

EDUFRIENZ®

Doodle FrienZ COLORING

SELF-CARE



EDUFRIENZ[®]

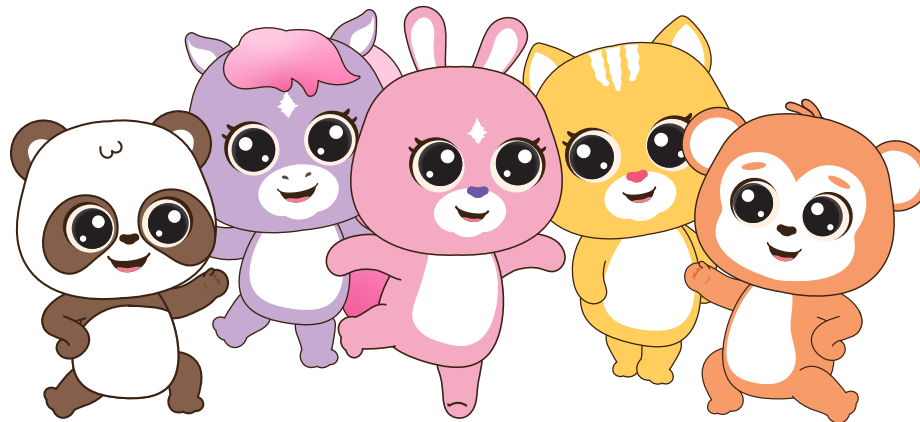
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INTRODUCTION

This coloring book is part of Edufrienz's collection of enrichment content designed to provide children with valuable coloring activities that promote positive growth.

The Doodle Frienz Coloring is an interactive coloring book designed to spark children's creativity and help them explore the fascinating world around them. As they color in the adorable Doodle Frienz characters, they will discover a variety of themes that celebrate diversity, basic learning concepts, nature, culture and community.

Each page includes engaging prompts and coloring activities that encourage them to think critically, express their imagination and develop a deeper understanding of the world. Through the power of art, they will explore important values such as kindness, respect and empathy.

When using this book in a school setting, we recommend that each child has their own copy. This allows for individual exploration and personalized learning experiences.

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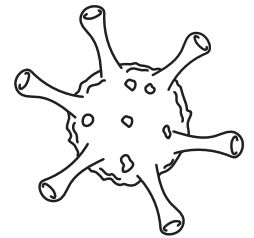
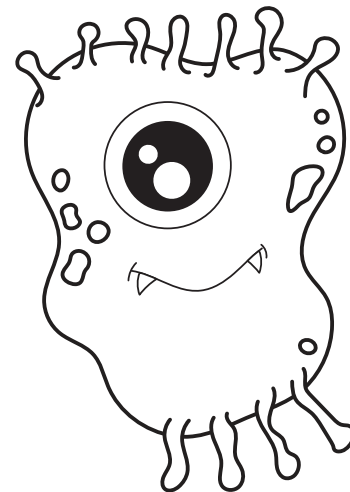
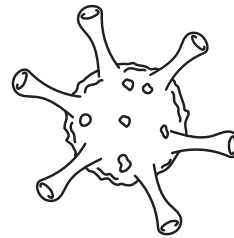
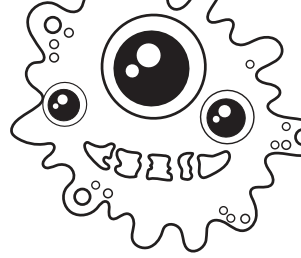
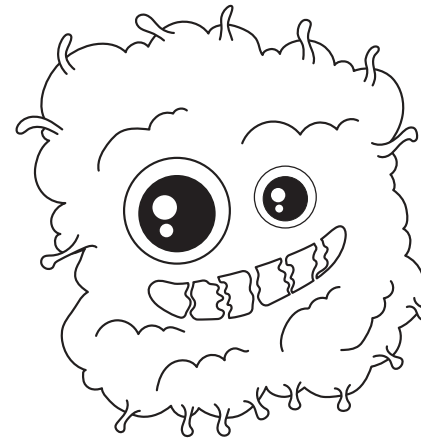
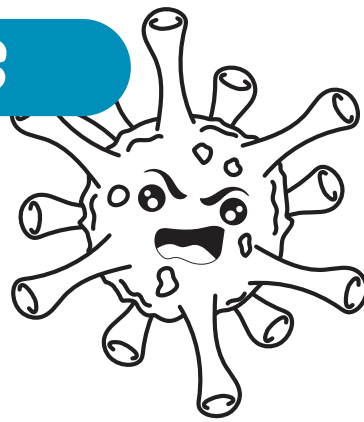


