

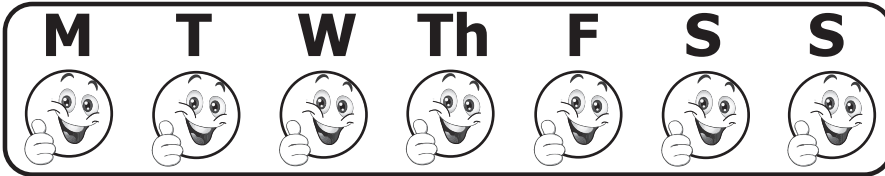
LITTLE DISCOVERIES

Fight A Cold

1

You can catch a cold from another person. You can catch a cold from germs on tables, drinking fountains, or phones. But how do you fight off a cold, or, keep someone else from catching one?

Every day that you do the cold fighting actions color the emoji.



Eat vegetables like a giraffe. They give you energy, help you grow, and keep you healthy.



Run like a cheetah to make your heart and body strong.



Sneeze into your elbow like a snub-nosed monkey to help stop the spread of a cold.



Wash your hands like a raccoon to get rid of germs.



Eat fruit like an orangutan. Fruit is full of vitamins that help your body fight off a cold.

