

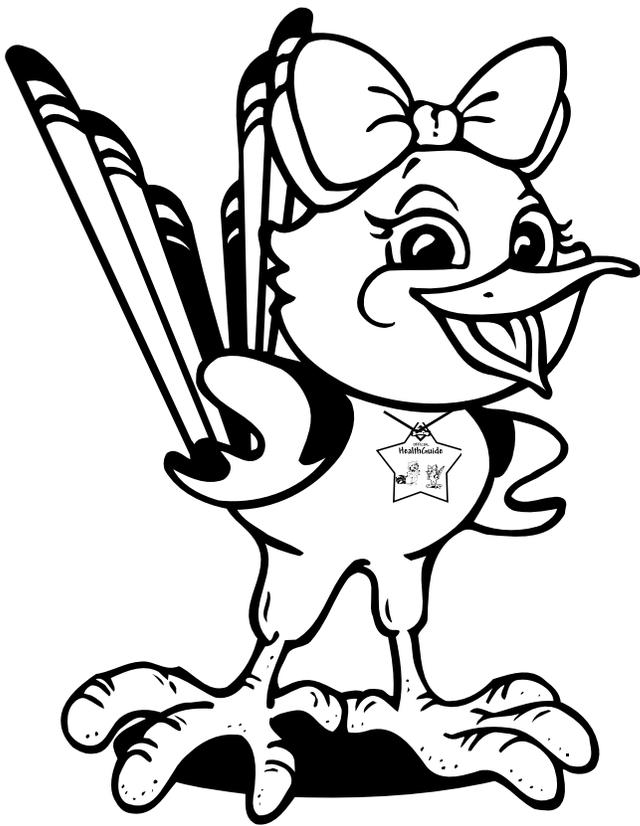


Join the

SoonerCare Health Guide Club



You can
become a
**Health
Guide**
like Soozie
and Rascal!



Help me put on a Health Guide play! Color and cut out the picture of my head and Rascal's head, then glue or tape them to a stick or straw. You will have to talk for us. Help us teach your friends and family about eating healthy, washing hands to get rid of germs and playing safely. You can also make up your own plays.

Soozie Plays Safe!

Soozie: I love to play with my friends!

Rascal: Me, too. I like to skate fast, swing high and bike on bumpy roads!

Soozie: That doesn't sound very smart, Rascal. You have to be careful when you play so you don't get hurt or hurt someone else!

Rascal: I'm tough. I won't get hurt. I just want to have fun.

Soozie: You can have fun and play safe. Wear a helmet when you bike or skate, watch out for traffic and other people and don't swing so high you fall on the hard ground. Remember, you can't fly like me!

Rascal: You're right! I want to have fun not get hurt!

Rascal Gets Wet!

Rascal: Hi, everyone, my name is Rascal and I'm a raccoon. Raccoons love to wash things in the water. I wash fruit before I eat it and always wash my hands!

Soozie: Hi, my name is Soozie, and I'm a scissor-tailed flycatcher, Oklahoma's state bird. I like to splash in a birdbath to wash my feathers.