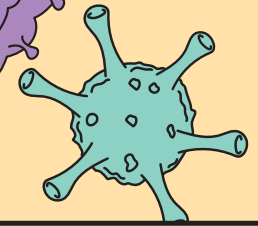
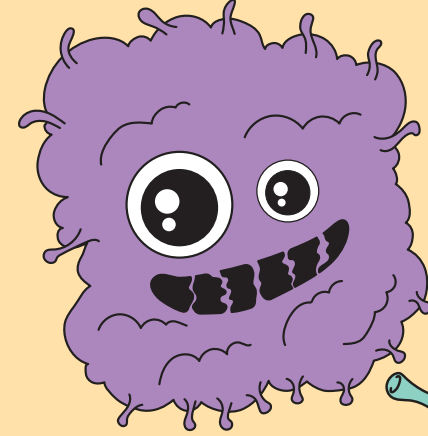
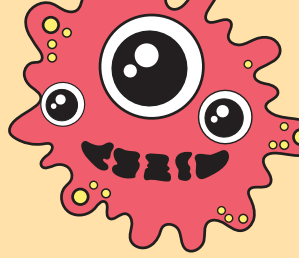
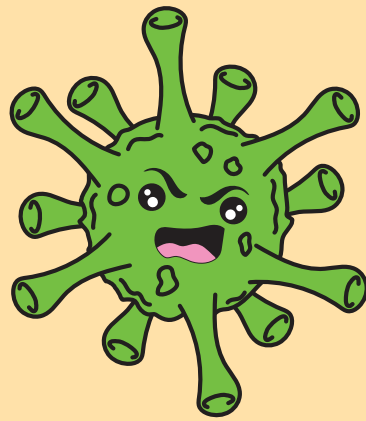
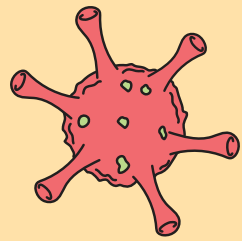
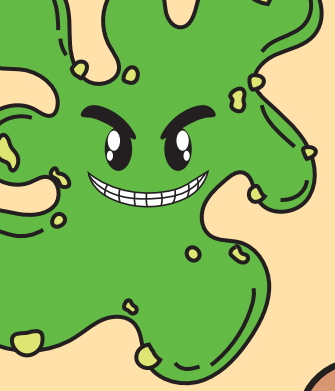
UNDERSTANDING GERMS



What are GERMS?

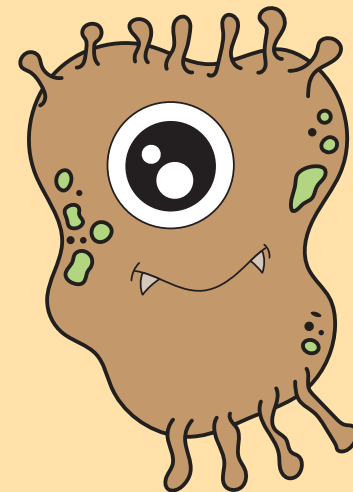
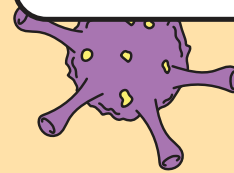
Germes are tiny living things that can make us sick.





