



Healthy Kids Club



Sudoku Puzzles

Exercise your mind! The objective of sudoku puzzles is to fill in the blank squares with the correct number. Figuring out the correct number can be tricky, but there are easy rules to follow: Every row of the puzzle must contain the numbers 1 – 4 and every column of the puzzle must contain the numbers 1 – 4. Caution: The last one should have the numbers 1 - 6.

3			2
	4	1	
	3	2	
4			1

2	3	4	1
3	4	1	2

	4		1
3			
			4

	2		
	1	4	
		3	

3			
			2
4			1

		4	2	3	
	2			1	
2					3
3			4		1
	5			4	
	3	6	1		

Your Favorite

By now you probably have lots of ideas on how to eat healthy and stay healthy. In the white space below draw a picture of your favorite way to stay healthy!

Hey kids! For more ideas on staying healthy, check out my Healthy Kids Club page at CoordinatedCareHealth.com

