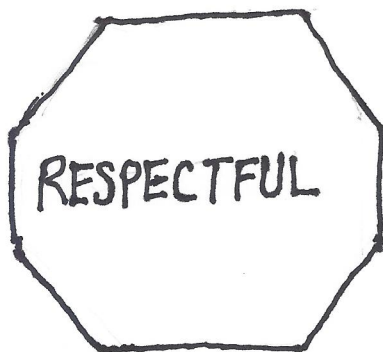
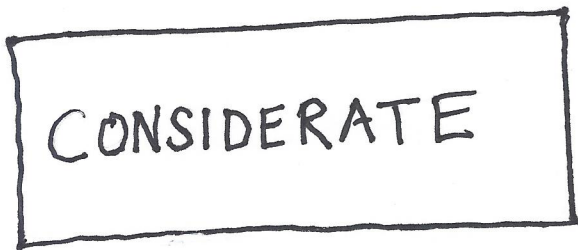
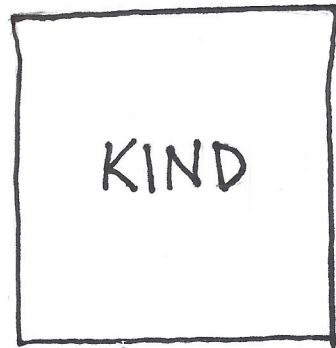
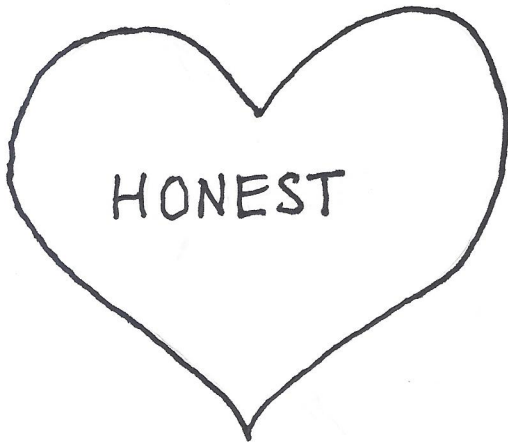
Word Search

Look for these words below! Dance, Basketball, Soccer, Swim, Stretch, Yoga

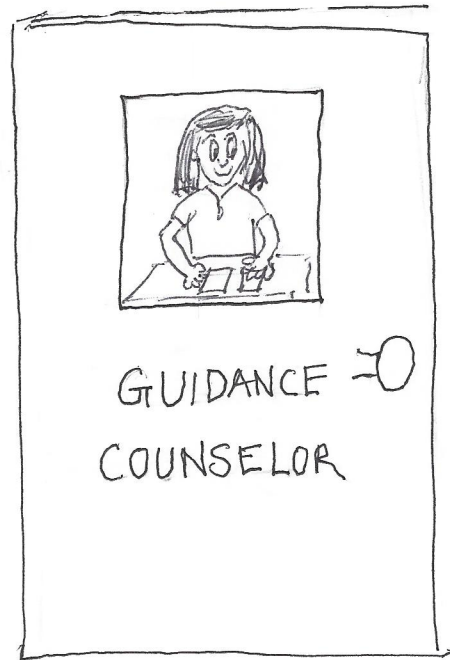
A	S	D	F	G	H	J	E	L	Q
Q	W	A	X	N	S	N	Y	C	K
P	O	N	U	Y	T	R	O	M	B
L	K	C	R	U	I	T	G	G	F
J	W	E	H	F	V	E	A	S	P
G	D	S	A	P	U	R	B	W	N
R	T	Y	U	I	O	A	S	A	P
B	A	S	K	E	T	B	A	L	L
V	E	G	E	T	A	B	L	E	S
H	Y	R	A	B	Q	Y	U	R	J
E	R	T	L	S	O	C	C	E	R
W	S	F	T	W	M	B	C	Z	I
E	T	C	H	T	G	B	Y	H	N
U	R	M	Y	I	K	M	P	L	M
Q	E	Z	W	S	D	S	E	A	L
E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

When recess or play time is over, do you like learning new topics at school with your classmates? What is your favorite subject? Do you have a favorite friend? Why are they important to you? What qualities make a good friend? Do you get along with other kids at school? Why or why not?

