Healthy Bear Goes to the Hospital

A publication of Children’s Hospital of The King’s Daughters
Healthy Bear Had a Bike Accident

Healthy Bear was riding his bike. He was not looking where he was going. Healthy Bear hit a bump. Uh-oh!
He fell off his bike.
Healthy Bear hurt his leg.

Healthy Bear is smart.
He always wears his helmet.

Dear First-Grade Teacher,

Children's Hospital of The King's Daughters created this publication to educate students about health, safety and what to expect if they ever come to the hospital. With special help from our hospital schoolteachers, we've designed these lessons to reinforce the Virginia Standards of Learning for first grade.

Students can follow CHKD's Healthy Bear through an imaginary trip to the hospital. On each page, you'll find educational activities that not only teach important health and safety messages to children, but also support specific math, science, English and social studies SOLs. Please feel free to use these in your classroom or assign them as homework for your students. You may copy the pages as well.

We hope this will be a fun, useful teaching tool for you. For more information about this publication, please call 668-7402.

Healthy Bear Goes to the Hospital: A First Grade SOL Workbook is published by Children's Hospital of The King's Daughters
Did you ever get hurt like Healthy Bear?
Write two sentences about a time you got hurt.

Did it hurt?
Which face shows how you felt last time you hurt yourself?

0 Does Not Hurt
2 Hurts A Little Bit
4 Hurts A Little More
6 Hurts Even More
8 Hurts A Whole Lot
10 Hurts The Worst

1. Draw Healthy Bear’s face if he does not hurt.
2. Draw Healthy Bear’s face if he hurts a whole lot.
Healthy Bear Hurried to the Hospital

Healthy Bear’s mom and dad took him to Children’s Hospital so the doctors could help his hurt leg. Sometimes children ride to the hospital in an ambulance or even a helicopter. People who know a lot about medicine work in ambulances and helicopters. They start helping children feel better before they get to the hospital.

Transportation Graph

Color in one box for each helicopter.

Color in one box for each car.

Color in one box for each ambulance.
Let’s Measure

At CHKD, a nurse measured Healthy Bear’s height and weight. He used a scale like this one. Nurses and doctors use many special tools to help children.

Write the correct number in the blank. Use the number grid in your classroom to help you.

Last year, Healthy Bear weighed 50 pounds. He gained 10 pounds. How much does he weigh now? _____ pounds

Healthy Bear is 40 inches tall. Last year he was 35 inches tall. How much has he grown in one year? _____ inches

Janet is 10 inches shorter than Healthy Bear. How tall is Janet? _____ inches

First-aid Math

Add and write your answer in the bandage.

\[
\begin{align*}
5 + 5 &= \\
4 + 3 &= \\
7 + 2 &= \\
2 + 6 &= 
\end{align*}
\]
Write the correct consonant blend.

|____anket| ca____| ______ayon| ____ib |
|____utches| ______oves| ______ale| ______ush |
|____ar| ______ock | ______ippers| ______oon |
Healthy Bear Had an Operation
Healthy Bear’s leg was broken. To fix it, the doctors at Children’s Hospital did an operation. An operation is also called surgery. First they gave Healthy Bear some medicine to make him sleepy. While he was taking a nap, the doctor fixed his leg. He didn’t even feel it. When Healthy Bear woke up, he had a cast on his leg.

Why do doctors and nurses wear gloves?
Sometimes doctors and nurses wear special gloves when they are taking care of patients. Can you guess why? Here is a hint: Germs can hide on people’s hands. Now can you guess?

Practice counting by 5.
Each glove equals 5 (for 5 fingers)

SOL: English 1.5
SOL: Science 1.1
Healthy Bear’s Hospital Stay

After his operation, Healthy Bear spent two nights at Children’s Hospital. His mother stayed with him all night. He ate all his meals in bed. Schoolteachers helped him with his homework. Healthy Bear had fun visiting the playroom.

How many eggs does Healthy Bear have on his plate. Write the number in the blank _______.

Eat Smart and Exercise

What food group does each food belong to?

The widest bands in the pyramid show the groups you should eat the most.

Color each group.
Grains - Orange
Vegetables - Green
Fruits - Red
Oils - Yellow
Milk - Blue
Meat - Purple

To find your exact needs, log on to www.MyPyramid.gov