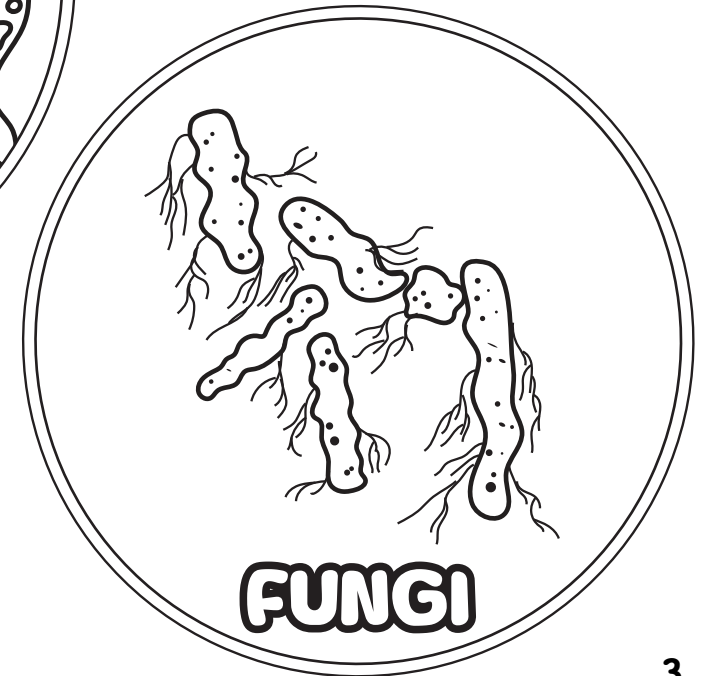
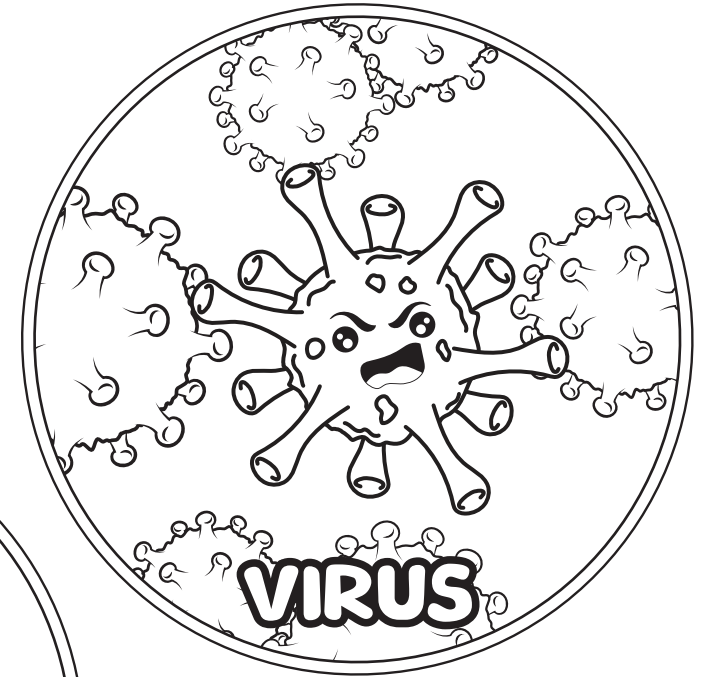
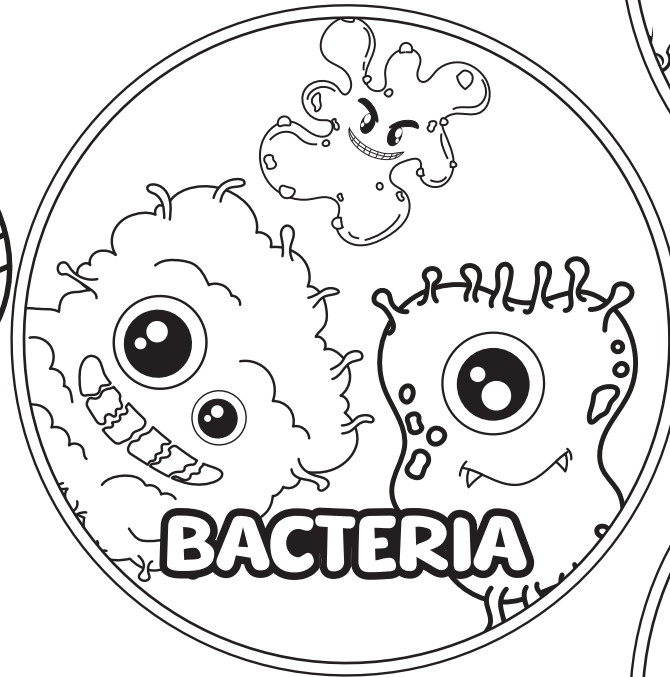
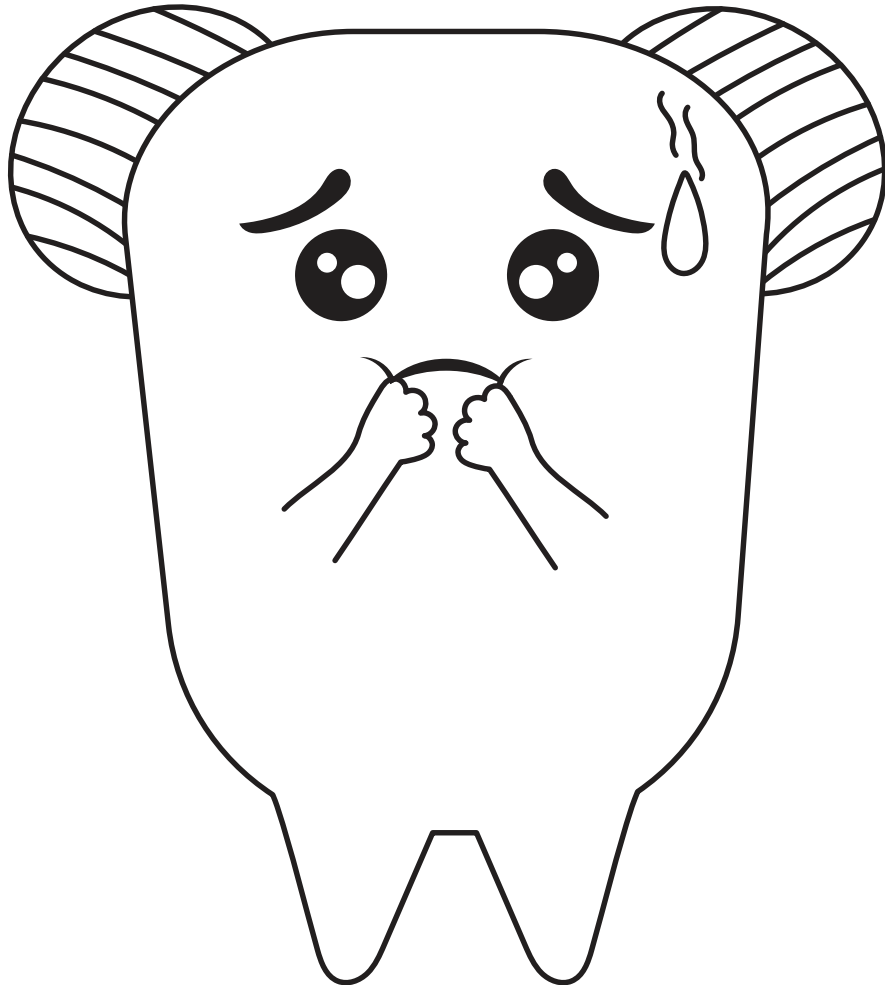
