Hi! I’m Soozie SoonerCare. Let’s get SoonerFit together!

The more I play, the healthier I get.

I visit my doctor to stay healthy!

I fill my plate with many colors of healthy food.

SoonerCare Activity Book
Designed by Sher Sester
Healthy Snacks
Squeak and his friends have been playing all morning and are ready for a healthy snack. Did you know that healthy snacks can give you more energy and make you feel better than sugary snacks?

Help Squeak get to his healthy snack! Draw a line from “Start” through the maze to the snack.
Scurry enjoys playing outside and using her imagination. There are so many fun things to do outside. What game should Scurry play next?
Health checkups keep you healthy . . .

I can hear my heart. Listen to that beat!

What about my ears?

Look at what I can see!

Eye Exam Chart

I get a KICK out of my REFLEXES!
and help you feel better when you are sick or hurt!

You might get to see a picture of your bones!
Fire Safety

If you see fire or smoke, DON'T HIDE... GET OUTSIDE!
Make a fire safety plan!

1. Draw the rooms in your house. Circle two exits from each part of the house. Remember, in an emergency, windows can be exits. Practice opening them.
2. Talk about fire safety with your family.
3. Have surprise fire drills and practice your fire safety plan.
4. Find a Family Meeting Place outside and away from the fire.

If smoke is in the room, **GET DOWN LOW**
**AND GO, GO, GO!**

**SMOKE**
Helmets and pads can keep you safe!

Let's get SoonerFit!
Be a healthy hero!

Help keep you and your friends from getting sick and get vaccinated!
Start with #1 and follow the dots.
Germs don’t have a chance against the Germinator!

You can be a Germinator!
Keep your teeth strong and healthy!

Circle the pictures of things that are good for your teeth and put an X on things that can cause cavities and decay.
Fill your plate with color.
How many colors of food did you eat today?

Learn more about building a healthy plate at www.ChooseMyPlate.gov.
Read a book today!
Discover the adventures hiding inside of books.

Draw the cover of your book.
Parent Resource Page

Regular health checkups are important for all children from birth through age 20. Children and teens who have SoonerCare need to have health checkups at the ages listed below:

- Birth
- 1 month
- 2 months
- 3 years
- 4 months
- 4 years
- 6 months
- 5 years
- 9 months
- 6 years
- 12 months (1 year)
- 8 years
- 10 years
- 12 years
- 14 years
- 16 years
- 18 years
- 20 years

SoonerCare Helpline 800-987-7767 711 (TDD)

Healthy Fruits and Vegetables Word Search

Circle the names of the healthy fruits and vegetables listed below.

- ASPARAGUS
- CABBAGE
- CUCUMBERS
- GRAPES
- PEACHES
- PECANS
- STRAWBERRY
- SUMMER SQUASH
- SPINACH
- SWEET POTATO
- TOMATO
- WATERMELON
- CORN
- WHEAT
- PEANUT
- BLUEBERRIES
- BLACKBERRIES

Healthy fruits and vegetables grown in Oklahoma.

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There was a woman who lived in a shoe

She used SoonerCare for their dental, well-child visits and more because keeping kids healthy is just what SoonerCare is for!

She had children and knew just what to do.

SoonerCare

Oklahoma Health Care Authority