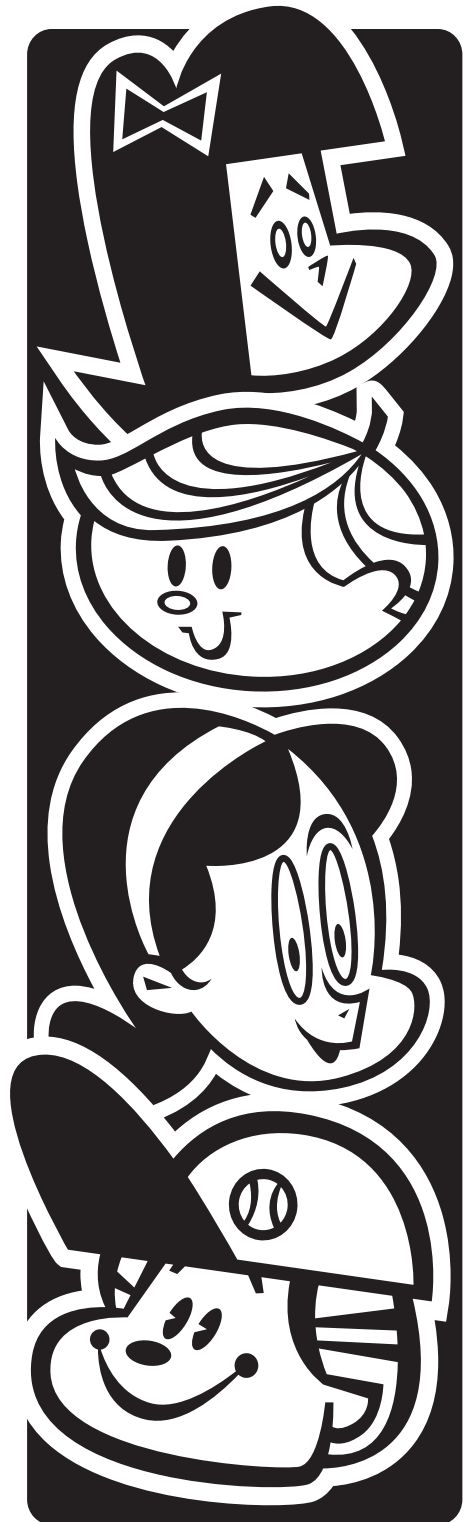


Worksheets

Martial Arts Classroom Activities For Children

November

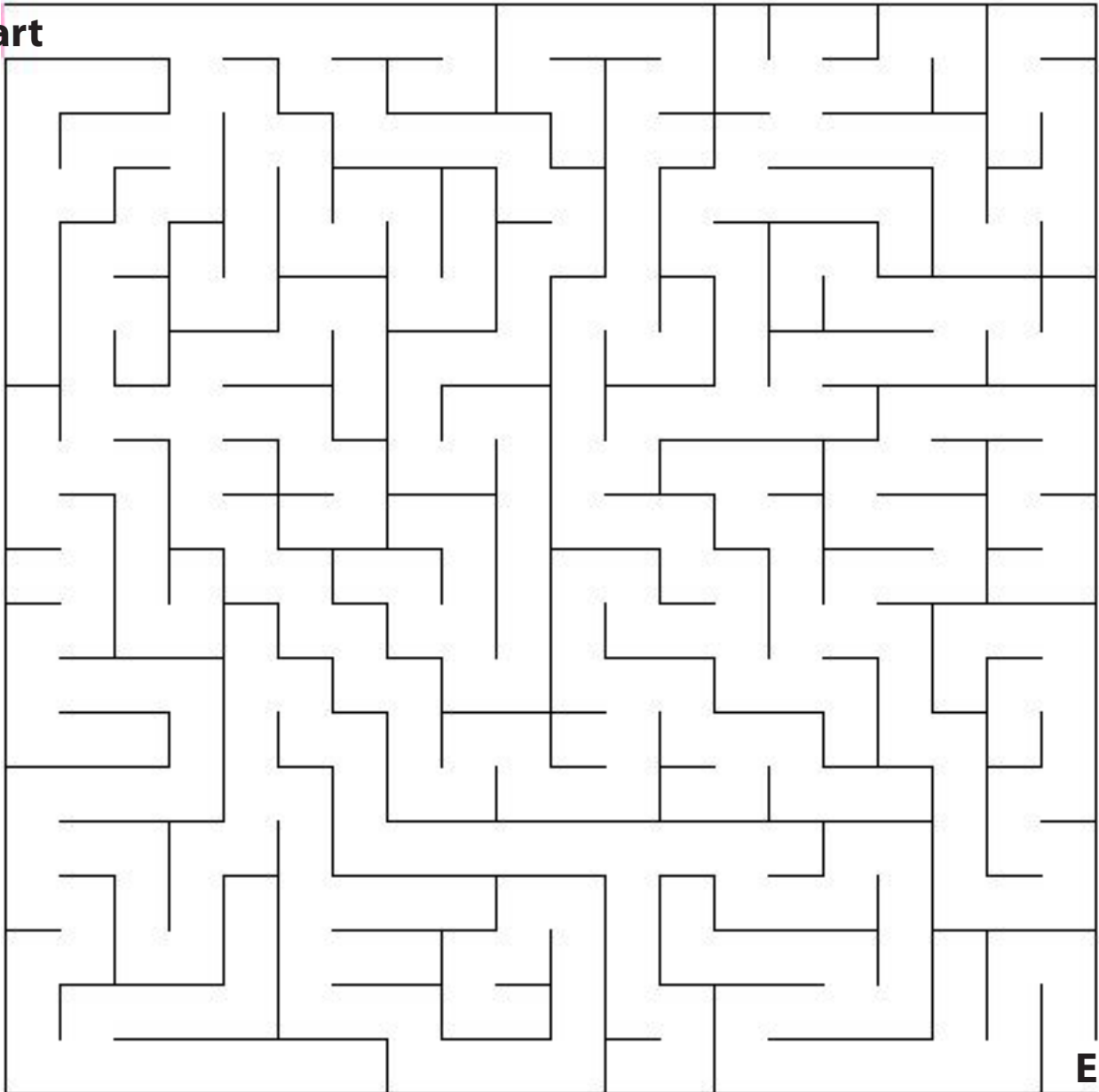


Name _____ Date _____

Maze

Can you get from start to end?

Start



End

Name _____ Date _____

Word Search

Level 1:

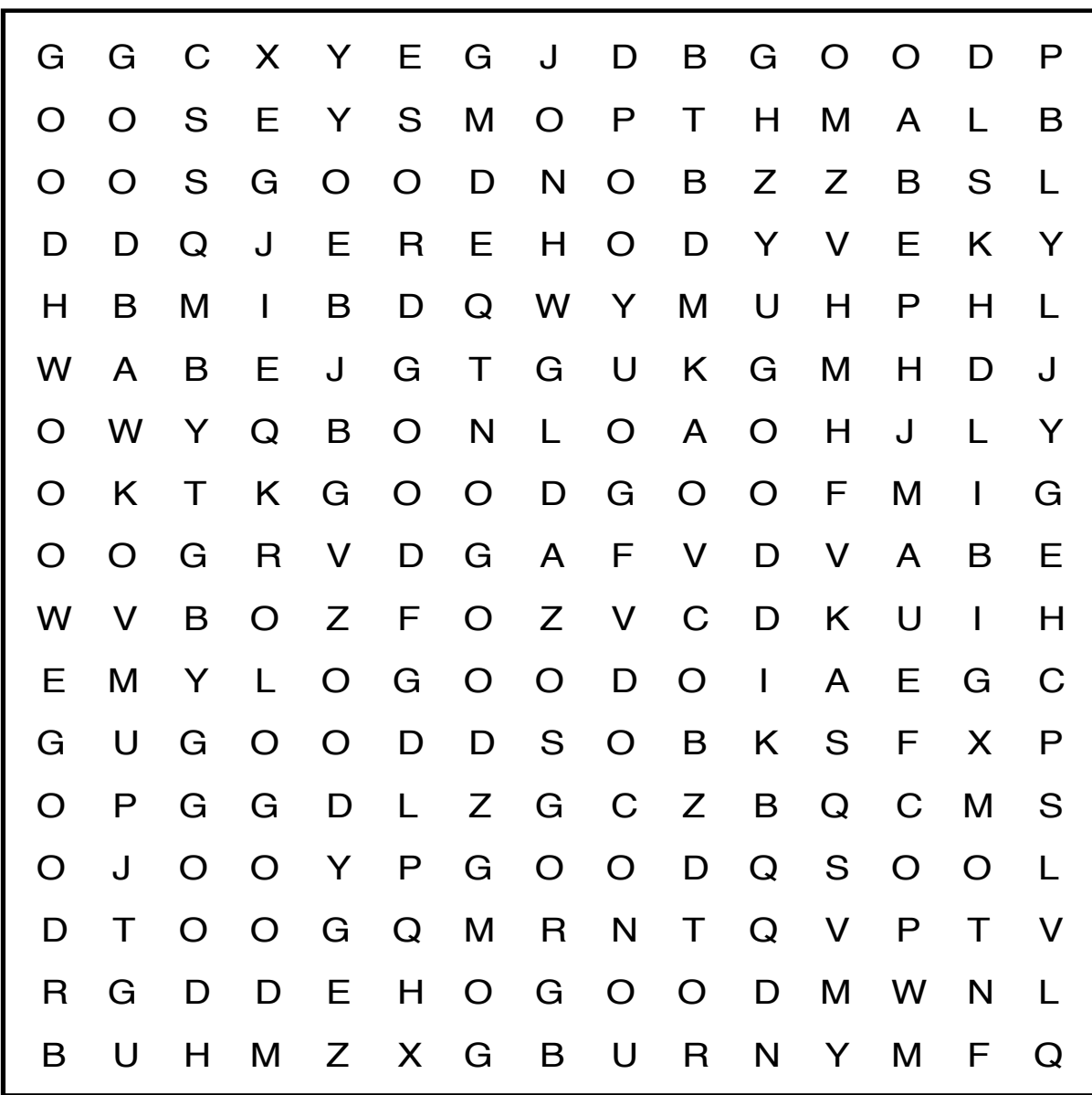
Find **GOOD** seven times

(K – 4th Grade)

Level 2:

Find **GOOD** twenty times

(5th Grade – Up)



Name _____ Date _____

Draw It!