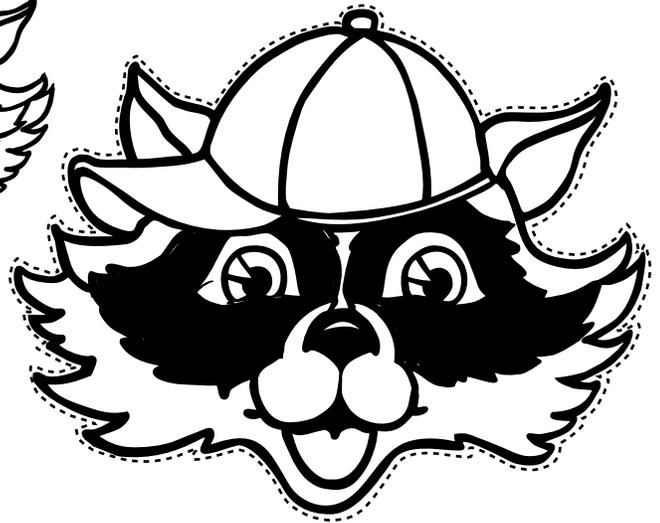
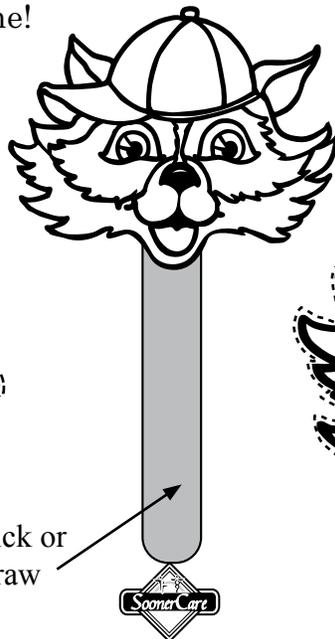
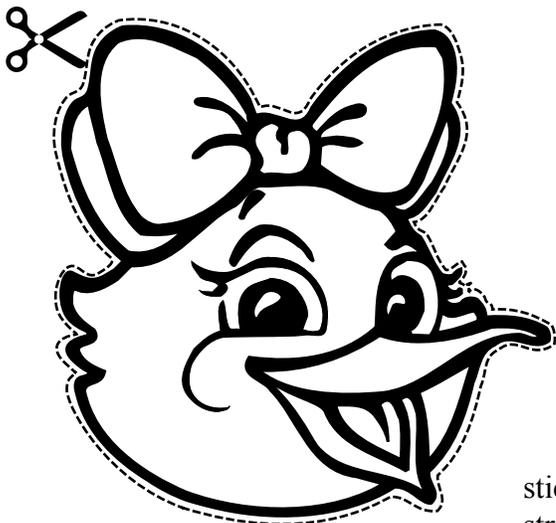
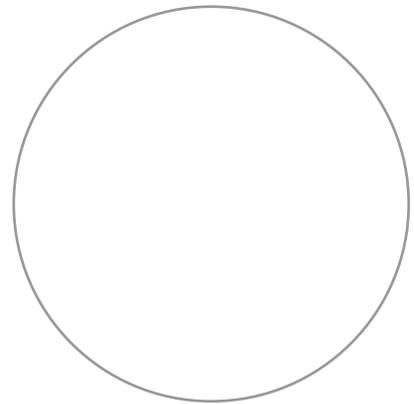
Rascal: I show my friends how to make bubbles when they wash their hands.

Soozie: Why are bubbles important, Rascal?

Rascal: Because **Germs** get on your hands and make you sick, but bubbles scare the **Germs** away!

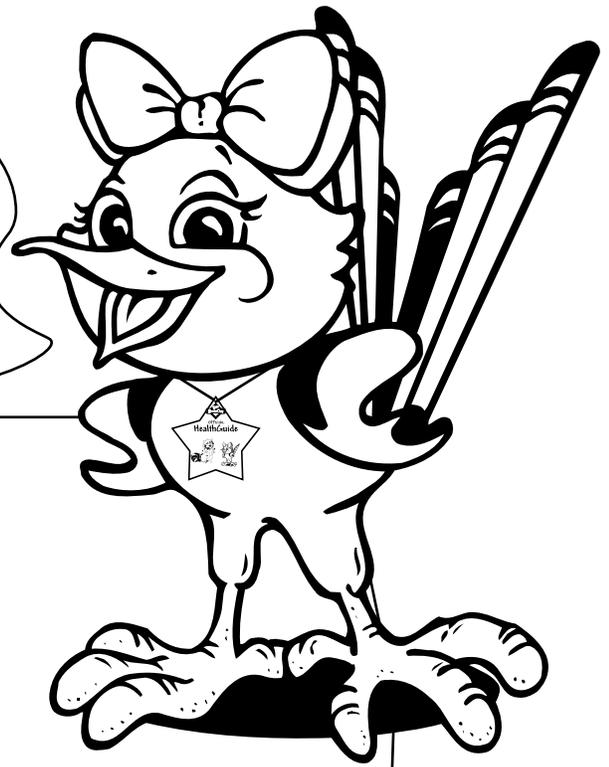
Soozie: I'll need a bubble bath to clean all of my feathers! I don't want any **Germs** on me!

Draw your face on the circle below, cut it out and tape it to a stick so you can be in the play!



Hi!

I'm Soozie SoonerCare and I want to be your friend! I am Oklahoma's state bird, A scissor-tailed flycatcher. I can show you how to have fun, play safely and eat healthy so you can grow up big and strong. I'm a Health Guide! You can be a Health Guide, too! Say YES to the Pledge on the back cover!



OKLAHOMA

Draw some food Soozie likes to eat. Ask a grown-up to draw a star where you live on the Oklahoma map. Color this picture.



Hi!

I'm Rascal, an Oklahoma raccoon. Come play with me and I will teach you a lot of ways to have fun and stay safe! Did you know that raccoons always wash their food and hands before eating? Do you?

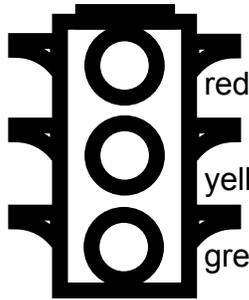
Draw some fruit Rascal likes to eat.

Safety First, Rascal!



You have to ride your bike safely or you will get hurt or hurt someone else.

- Always ride with your hands on the handlebars.
- Wear a bike helmet.
- Always stop and check for traffic in both directions when leaving your driveway, sidewalk, an alley or a curb.
- Obey the traffic signs and signals.
- When you are allowed to ride in the street, ride on the right-hand side of the street and cross the street at the intersection.
- Walk your bike across the street after looking both ways and following the traffic signals.



**What is Rascal doing wrong in the picture below?
What do the colors on the traffic signal mean?**

Color the picture.



Put a circle around the one ❶ picture below that shows what Rascal needs when he rides his bike.



HEALTH GUIDES KNOW BUBBLES MAKE HAPPY HANDS!

Health Guides always wash their hands with lots of soap bubbles after they:

- Play
- Sneeze
- Use the bathroom

And

- Before eating!

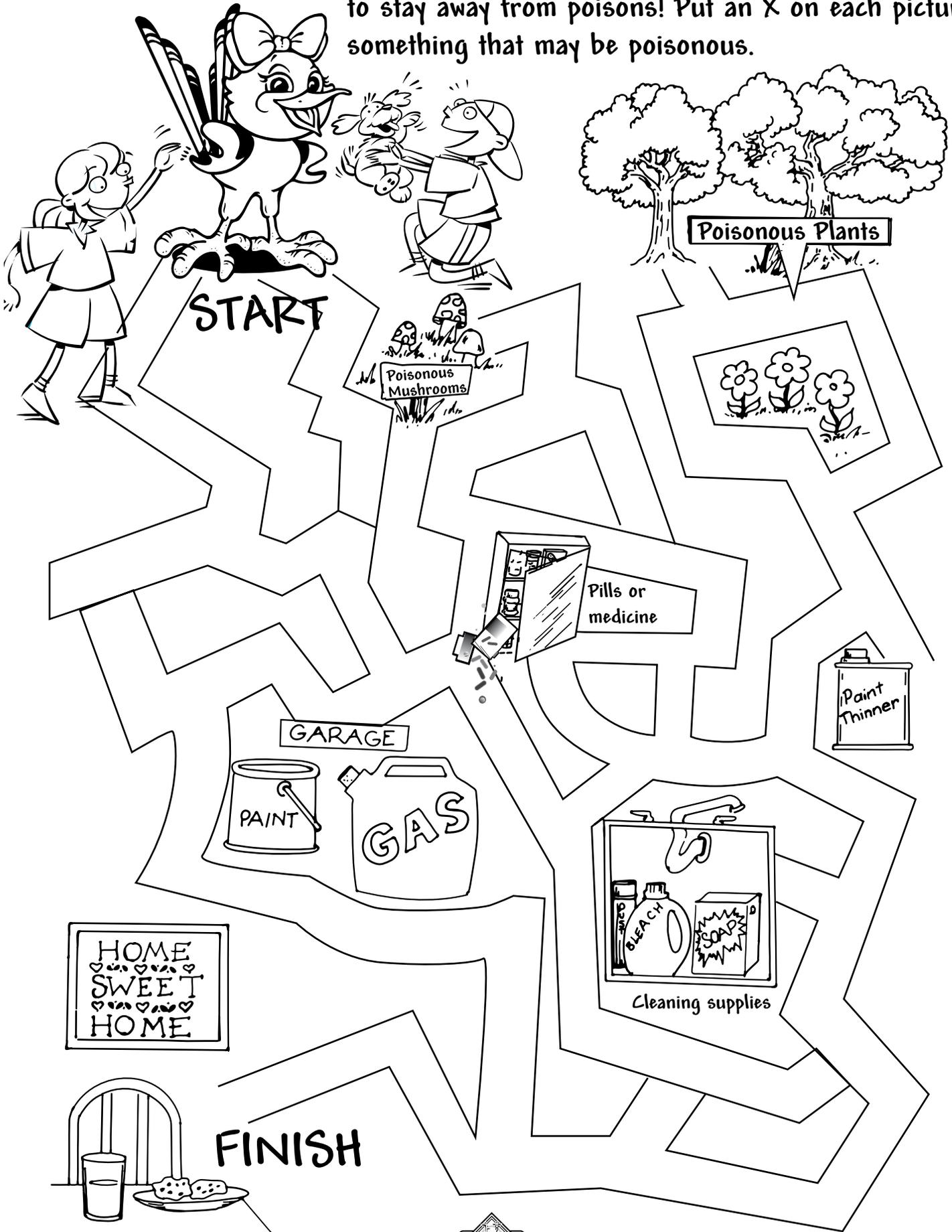
Put a check mark in the boxes above to show all the times you should wash your hands with soap bubbles.



Make a lot of bubbles like Rascal when you wash your hands!
Make bubbles for a count of 10 and wash between every finger and the front and back of your hands.
Color Rascal making bubbles.

POISON PREVENTION

Help Soozie and her friends get from start to finish. Follow the path and don't run into dead ends! Be sure to stay away from poisons! Put an X on each picture of something that may be poisonous.

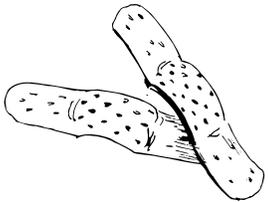


VISIT YOUR DOCTOR



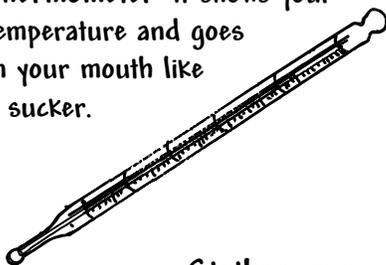
Health Guides visit their doctor for checkups. The doctor will ask you and your folks a bunch of questions! Doctors teach Health Guides how to stay healthy.

Bandages

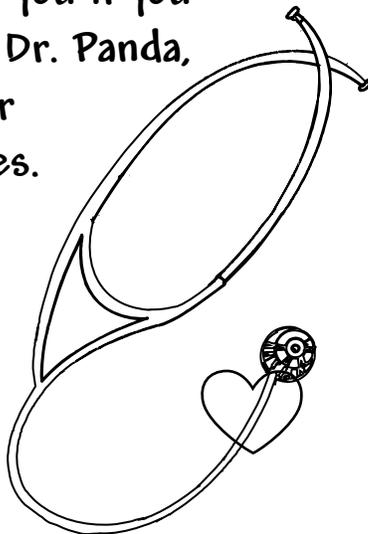


Doctors ask you things like how you are feeling, what you have been eating, if you have been sleeping well, and if anything feels weird. This is how they get to know you better so they can help you if you get sick. Color Rascal, Dr. Panda, and their friends. Color the tools Dr. Panda uses.

Thermometer-it shows your temperature and goes in your mouth like a sucker.



Stethoscope- Like headphones that help the doctor hear the beat of your heart songs.



You need to eat a lot of different colors of food each day.

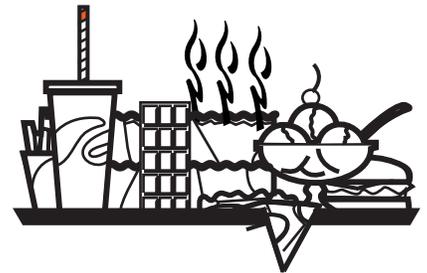
The Food Pyramid shows you the different types of food you should eat to stay healthy. Most of your food comes from the grains, vegetables, fruits and milk groups. Eat smaller amounts of meat or beans and just a little from the oil/fat group.

Choose foods that don't have much sugar. You should also play active games at least one hour a day. Staying active will help you grow up strong and healthy.



Color each section of the Food Pyramid the color written in the triangle.

Did you eat something from each color on the pyramid today?



Put an X on the lunch that is NOT healthy!

