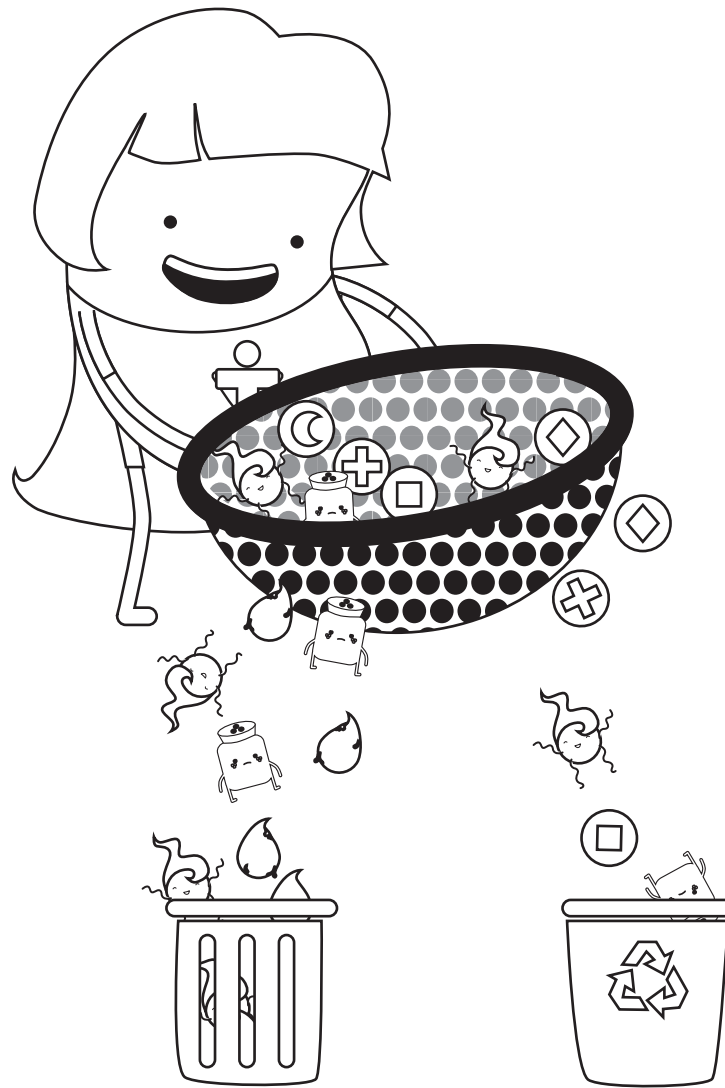


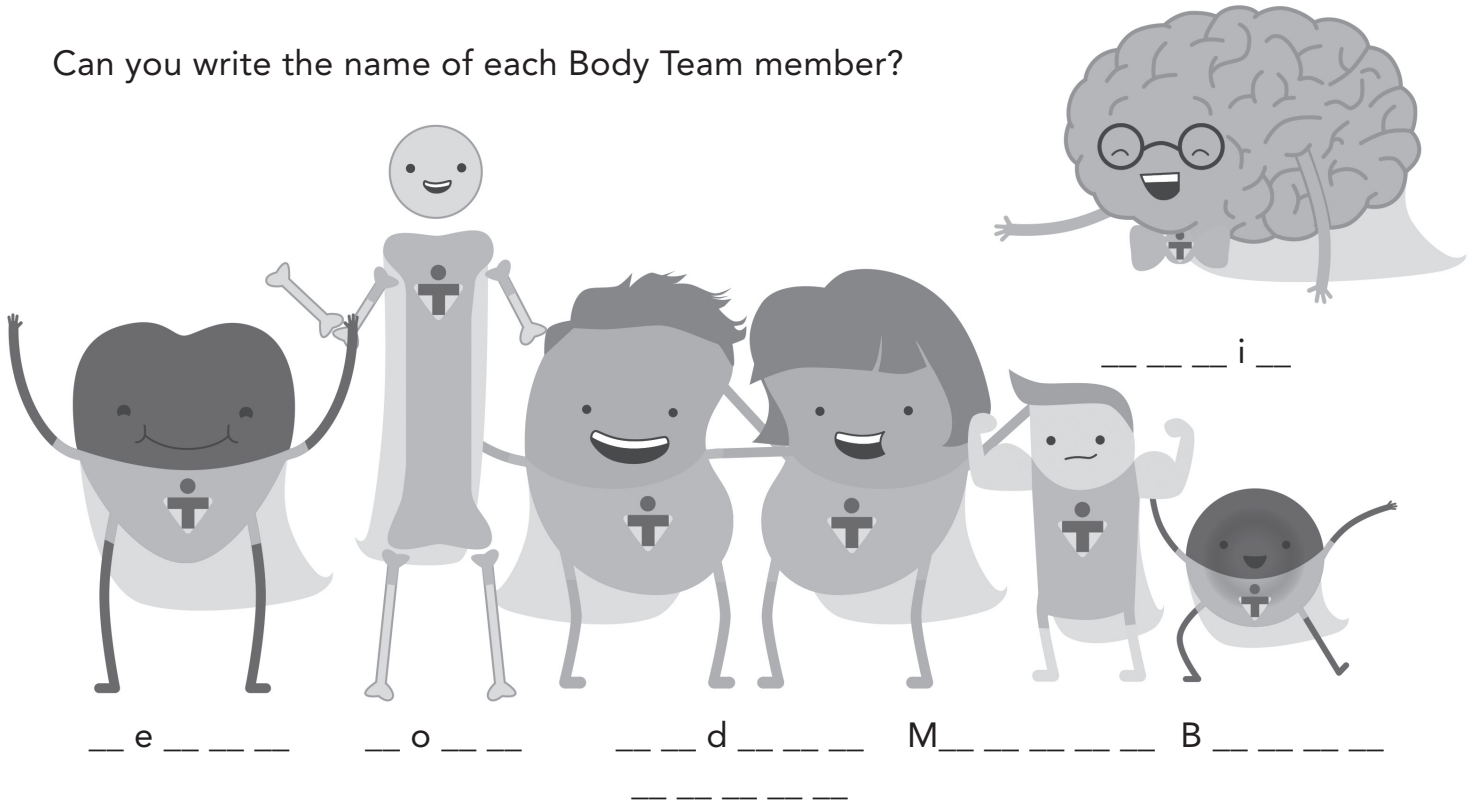


HEALTHY KIDNEYS

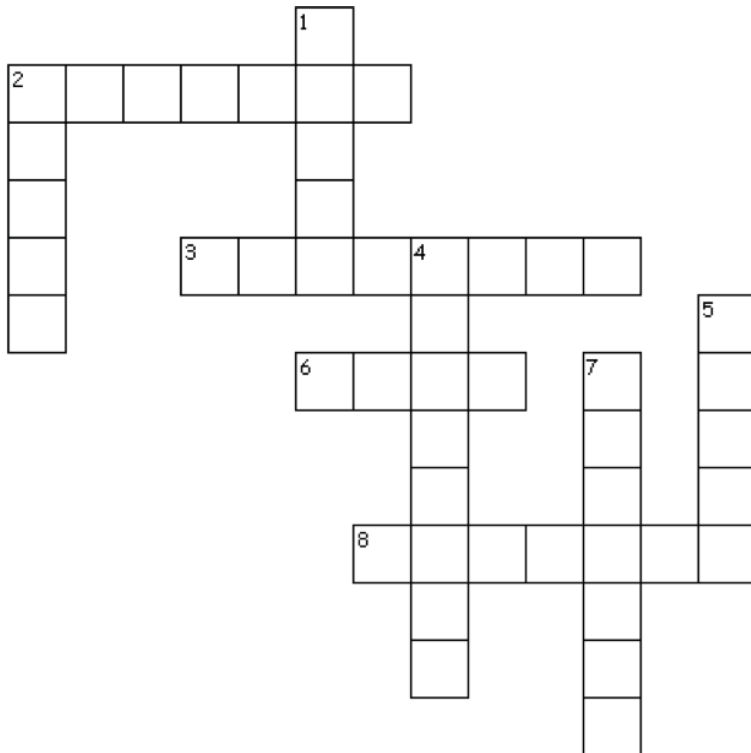
BALANCE ACTIVITY SHEET



Can you write the name of each Body Team member?



BALANCE CROSSWORD PUZZLE



ACROSS

2. A bag for storing urine
3. Along with minerals, these are important for our body to be healthy
6. The frame of our body, made from calcium and phosphate
8. Keeping just the right amount of what the body needs to stay healthy