Draw a picture of healthy food you like to eat.

Name _____ Date _____

Circle

Circle the words below that are nutritious foods.

Cupcakes

Carrots

Chocolate

Broccoli

Pizza

Apples

Bananas

Spinach

Answer Key: Carrots, Broccoli, Apples, Bananas, Spinach

Name _____ Date _____

Write it Out

With a partner, write a paragraph about some foods that are good for your health and fitness, that you are going to try to eat daily.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name _____ Date _____

Word Search

Level 2:

Level 1:

Find **GOOD, REST, FRUIT, WATER**

(K – 4th Grade)

Find **NUTRITION, VEGETABLES,**

PROTEIN, EXERCISE, VITAMINS,

HEALTH, ENERGY

(5th Grade – Up)



Color It!



Name _____ Date _____

Word Scramble

Unscramble the words below.

eegyrn

stamniiv

setr

eciserxe

tniepor

eawrt

utirf

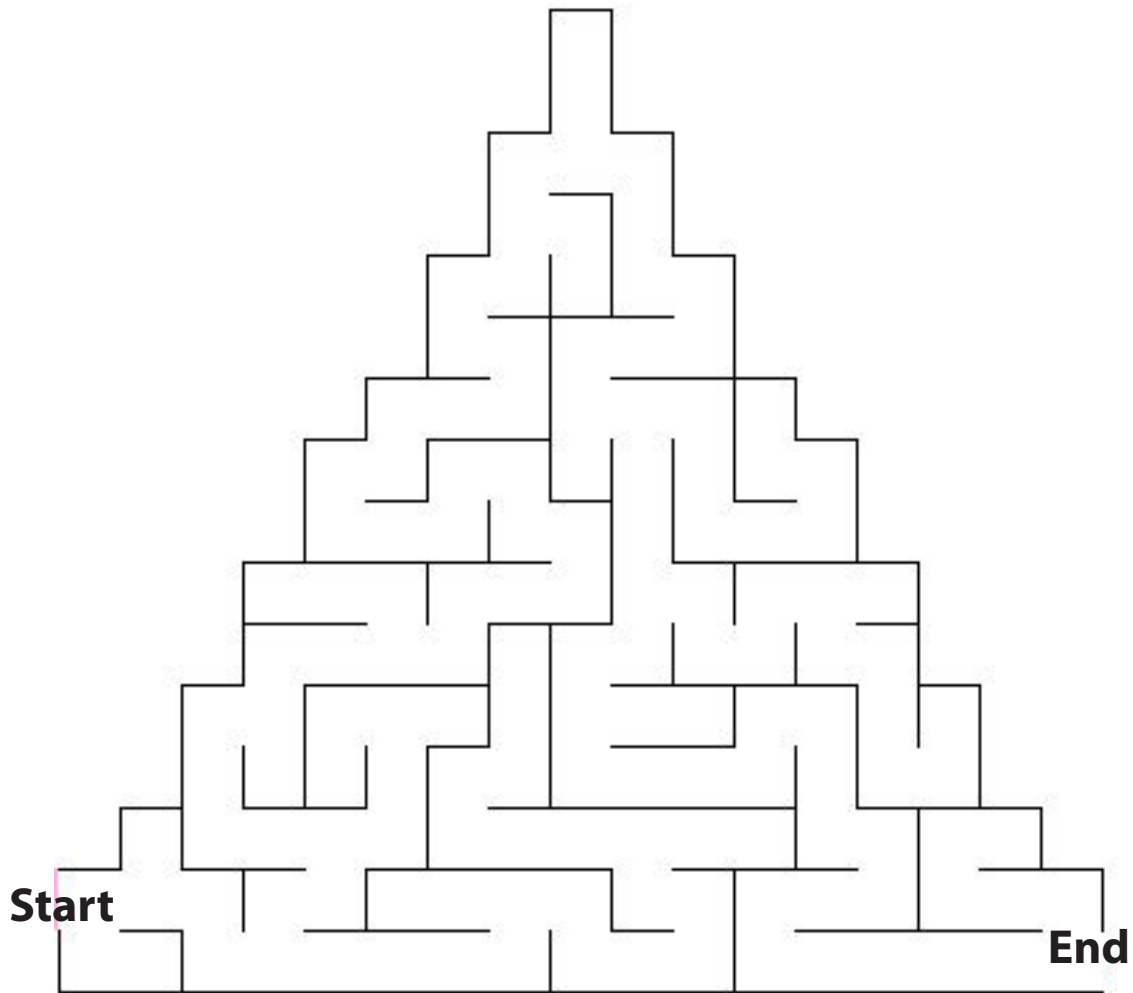
vseeglehta

Answer Key: Energy, Vitamins, Rest, Exercise, Protein, Water, Fruit, Vegetables

Name _____ Date _____

Maze

Can you get from start to Eed?



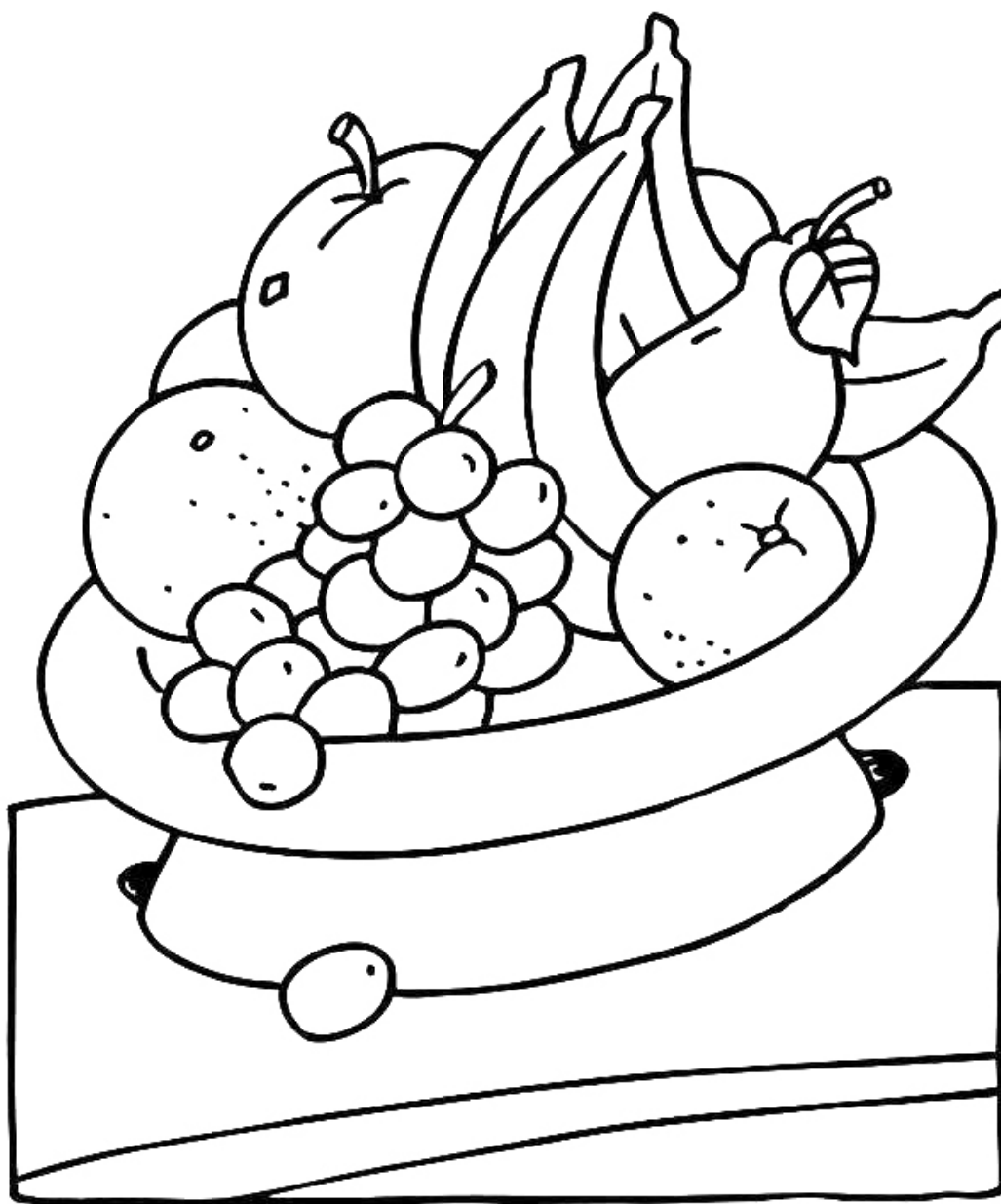
Name _____ Date _____

Draw It!

Draw a picture of a martial arts turkey in your favorite martial arts stance!

