

Step 1. Create a first aid kit. Use a container or shoebox, and design it however you wish. Then add what you can from this list into your box.

(<https://www.safewise.com/blog/essentials-diy-first-aid-kit/>)

Date Completed: _____

Step 2. Learn the bones of the body with the worksheet attached (Refer to Section A). For fun, you can also watch this video (<https://www.youtube.com/watch?v=AkmHo7t3fy4>).

Date Completed: _____

Step 3. Take your temperature and write it below. Look up whether you have a fever or are your temperature is in a normal range.

Temperature: _____

Date Completed: _____

Step 4. Watch this video and then try and take your pulse. If you need help, ask an adult.

(<https://www.youtube.com/watch?v=hyfUwUkwe74>)

Date Completed: _____

Step 5. Print out this eye chart (<https://www.hves.com/wp-content/uploads/snellen-chart.pdf>). See how far you can read the chart, with each eye and then both eyes.

Date Completed: _____

Step 6. Learn about backpacks using this video. Afterwards, weigh yours and try using the tips that you learned.

(https://www.youtube.com/watch?v=y9j9_7vJRyU&t=58s)

Date Completed: _____

Step 7. Learn about the different food groups using this video (<https://www.youtube.com/watch?v=Z51bWG17m-Q>). Afterwards, fill out the worksheet with which foods are in your home (Refer to Section B).

Date Completed: _____

Step 8. Learn about vaccines using this video. Ask your parent which ones are required by your school.

(<https://www.youtube.com/watch?v=5SproXmRUkl>)

Date Completed: _____

Step 9. Pretend to be a doctor and use the skills you learned from the other steps. Fill out the doctor checkup worksheet as you go (Refer to Section C).

Date Completed: _____

Step 10. Draw yourself as a doctor below!

Date Completed: _____