1, 2, 3...
Sand on my Feet!

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Mālama Honua Digital Storybook Series
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I like to try new things. I am brave!
I like to meet new friends. I am friendly!
I like to eat pineapple. I am a healthy eater!
I like to build sandcastles. I am creative!
I like to look at flowers. I am observant!
I like to follow animal tracks. I am adventurous!
I clean up my beach toys. I am helpful!
I like to count sticks. I am smart!
I like to collect shells for my mom. I am thoughtful!
10 toes in the sand

I like to play at the beach. I am happy!
This book is for grade level K-2

**Habits of Health featured:**
- Relationships
- Food, drink and nutrients
- Exercise, physical activity and play

**Hawaii Content and Performance Standards for Health**
**Standard 1:** Core Concepts- Understand concepts related to healthy promotion and disease prevention.
**Standard 3:** Self-Management- Practice health-enhancing behaviors and reduce health risks.
**Standard 5:** Interpersonal Communication- Use interpersonal communication skills to enhance health.

**National Health Education Standards**
Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.
Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
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