Name _____ Date _____

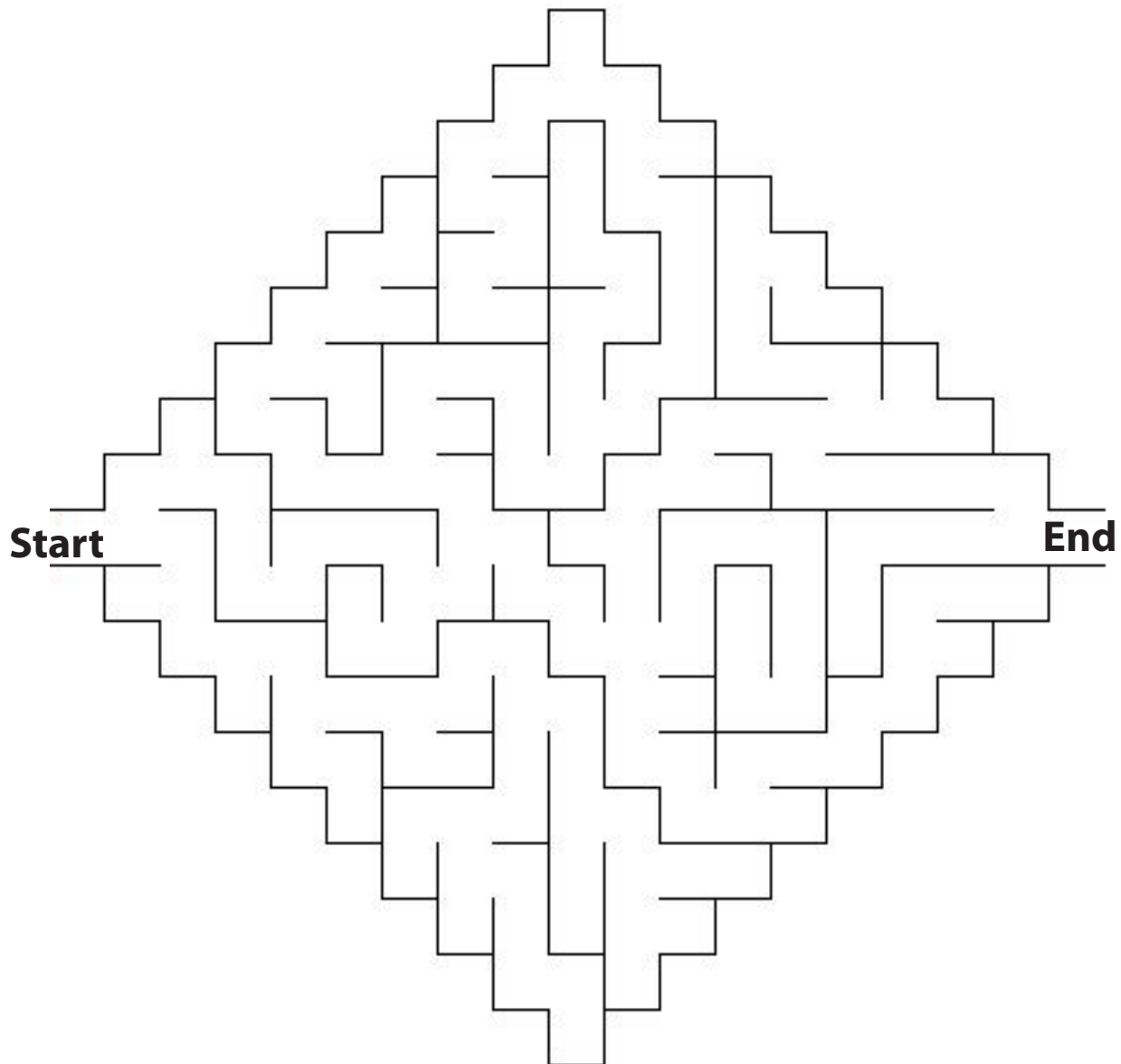
Color



Name _____ Date _____

Maze

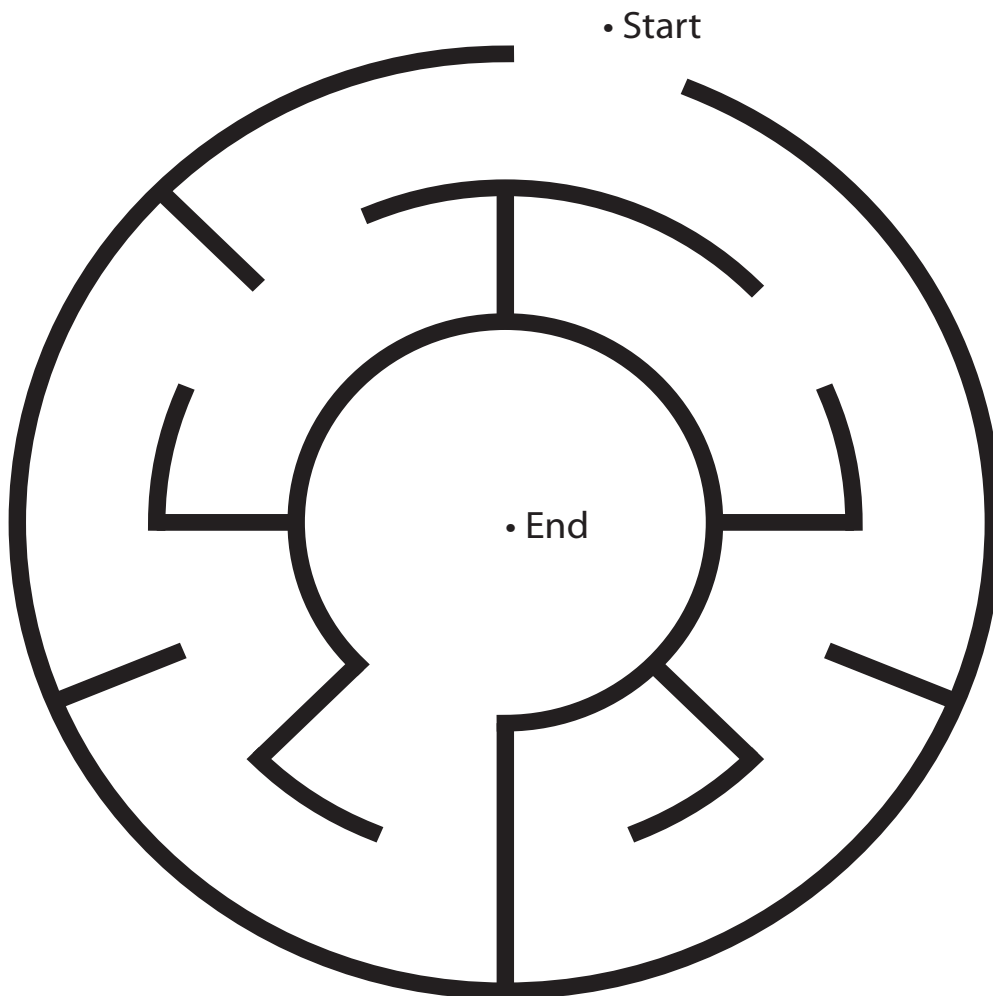
Can you get from start to end?



Name _____ Date _____

Maze Time!

Can you get from start to end?



Circle the Words

Find and circle the unhealthy junk foods below:

Fruits

Sugar

Pizza

Fast food

Cotton candy

Carrots

Salad

Chocolate

Vegetables

Brown rice

Whole grains

Cake

Brownies

Answer Key: Sugar, Pizza, Fast food, Cotton Candy, Chocolate, Cake, Brownies

Name _____ Date _____

Creative Writing

With a partner, write a sentence about a bad food you like to eat that you are going to try to eliminate from your diet.

[illegible]

Word Search

Level 1:

Find **BAD, FAT, SODA, TIRED**

(K – 4th Grade)

Level 2:

Find **CANDY, SUGAR, LOW ENERGY, WEIGHT**

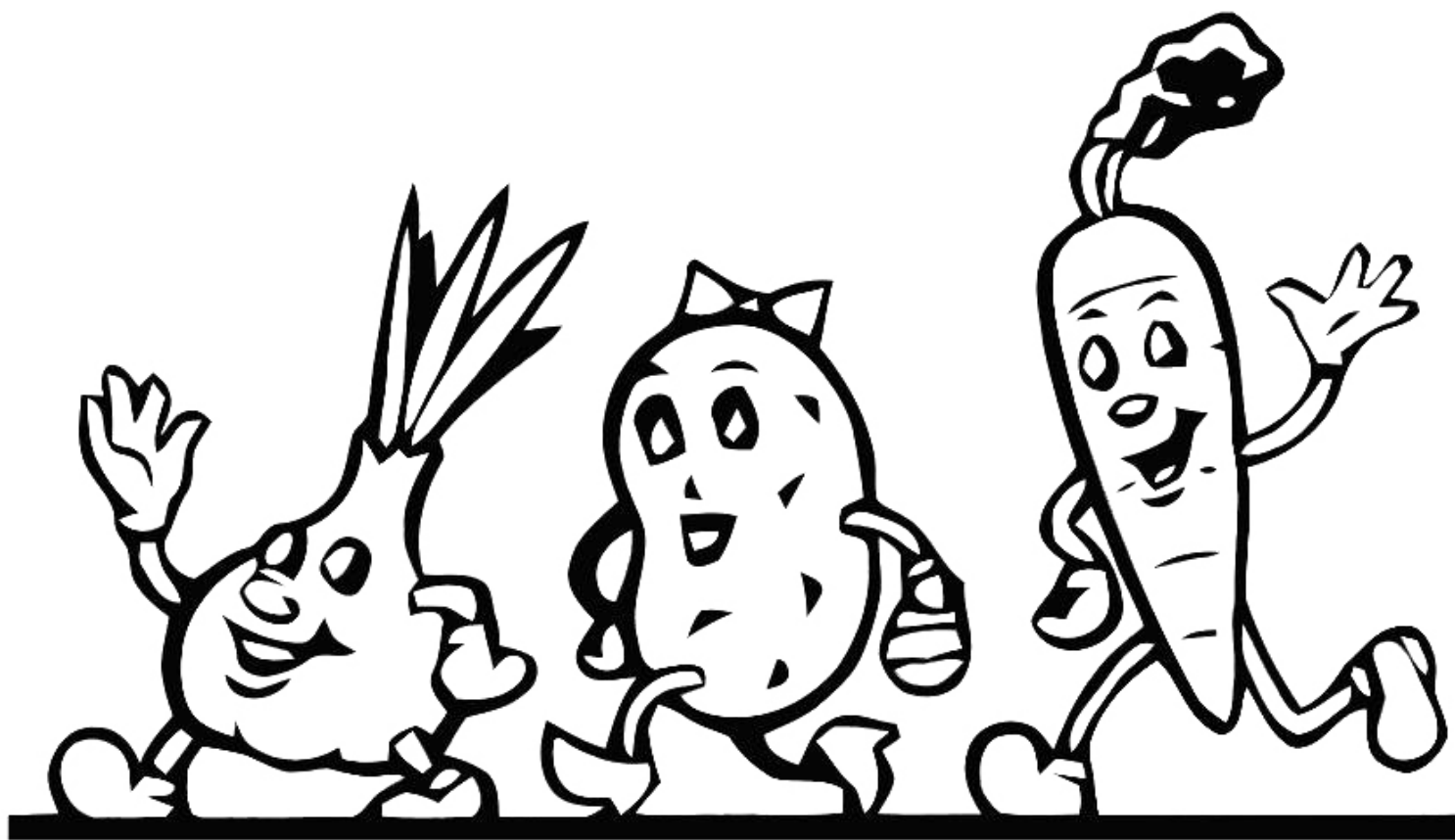
GAIN, JUNK FOOD, UNHEALTHY, FAST FOOD

(5th Grade – Up)



Name _____ Date _____

Color



Name _____ Date _____

Word Scramble

Unscramble the words below.

dteri

wthegi naig

wlo eergny

dosa

dyacn

uarsg

tfa

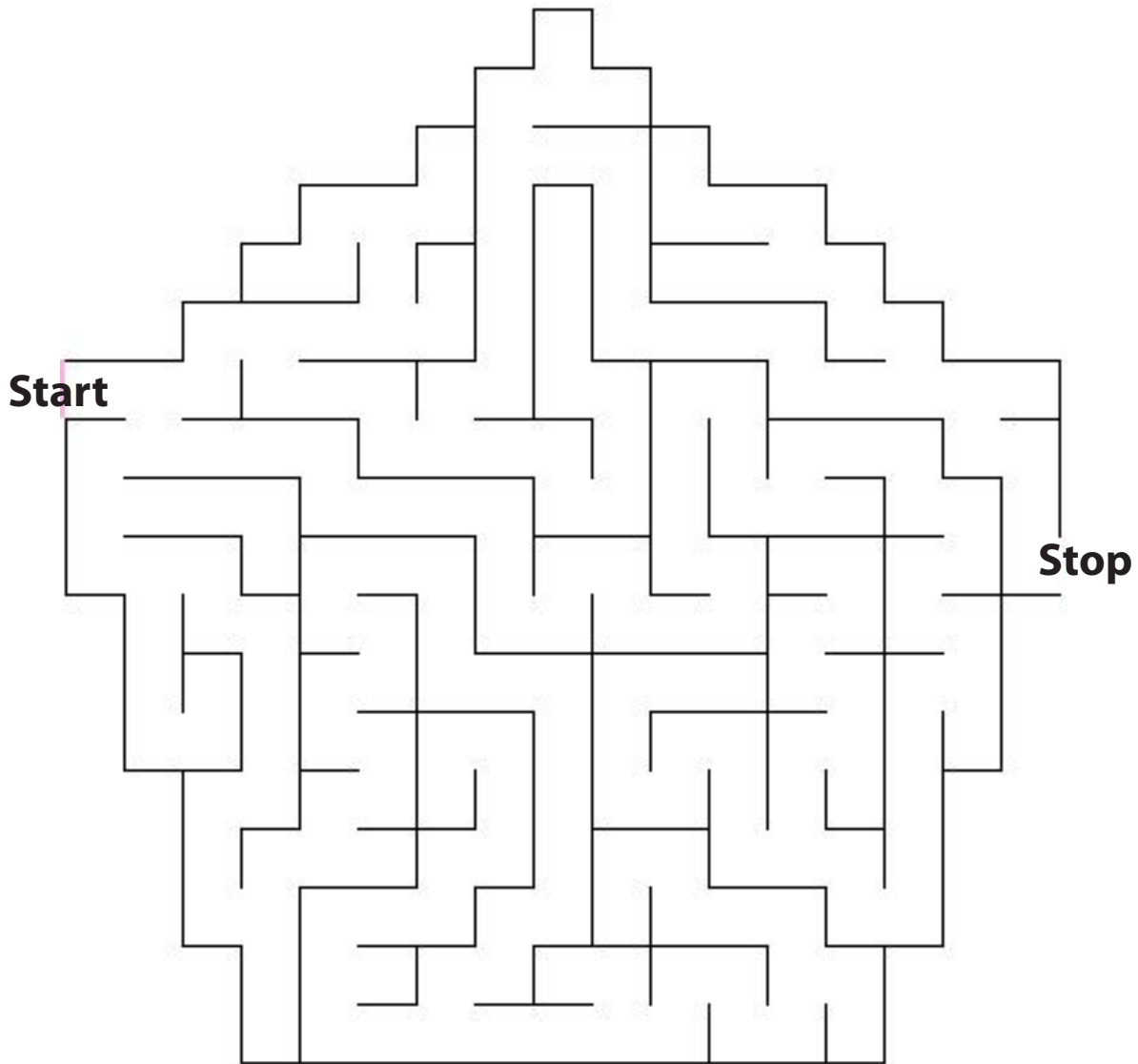
tfsa ofod

Answer Key: Tired, Weight Gain, Low Energy, Soda, Candy, Sugar, Fat, Fast Food

Name _____ Date _____

Maze

Can you get from start to stop?



Name _____ Date _____

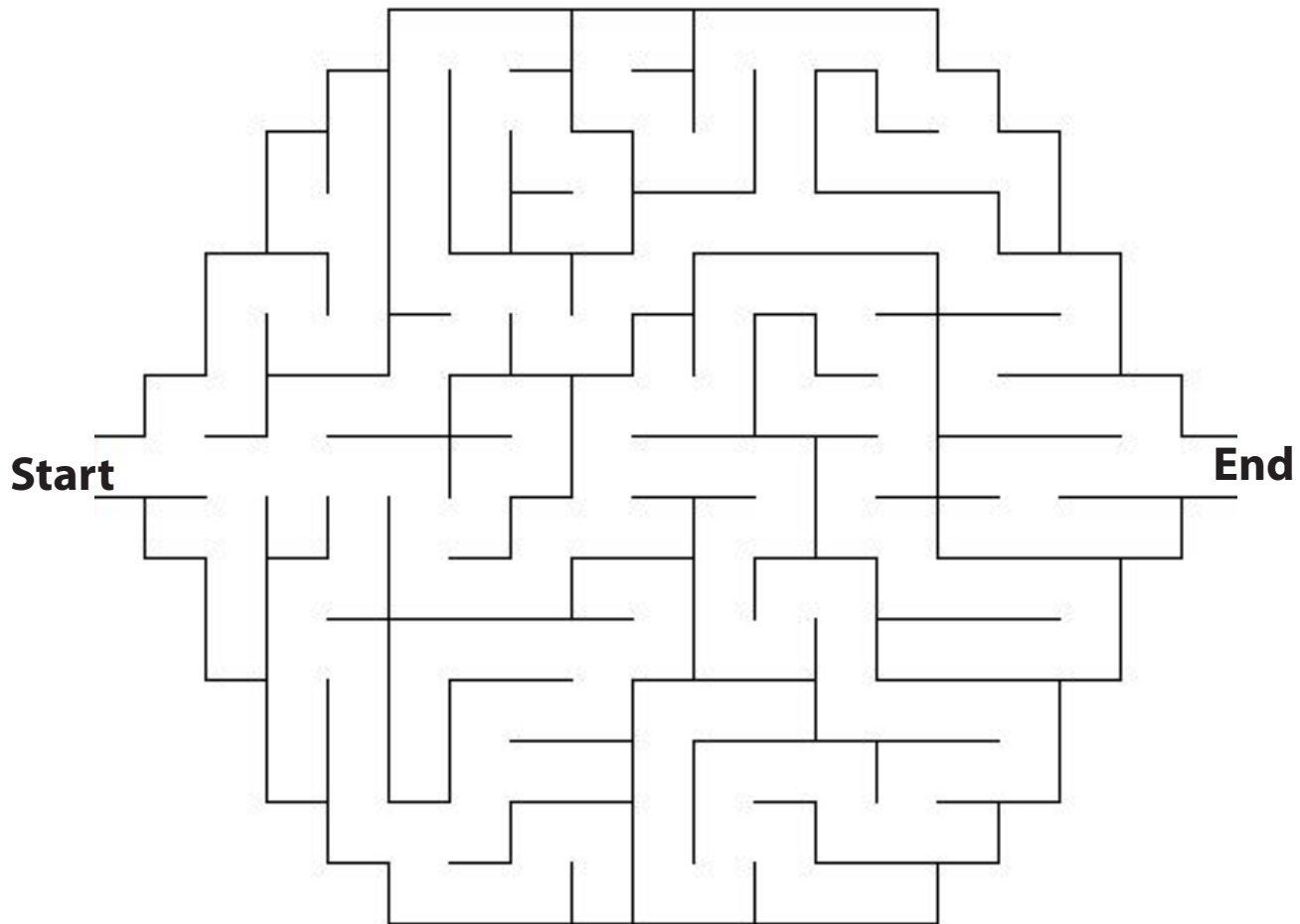
Draw It!

Draw some examples of junk food you should avoid.

Name _____ Date _____

Maze

Can you get from start to end?

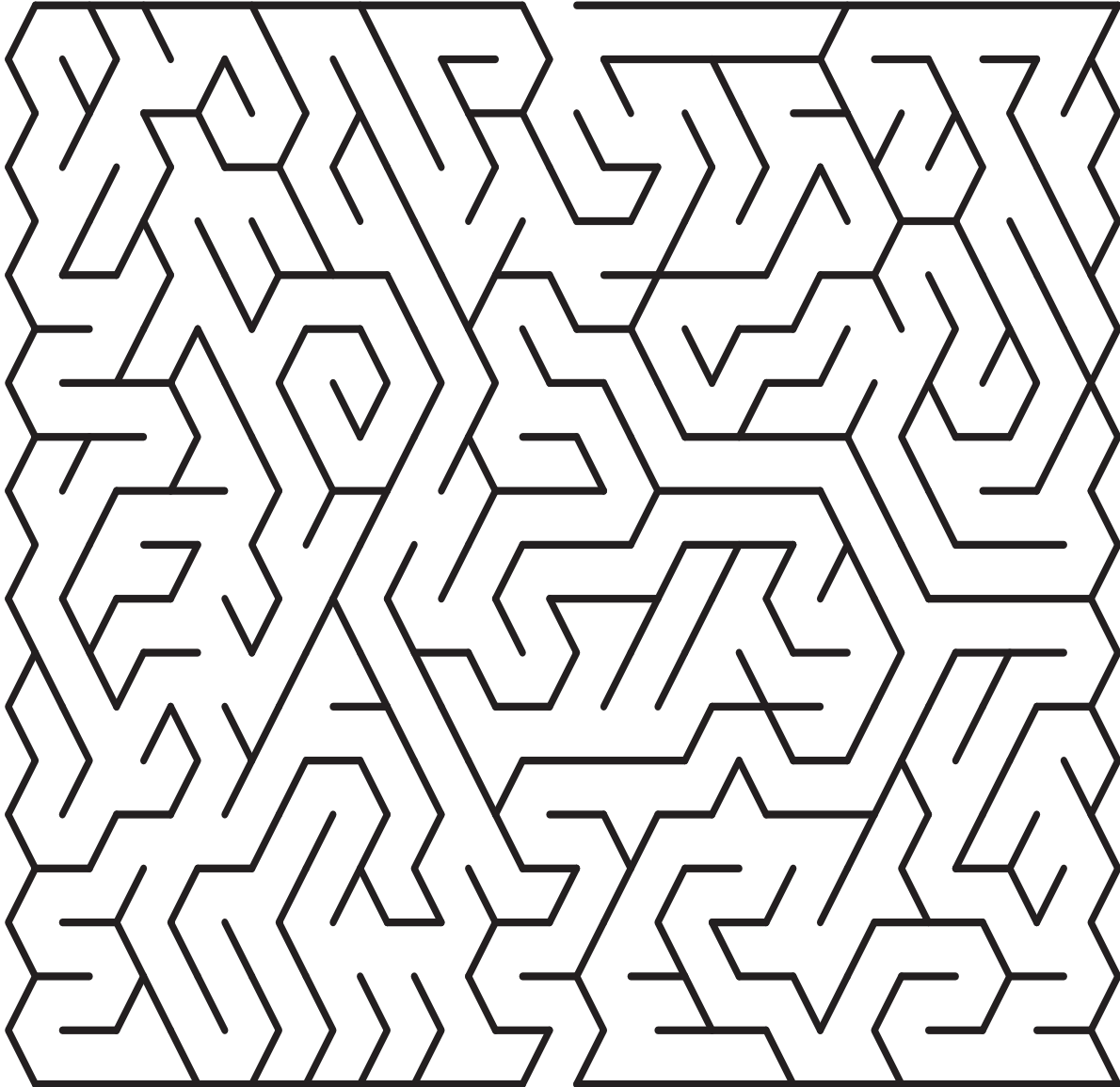


Name _____ Date _____

Maze Time!

Can you get from start to end?

• Start



• End

Circle the Words

Circle the words that are horrible choices for your life, and bad for your overall health and nutrition.

Fresh fruits

Cigarettes

Alcohol

Vegetables

Drugs

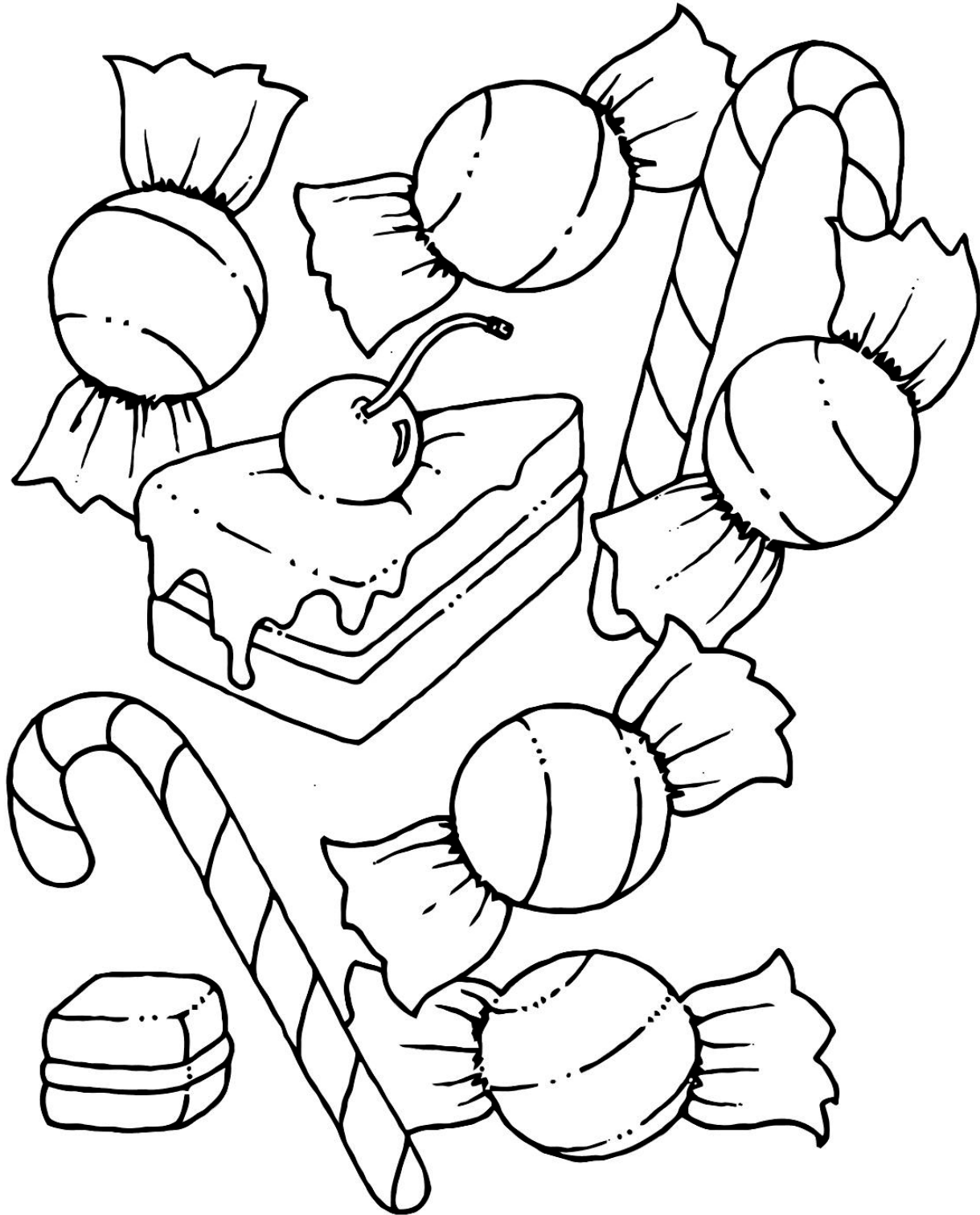
Sleep

Exercise

Soda

Answer Key: Cigarettes, Alcohol, Drugs, Soda

Color



Name _____ Date _____

Creative Writing

With a partner, write a sentence about something unhealthy you would like to avoid eating this year for your Thanksgiving celebration.

[illegible]

Word Search: BAD & GOOD

Level 1: THE BAD THINGS

Find SODA, UGLY, DRUGS, SICKNESS,
CIGARETTES, UNHEALTHY, HARMFUL,

ALCOHOL

(K – 4th Grade)

Level 2: THE GOOD THINGS

Find VEGETABLES, SLEEP, EXERCISE,
FRESH FRUITS, BALANCED DIET, WISE

CHOICES, WATER

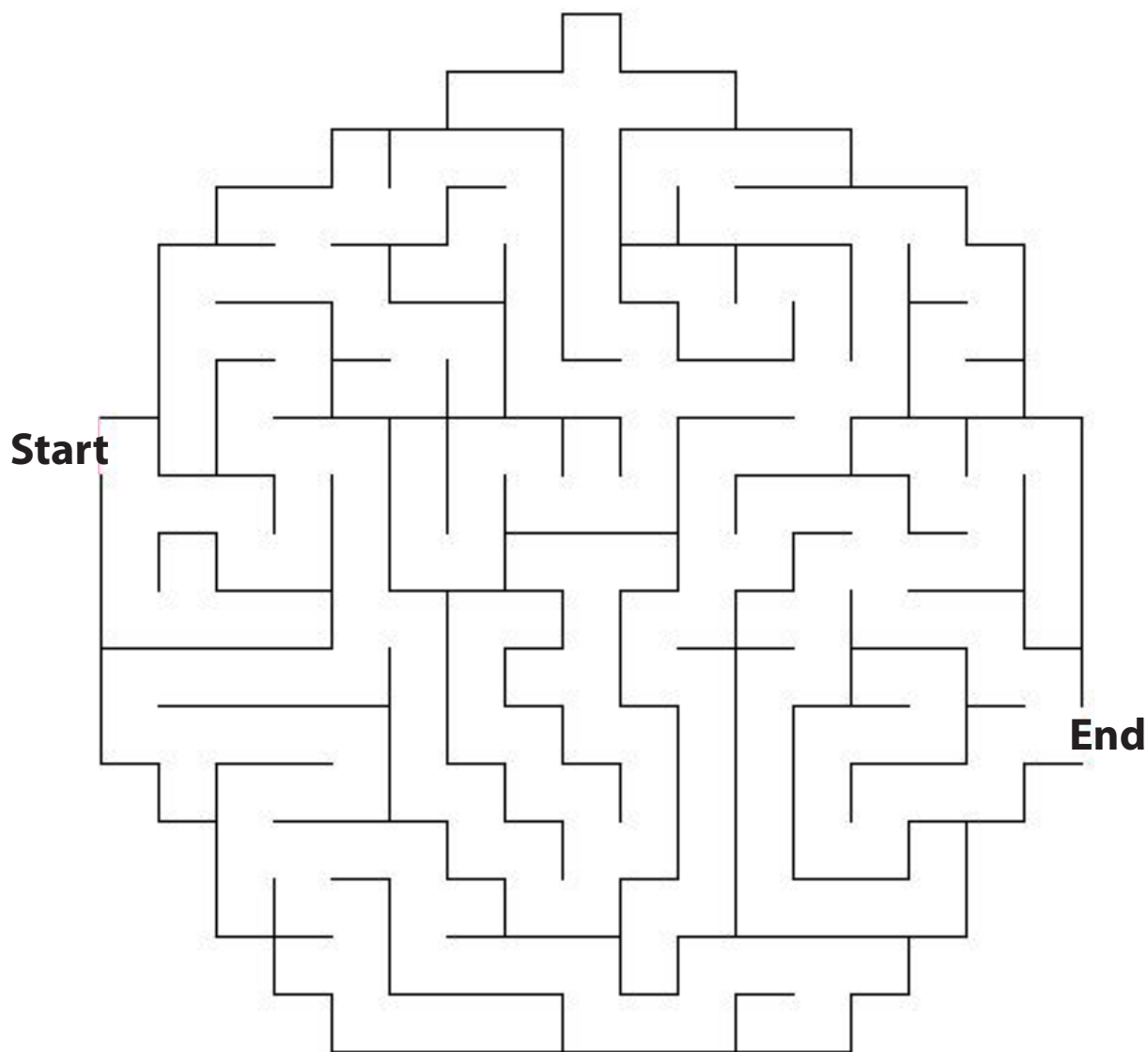
(5th Grade – Up)



Name _____ Date _____

Maze

Can you get from start to end?



Word Scramble

Unscramble the words below.

aetrw

iimansvt

alacnbed eidt

sherf uitsrf

selatbgeve

ssnekcsi

lfurmah

ylug

Answer Key: Water, Vitamins, Balanced Diet, Frsh Fruits, Vegetables, Sickmess, Harmful, Ugly

Name _____ Date _____

True or False

Circle True or False.

- | | | |
|---|------|-------|
| 1. Alcohol is a healthy replacement for water. | True | False |
| 2. By abusing drugs, you will be healthier. | True | False |
| 3. Drugs & alcohol are examples of poisons
that pollute your body. | True | False |

Answer Key: 1. False, 2. False, 3. True

Name _____ Date _____

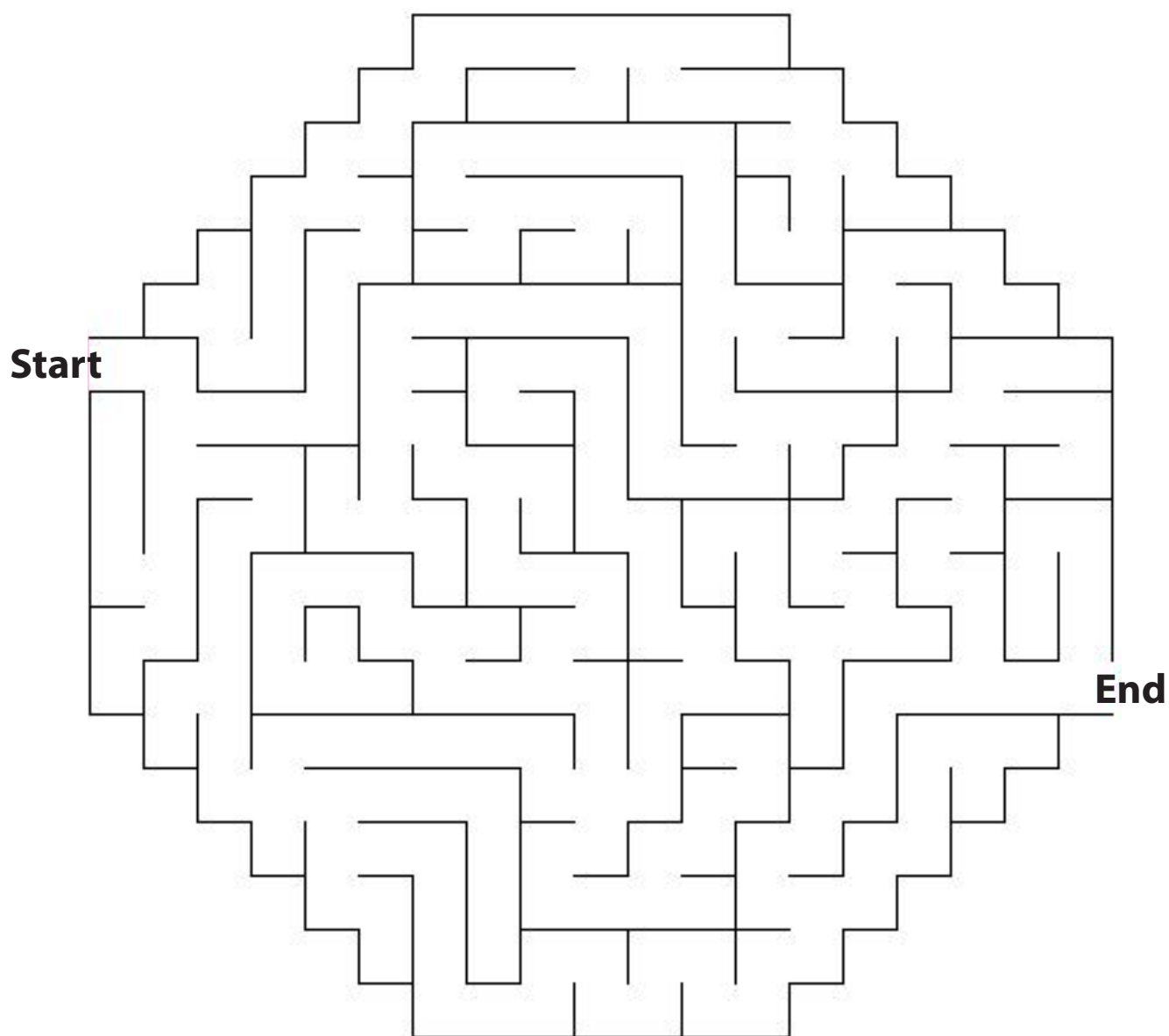
Draw It!

Draw a picture of an activity you enjoy during the fall.

Name _____ Date _____

Maze

Can you get from start to end?



Name _____ Date _____

Draw

Draw yourself shopping on Black Friday!

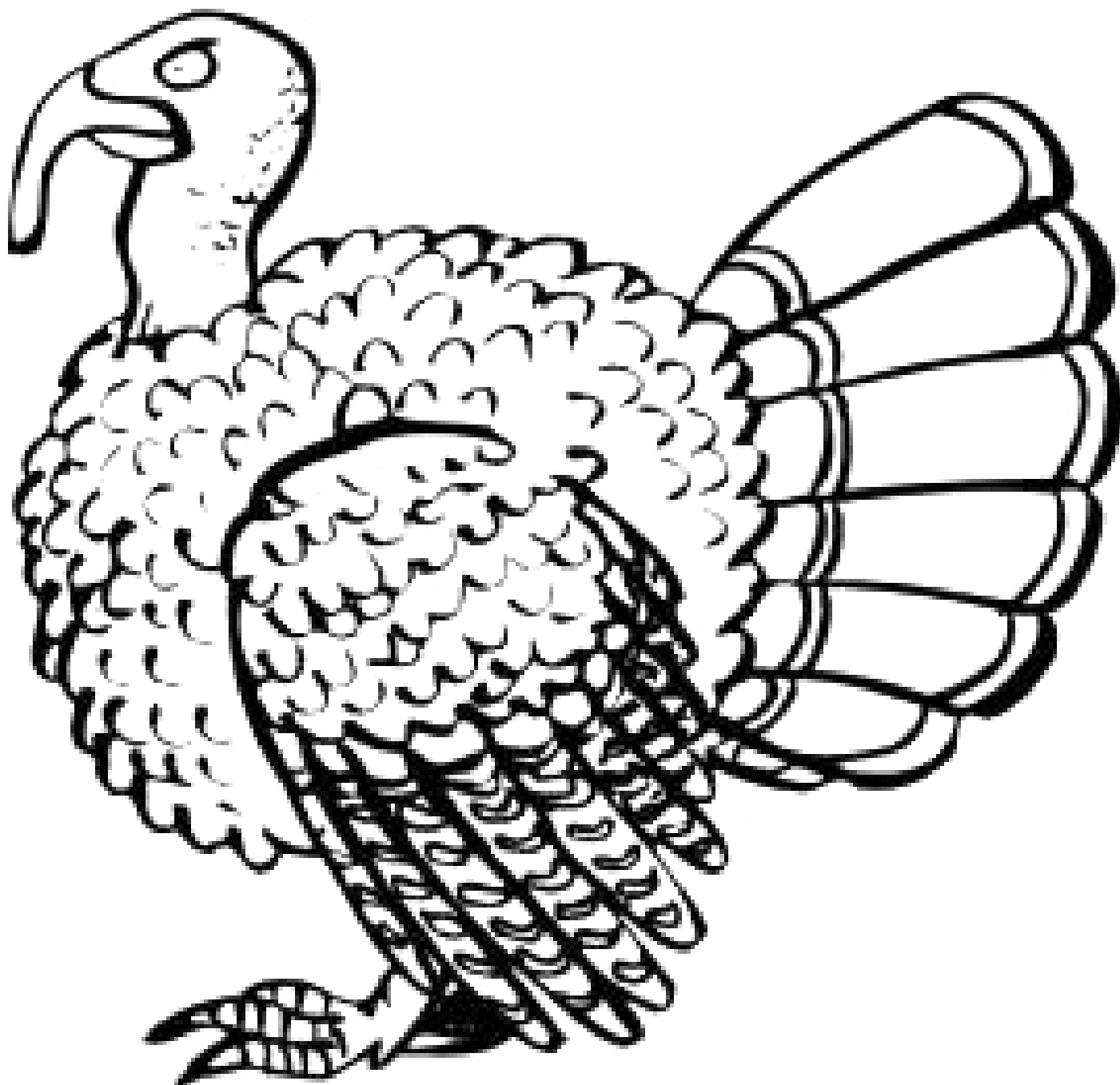
Name _____ Date _____

Draw It!

Draw a picture of what you're most thankful for this Thanksgiving.

Name _____ Date _____

Color



Name_

Date _____

Creative Writing

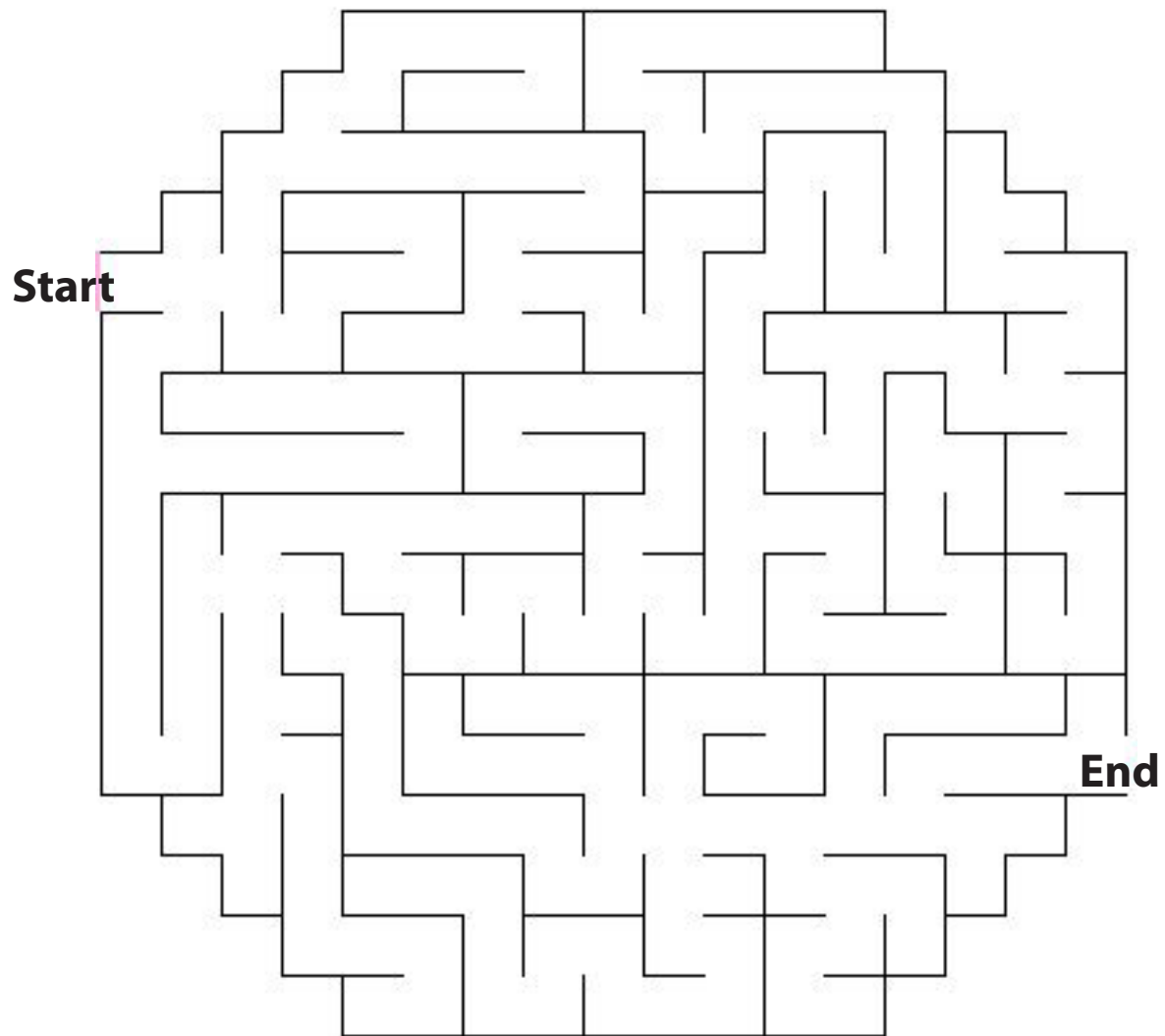
With a partner, write a paragraph about something you are thankful for this Thanksgiving.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name _____ Date _____

Maze

Can you get from start to end?



Name _____ Date _____

Word Search

Level 1:

Find FALL, TURKEY, FAMILY, NUTMEG

(K – 4th Grade)

Level 2:

Find INDIANS, PILGRIMS, HARVEST, PUMPKINS,

CRANBERRIES, NOVEMBER, MAYFLOWER,

THANKSGIVING

(5th Grade – Up)



Color



Name _____ Date _____

Word Scramble

Unscramble the words below.

anhTksiivngg

yilfma

kyertu

lalf

tesrvha

pkinsmup

pgilismr

owerlfyaM

Answer Key: Thanksgiving, Family, Turkey, Fall, Harvest, Pumpkins, Pilgrims, Mayflower

Name _____ Date _____

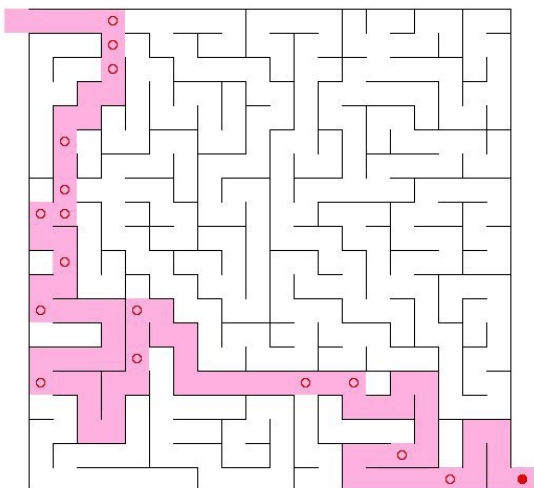
Body Builder

Build your body of words by seeing how many words you can make out of the word "Thanksgiving."

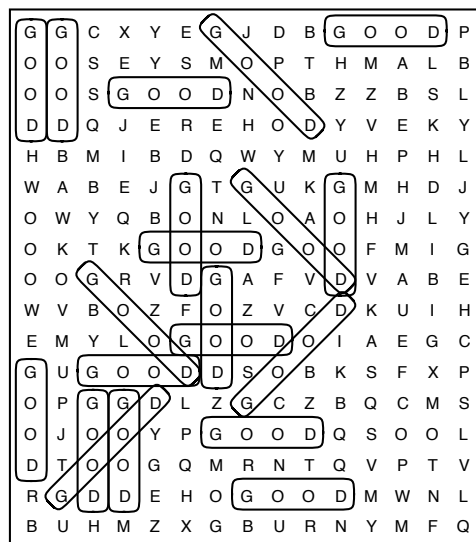
Answer Key: Thanks, Giving, In, Hank, Sin, Tank, Gig, Thing, Think, Thinking,

Answer Key

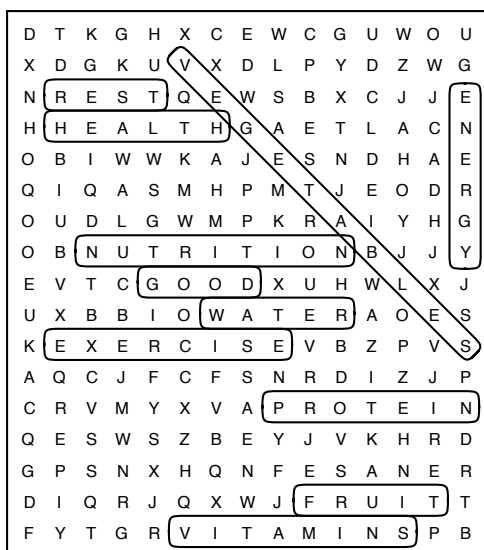
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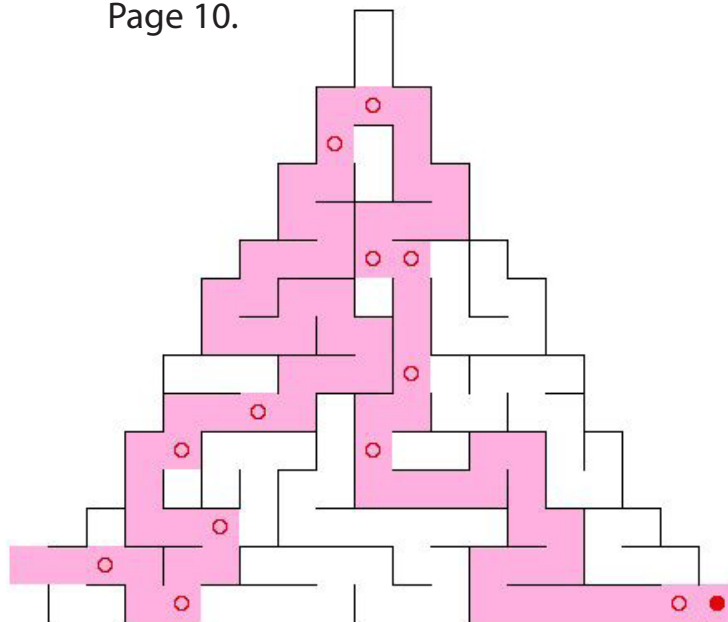
Page 3.



Page 7.

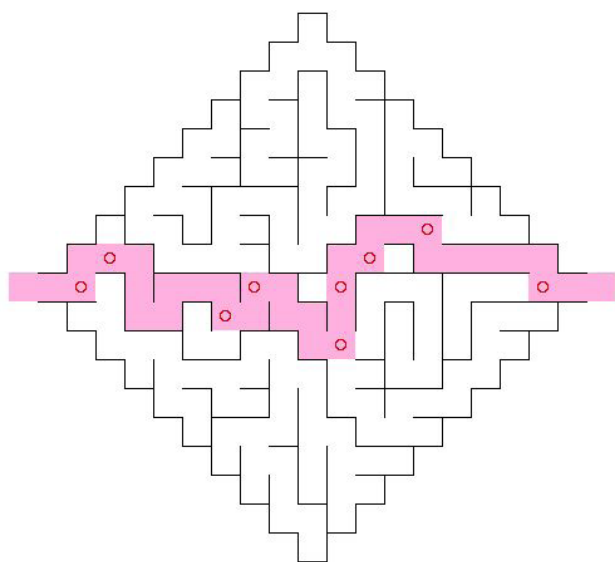


Page 10.

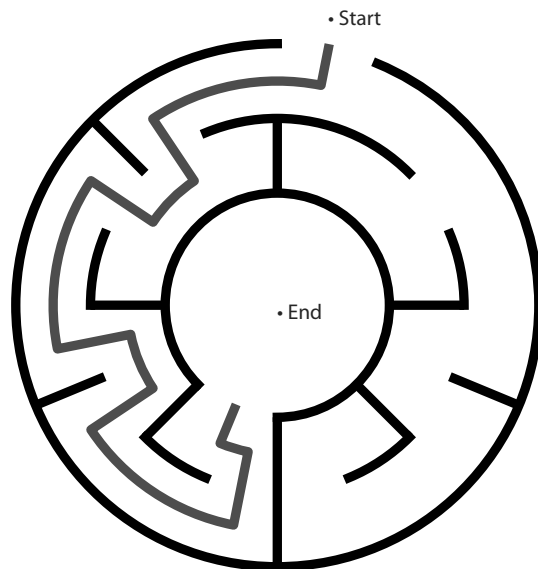


Answer Key

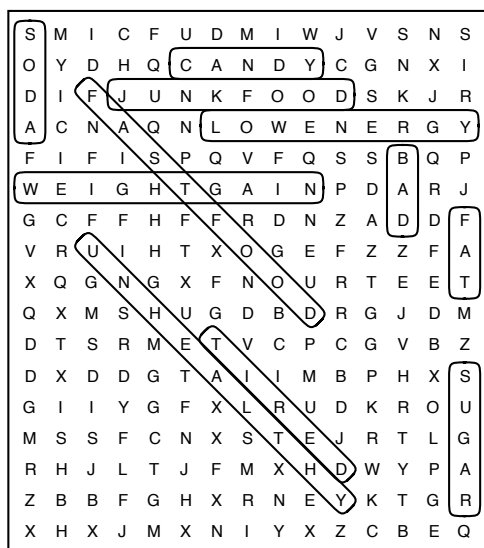
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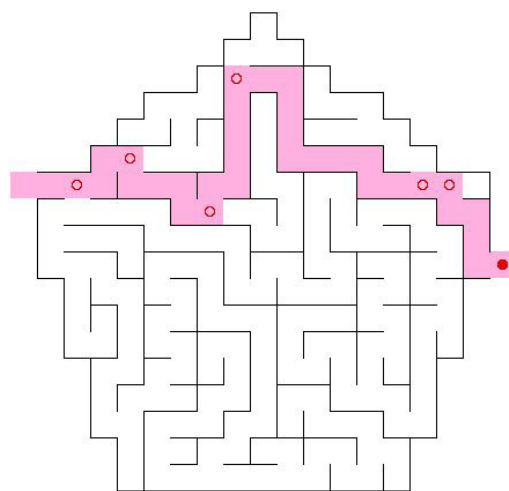
Page 14.



Page 17.

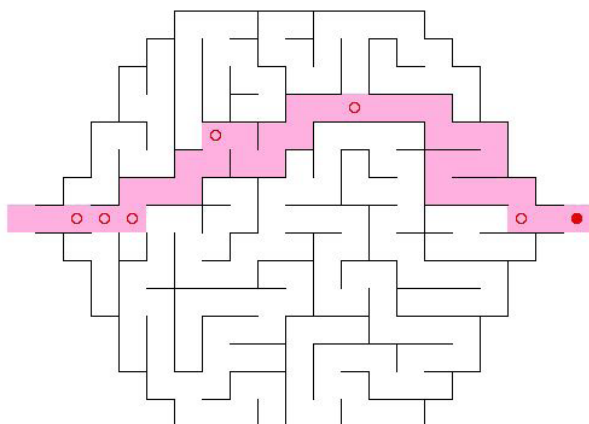


Page 20.

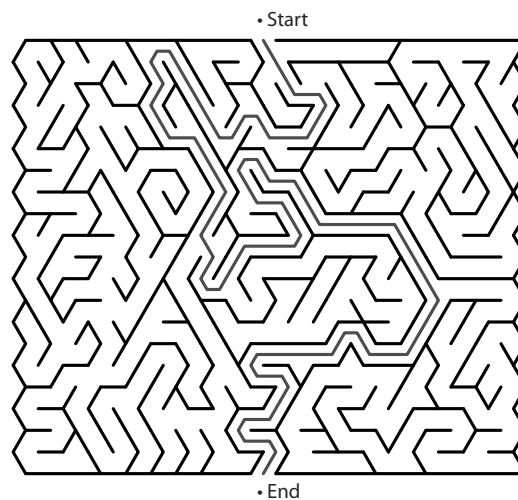


Answer Key

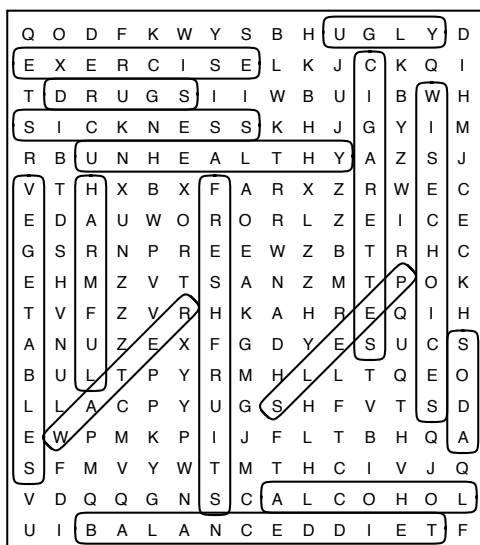
Page 22.



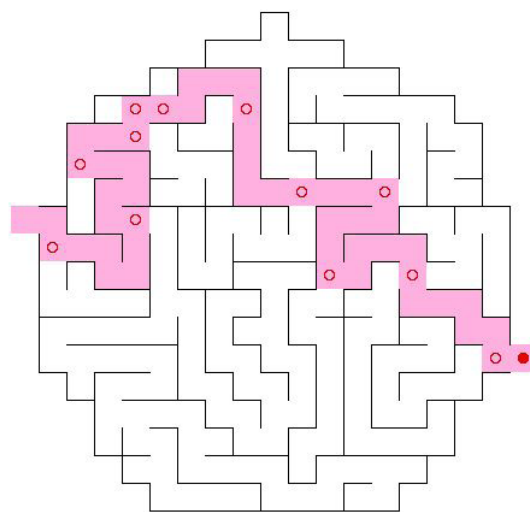
Page 23.



Page 27.

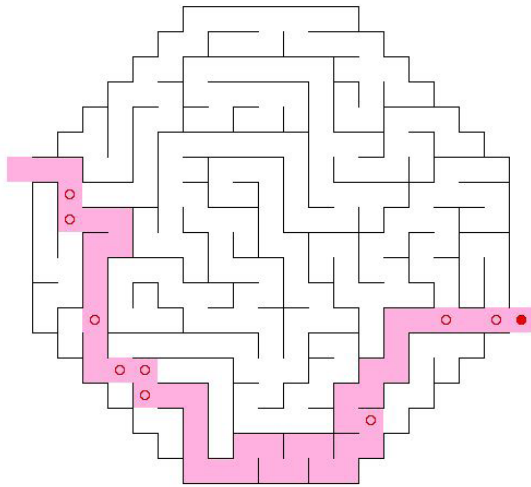


Page 28.

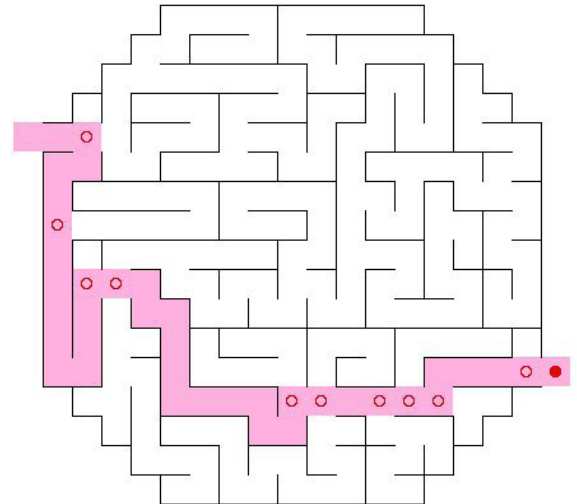


Answer Key

Page 32.



Page 37.



Page 38.

