

1, 2, 3...

# Sand on my Feet!

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**Mālama Honua Digital Storybook Series**

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# 1 Surfboard



I like to try new things. I am brave!

# 2 Friends



I like to meet new friends. I am friendly!

# 3 Pineapples



I like to eat pineapple. I am a healthy eater!



# 4 Sandcastles



I like to build sandcastles. I am creative!

# 5 Flowers



I like to look at flowers. I am observant!



# 6 paw prints



I like to follow animal tracks. I am adventurous!

# 7 beach toys



I clean up my beach toys. I am helpful!



# 8 sticks



I like to count sticks. I am smart!

# 9 Shells



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.



## Picture Credits

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