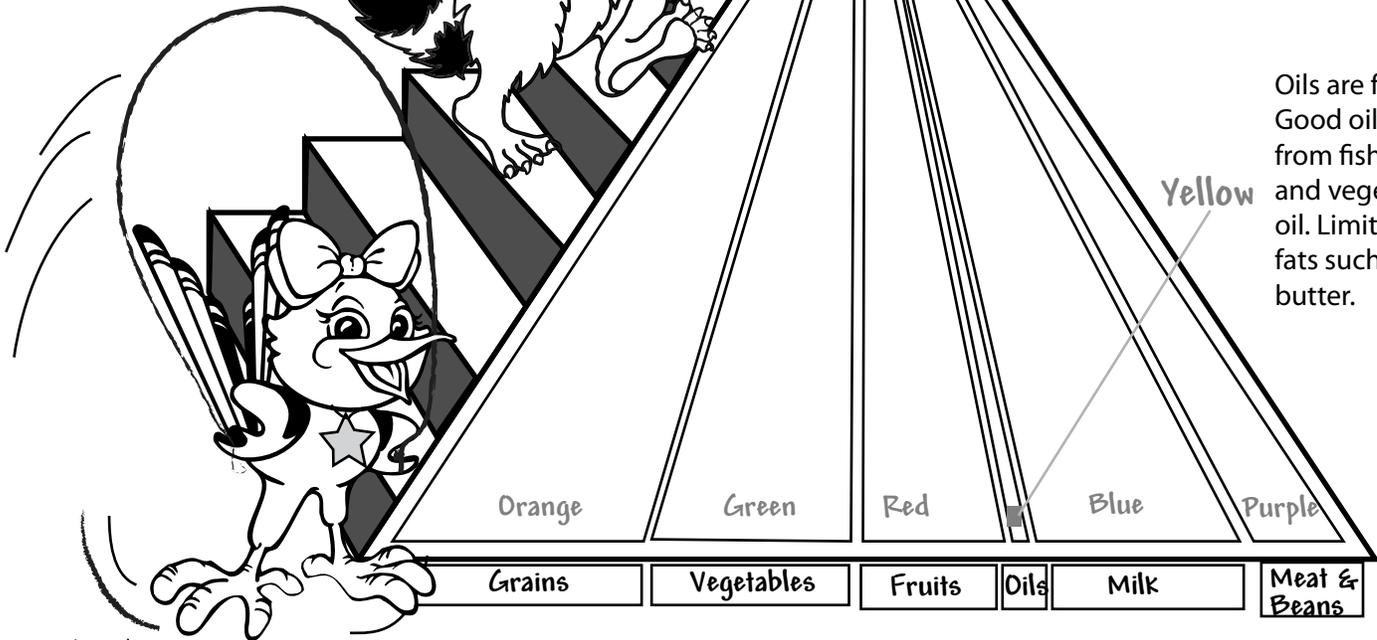


Kids need 60 minutes of active play or exercise each day! Jump, run, climb, bike, swim and play!

Exercise



Food Pyramid



Oils are fats. Good oils come from fish, nuts and vegetable oil. Limit solid fats such as butter.

Yellow

Grains are found in food like bread and cereal. Whole grains are the best! Eat 6 oz. each day.

Eat 2.5 cups of different colors of vegetables each day.

Eat 2 cups of fruit and/or fruit juice each day. The fruit is better than the juice.

Eat or drink low-fat dairy products like milk or cheese. Have 3 cups a day.

Eat 5.5 oz. of lean cuts of meat, seafood and beans each day.



Let's take food from different colors of the food pyramid! I like whole grains, a lot of fruit and green stuff! I like yellow cheese, too, do you?



Hey, Soozie, let's have a picnic! What do you want to take?

I like fruit and vegetables! They come in a lot of colors! The more colors you eat, the stronger you will grow! I'll catch a fish. They are really good for us!



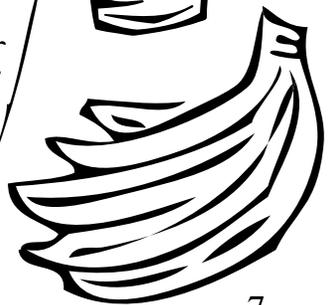
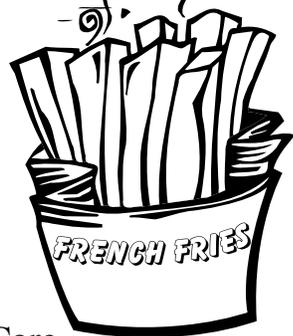
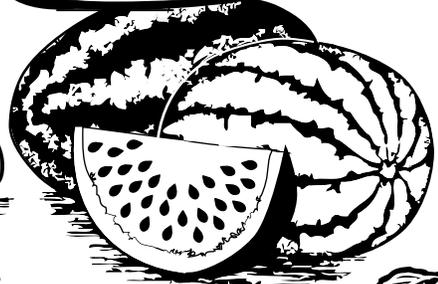
What food should Soozie and Rascal put in their picnic basket?

- Color the foods that would be good for them.
- Put an X on the foods that are not healthy.

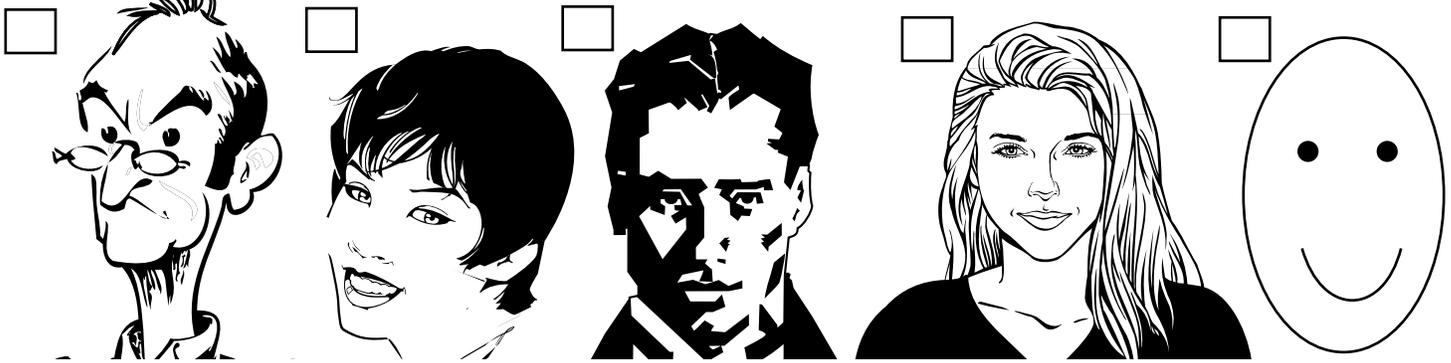
CANDY







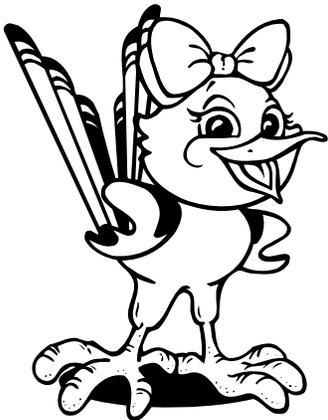
STRANGER DANGER What does a stranger look like? Put a check by each stranger.



A stranger is anyone you and your folks don't know and trust.

Bad people can look good and good people can look bad. Your folks can tell you who to trust. They might teach you a code word that they will tell a trusted friend to say to you. Don't tell your code word to anyone.

SoonerCare Health Guides avoid strangers and help their friends stay safe. Are these sentences true (T) or false (F)?



- Health Guides never take anything from strangers, even food or money!
- Health Guides don't walk with trusted friends.
- Health Guides don't talk to strangers on the phone.
- Health Guides make sure their parents or caretakers know where they are at all times.
- Health Guides keep emergency phone numbers by the phone.

My Emergency Phone List

Cut out and keep by the phone.

Parents' work phone: _____

Doctor's phone: _____

Neighbor's phone: _____

Family's phone: _____

Best friend's phone: _____

Emergency phone number: 911





Dear Parents,

Soozie and Rascal are so happy to help you explain these health and safety lessons to your children! It is important that your children understand why each lesson will help them stay safe and grow up healthy and strong. You are the teacher that will explain why and lead by example. When you help your child become a Health Guide, you are also helping all of their friends! Your child will help their friends, brothers and sisters have fun, stay safe and grow up healthy! If you would like more information on SoonerCare Programs call 1-800-987-7167 TDD 1-800-757-5979. Thank you!



Here are the correct answers to the activities to help you teach your children the right way to have fun, stay safe and grow up healthy and strong!

Page 3

Health Guides always wash their hands with lots of soap bubbles after they:

- PLAY
 - SNEEZE
 - USE THE BATHROOM
- And
- BEFORE EATING!

Put a check mark in the boxes above to show all the times you should wash your hands with soap bubbles.

Page 7

• Put an X on the foods that are not healthy.



What is Rascal doing wrong in the picture below?

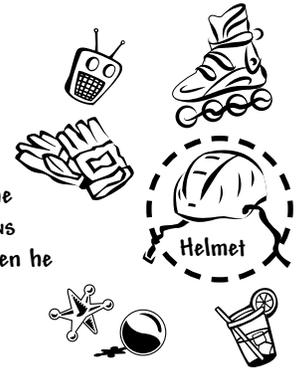
1. Hands not on handle bars.
2. Not wearing a bike helmet.
3. Holding a drink while riding.
4. Standing up, waving.

What do the colors on the traffic signal mean?

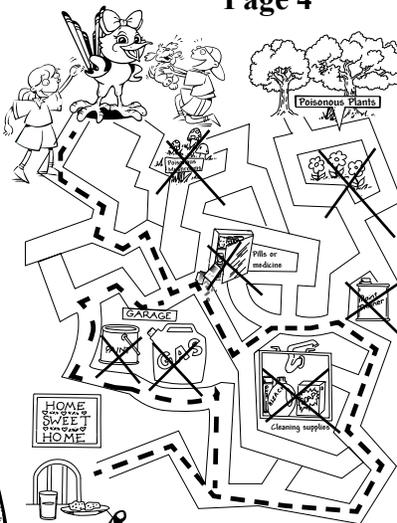
1. Red = Stop
2. Yellow = Slow-prepare to stop.
3. Green = Go.

Page 2

Put a circle around the one picture that shows what Rascal needs when he rides his bike.



Page 4



Put an X on the pictures of things that may be poisonous. Draw the paths that lead you home.

Page 6

Put an X on the lunch that is NOT healthy!



Page 8

STRANGER DANGER What does a Stranger look like? Put a check by each stranger.



A stranger is anyone you and your folks don't know and trust.
Bad People can look good and Good People can look bad. Your folks can tell you who to trust. They might teach you a code word that they will tell a trusted friend will say to you. Don't tell your code word to anyone.

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- Health Guides don't talk to strangers on the phone.
- Health Guides make sure their parents or caretakers know where they are at all times.
- Health Guides Keep emergency phone numbers by the phone.



SoonerCare Health Guide Club
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SoonerCare Health Guide Member Health Guide Pledge



Health Guides care about their health and safety. Health Guides help friends and family stay healthy and grow up strong. Health Guides are careful, friendly and helpful. I will always follow the Health Guide Pledge and grow up big and strong. Put a check mark by your answer to each question. I promise:

- Yes ___ No ___ 1. I will wash my hands before eating.
- Yes ___ No ___ 2. I will eat lots of yummy fruits and veggies.
- Yes ___ No ___ 3. I will walk, run or jump every day to stay strong.
- Yes ___ No ___ 4. I will ask an adult and look both ways before crossing a street.
- Yes ___ No ___ 5. I will make sure the grown-up taking care of me knows where I am at all times.
- Yes ___ No ___ 6. I will wear a bike helmet when I ride a bike, trike, scooter or skates.
- Yes ___ No ___ 7. I will play some games that don't use a computer or TV each day.
- Yes ___ No ___ 8. I will visit my doctor each year for a checkup.
- Yes ___ No ___ 9. I will brush my teeth every day to keep them healthy and strong.
- Yes ___ No ___ 10. I will help my folks, sisters, brothers and friends stay healthy.

If you answer YES to all 10 you are now an official SoonerCare Health Guide!

Welcome to the SoonerCare Health Guide Club!

cut on the dotted line



Health Guides stay healthy and safe and grow up big and strong.

As a SoonerCare Health Guide, you are now in charge of helping your friends and family stay healthy and safe.

Rascal and Soozie are proud to award you an official Health Guide Badge to wear and an official Membership Card. Cut out your badge to wear. Keep your membership card in a safe place. As a Health Guide, it is your duty to live a healthy life and help others stay healthy and safe.



Official Health Guide Membership Card

Name _____

Age _____ Today's Date: _____

City _____, Oklahoma

Parent's/Guardian's Signature: _____