DOWN

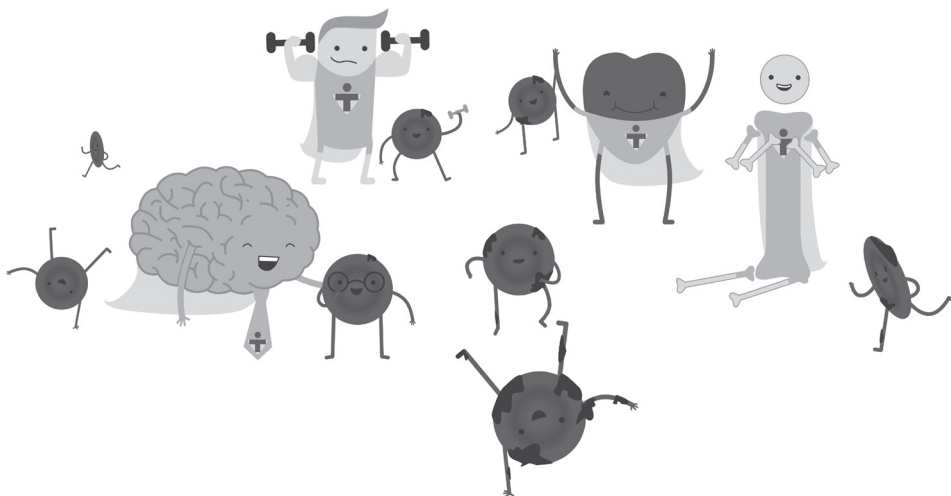
1. Pumps blood to the body
2. Flows through arteries and veins all through the body
4. Along with vitamins, these are important for our body to be healthy
5. Made up of water and waste and stored in a bag called a bladder
7. The "twins" that work to balance what the body needs

BALANCE WORD SEARCH

Can you find these words? They can be forwards, backwards or diagonal.

E	Y	A	K	N	B	H	S	I	K	M	H	C	N	N
I	T	J	R	M	J	M	K	F	D	I	R	V	I	F
Q	U	S	J	F	U	W	R	F	L	N	E	B	E	L
F	W	Y	A	S	Y	N	M	K	L	E	T	M	T	P
U	U	U	C	W	V	E	G	A	B	R	A	G	O	C
L	N	L	Z	O	M	K	J	C	L	A	W	V	R	K
K	E	B	P	Z	R	V	L	U	E	L	W	C	P	T
S	E	R	O	M	A	E	E	E	S	S	O	P	Z	V
U	H	A	Z	N	A	Y	O	L	G	R	D	I	J	C
H	A	I	T	N	E	U	F	U	C	O	A	O	M	J
N	E	N	I	R	U	S	R	P	O	Y	Y	D	T	R
H	E	A	R	T	B	A	U	L	T	L	C	K	J	H
K	X	V	D	I	Z	E	B	M	L	Q	T	E	G	R
I	O	R	H	E	L	C	Z	K	Y	C	X	F	R	A
S	Q	K	I	E	K	Y	M	P	P	D	U	E	P	M

BLOOD
BONES
BRAIN
CLEAN
GARBAGE
HEART
MINERALS
MUSCLES
PROTEIN
RECYCLE
URINE
WASTE
WATER

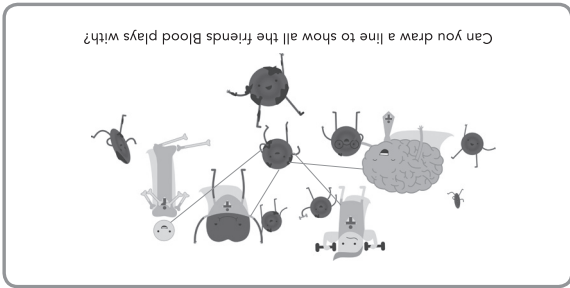


Can you draw a line to show all the friends Blood plays with?

IMPORTANT THINGS I LEARNED:

- _____
- _____
- _____
- _____
- _____

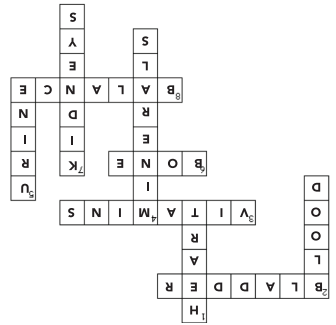
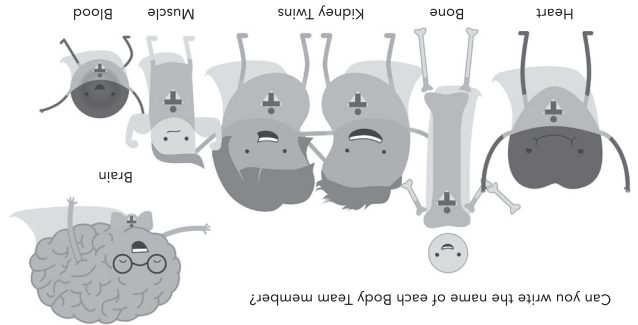
ACTIVITY ANSWER KEY:



E	Y	A	K	N	B	H	S	I	K	M	H	C	N	
I	T	J	R	M	K	F	D	I	R	V	I	F		
O	U	S	J	F	U	W	R	F	L	N	E	B	E	L
F	W	Y	A	S	Y	N	M	K	L	E	T	M	T	P
U	U	U	U	U	U	U	U	U	U	U	U	U	U	U
L	N	L	Z	O	M	K	J	C	L	A	W	V	R	K
K	E	B	P	Z	R	V	L	U	E	L	W	C	P	T
S	E	R	O	M	A	E	E	S	S	O	P	Z	V	
U	H	A	Z	N	A	Y	O	L	G	R	D	I	J	C
H	A	I	T	N	E	U	C	O	A	O	M	J		
N	E	N	I	R	U	S	R	P	O	Y	D	T	R	
H	E	A	R	T	B	A	U	L	T	L	C	K	J	H
K	X	V	D	I	Z	E	B	M	L	O	T	E	G	R
I	O	R	H	E	L	C	Z	K	Y	C	X	F	R	A
S	O	K	I	E	K	Y	M	P	P	D	U	E	P	M

BALANCE WORD SEARCH
Can you find these words? They can be forwards, backwards or diagonal.

- BLOOD
- BONES
- BRAIN
- CLEAN
- GARBAGE
- HEART
- MINERALS
- MUSCLES
- PROTEIN
- RECYCLE
- URINE
- WASTE
- WATER



- ACROSS**
1. Pumps blood to the body
 2. Flows through arteries and veins all through the body
 4. Along with vitamins, these are important for our body to be healthy
 5. Made up of water and waste and stored in a bag called a bladder
 7. The "twins" that work to balance what the body needs
- DOWN**
1. Pumps blood to the body
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 8. Keeping just the right amount of what the body needs to stay healthy