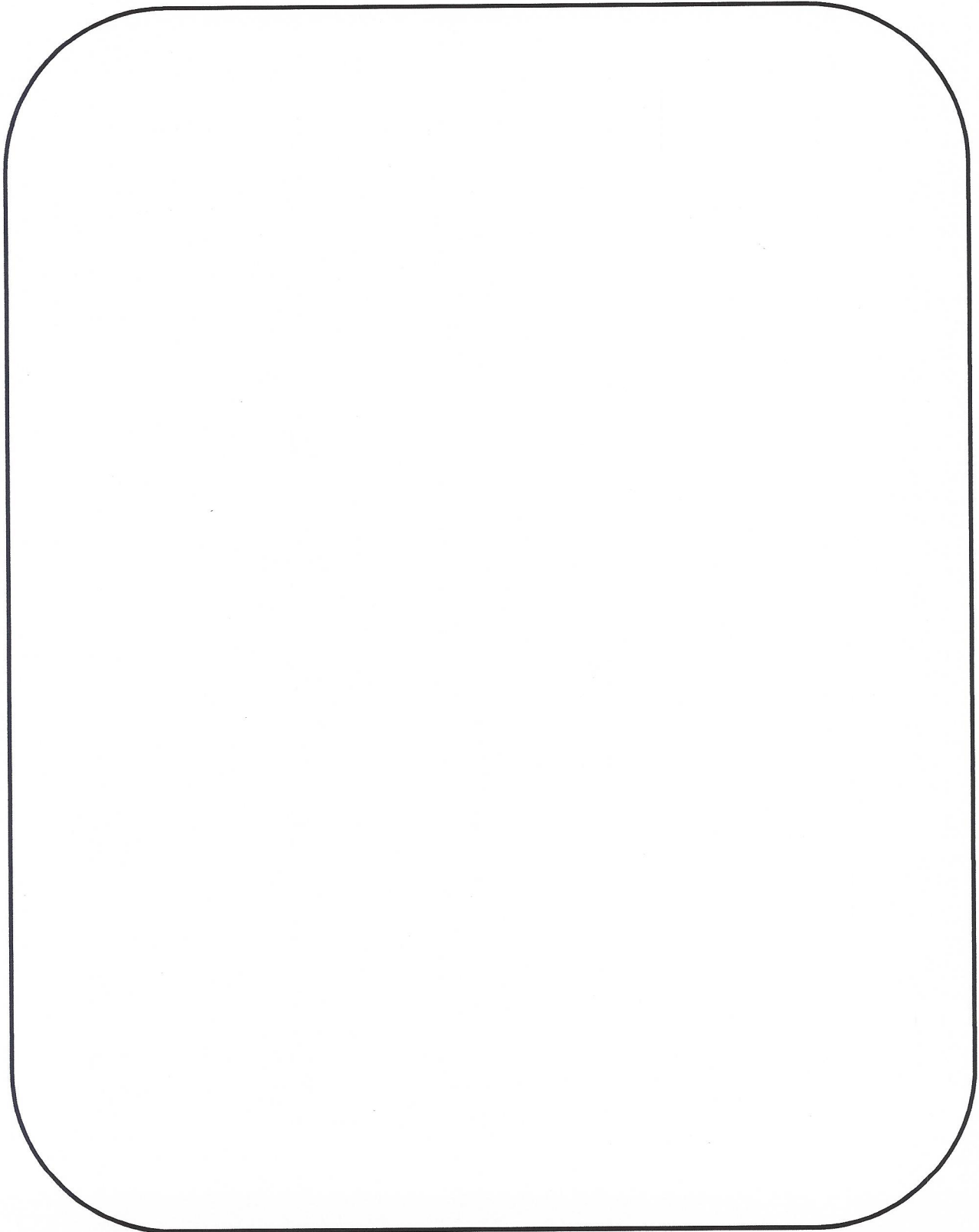
Qualities of a Good Friend:



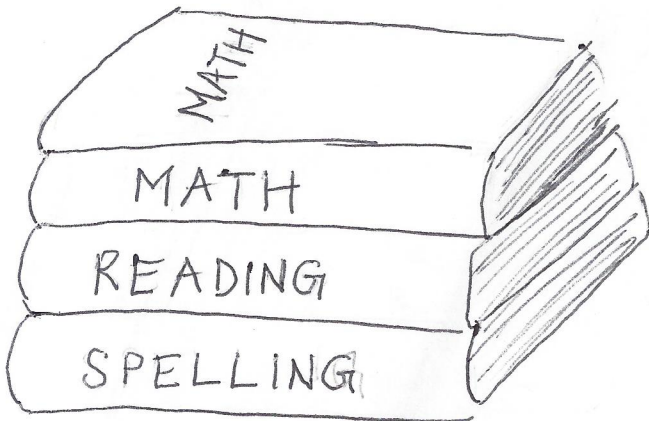
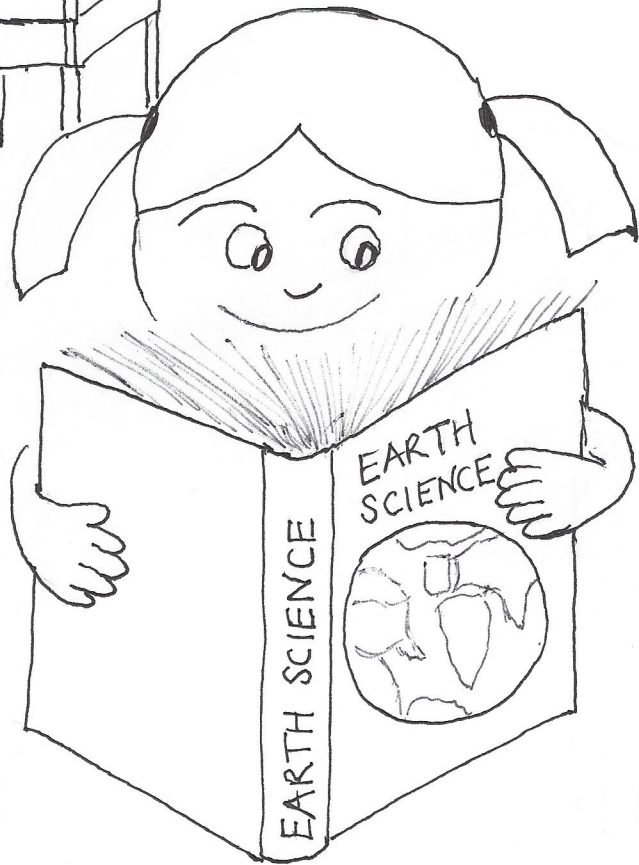
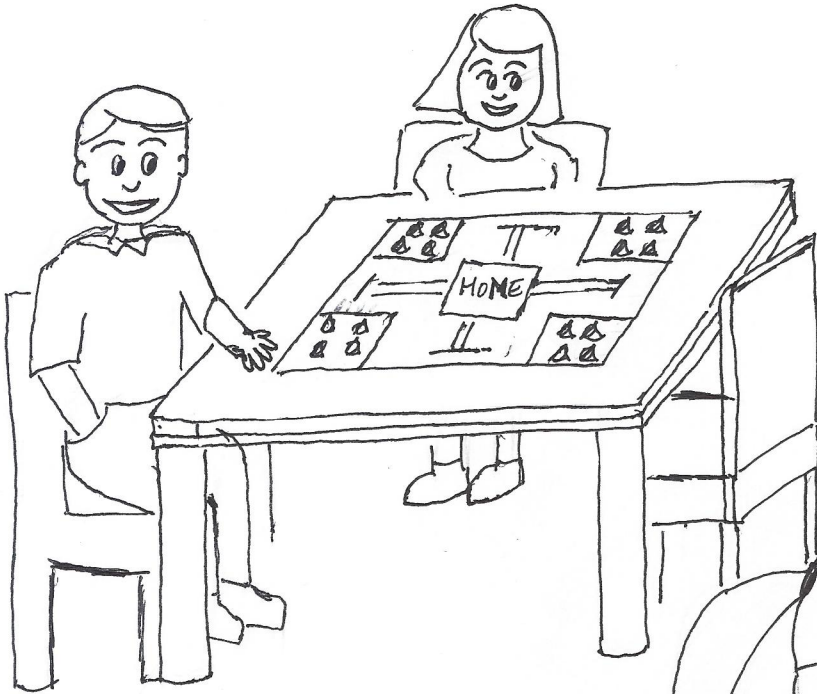
Padma Sherni asks: When children are not getting along or getting bullied, who do you talk with to get help and support? For example, do you speak up for yourself and ask for support from a guidance counselor, teacher, family, or other friends? Everyone should play in a friendly way and talk in a respectful and polite manner with one another so children do not have time out during play time. Hope all youth have the chance to build good friendships with one another.



Who is in your family? Do you get along with your family? Why or why not? Draw a picture of your family in the space below:



Do you have a favorite family member? Why are they important to you? What was your last family gathering or meeting like? Who helps with homework?



What is your plan to feel better after your doctor's appointment? Hope you feel better and have a healthy day!

Healthy
YOUR PLAN:

