

A First Grade  
SOL Workbook

# Healthy Bear Goes to the Hospital



A publication of

Children's Hospital  
of The King's Daughters



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.

SOL: English 1.5

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.

# Did you ever get hurt like Healthy Bear?

Write two sentences about a time you got hurt.

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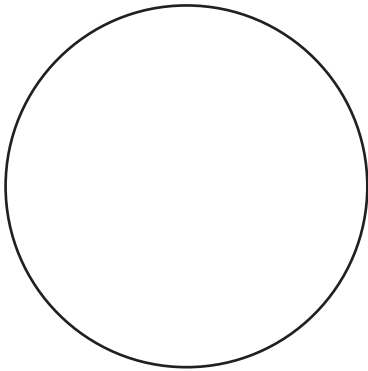
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SOL: English 1.11, 1.12

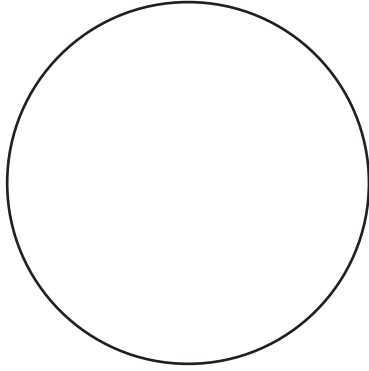
## Did it hurt?

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

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

SOL: English 1.3



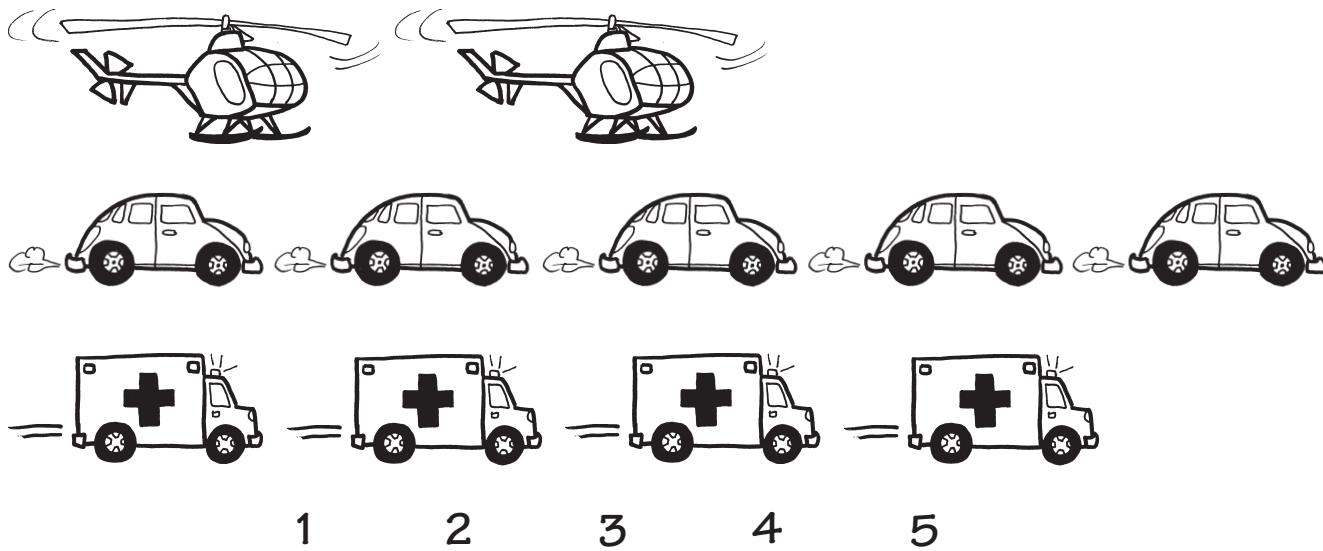
# Healthy Bear Hurried to the Hospital




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.



SOL: English 1.5

## 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



SOL: Math 1.9

### First-aid Math

Add and write your answer in the bandage.

$5 + 5 =$

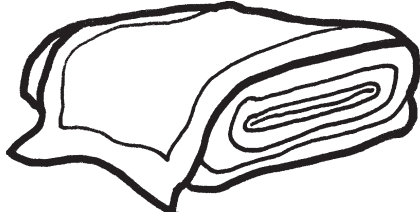
$4 + 3 =$

$7 + 2 =$

$2 + 6 =$



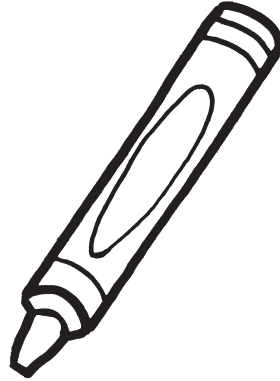
Write the correct consonant blend.



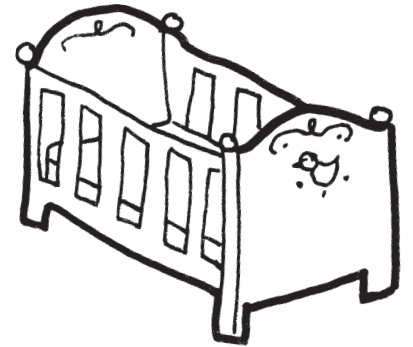
\_\_\_\_\_anket



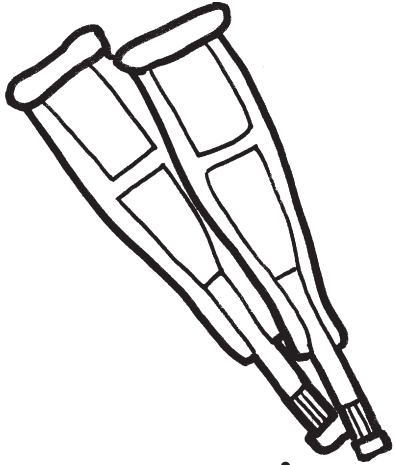
ca\_\_\_\_\_



\_\_\_\_\_ayon



\_\_\_\_\_ib



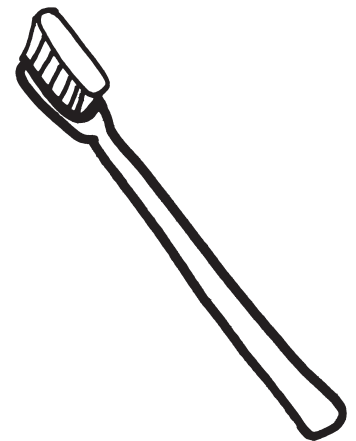
\_\_\_\_\_utches



\_\_\_\_\_oves



\_\_\_\_\_ale



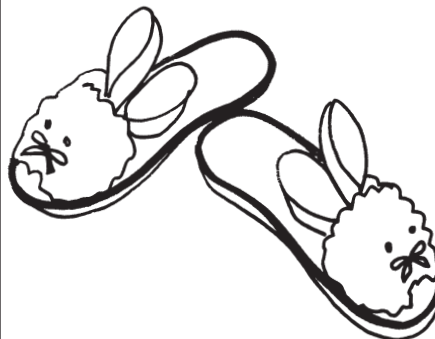
\_\_\_\_\_ush



\_\_\_\_\_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.

SOL: English 1.5



## Practice counting by 5.

Each glove equals 5 (for 5 fingers)



5



+



+



+



+



+



+



+



+



+



+



## 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?

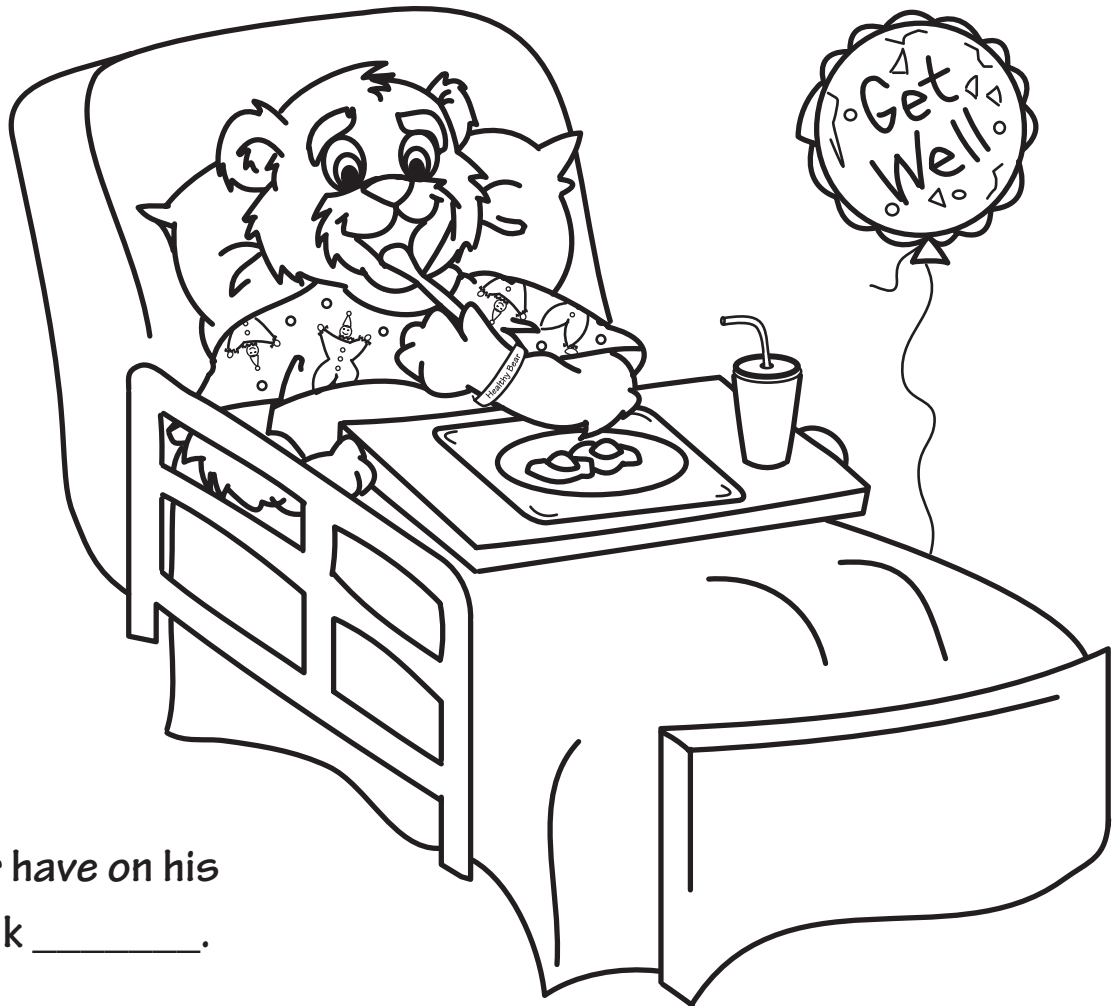
SOL: Science 1.1



# 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.

SOL: English 1.5



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

SOL: Math 1.4

## Eat Smart and Exercise

What food group does each food belong to?



\_\_\_\_\_



\_\_\_\_\_



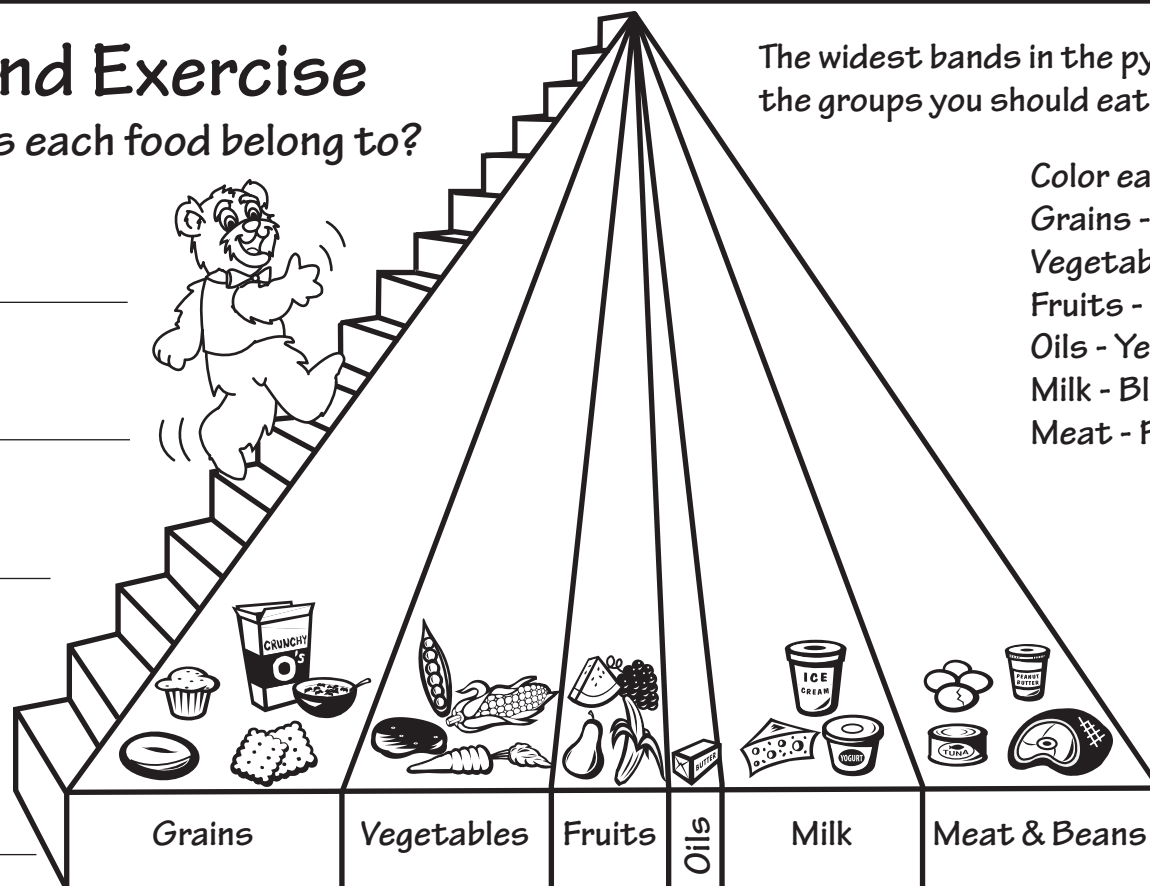
\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



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](http://www.MyPyramid.gov)