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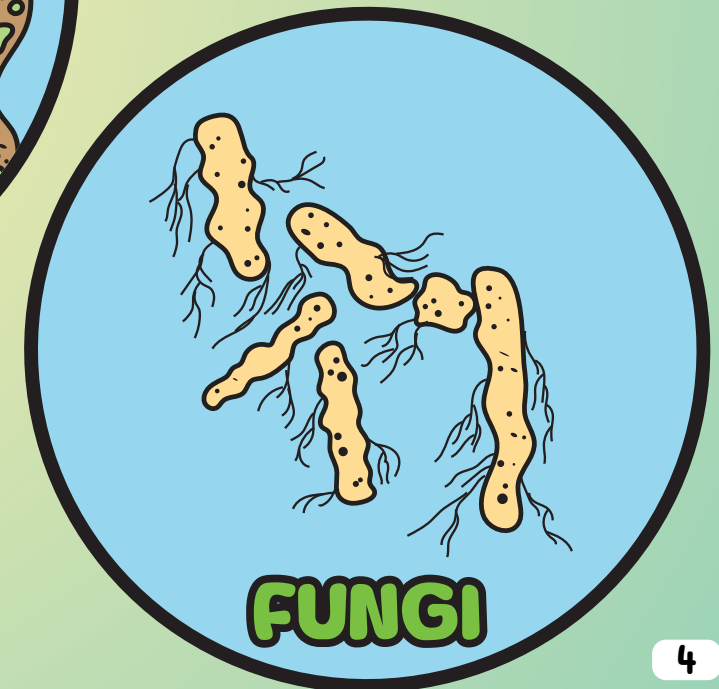
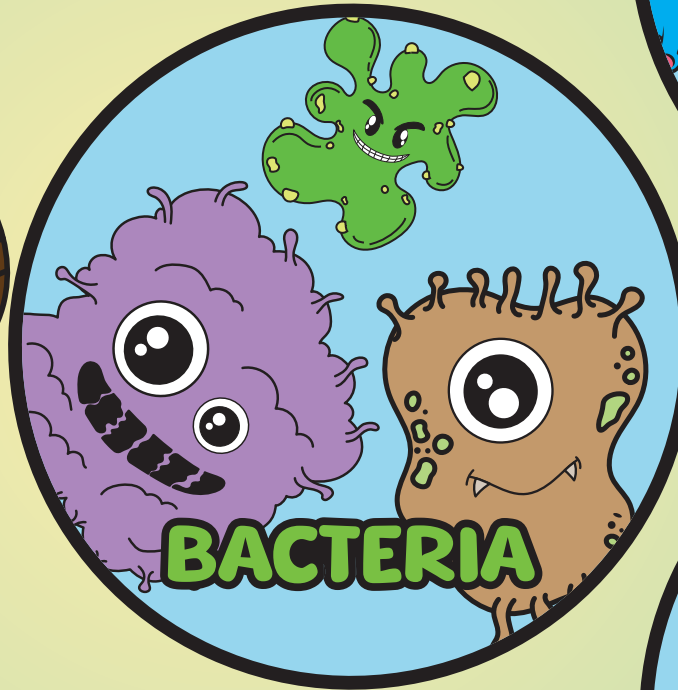
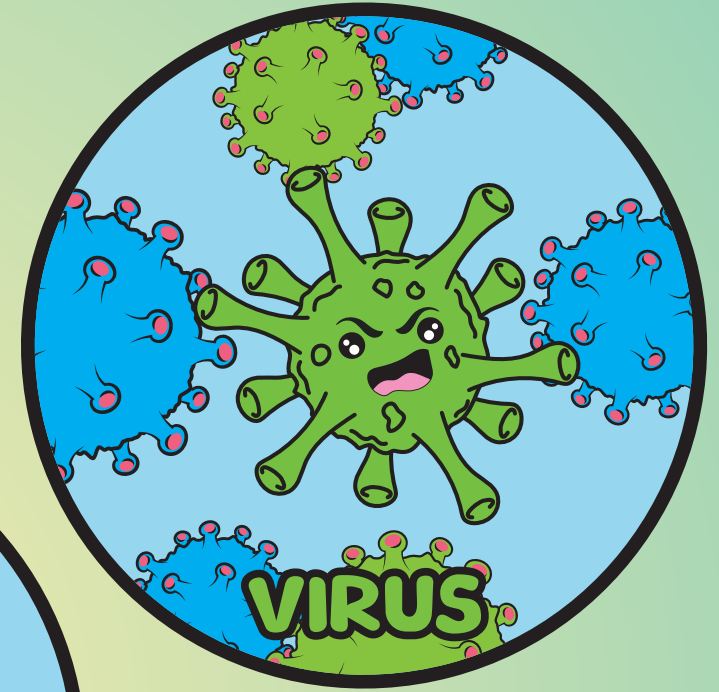
Name the common types of GERMS?

Different types of germs includes bacteria, viruses, and fungi.



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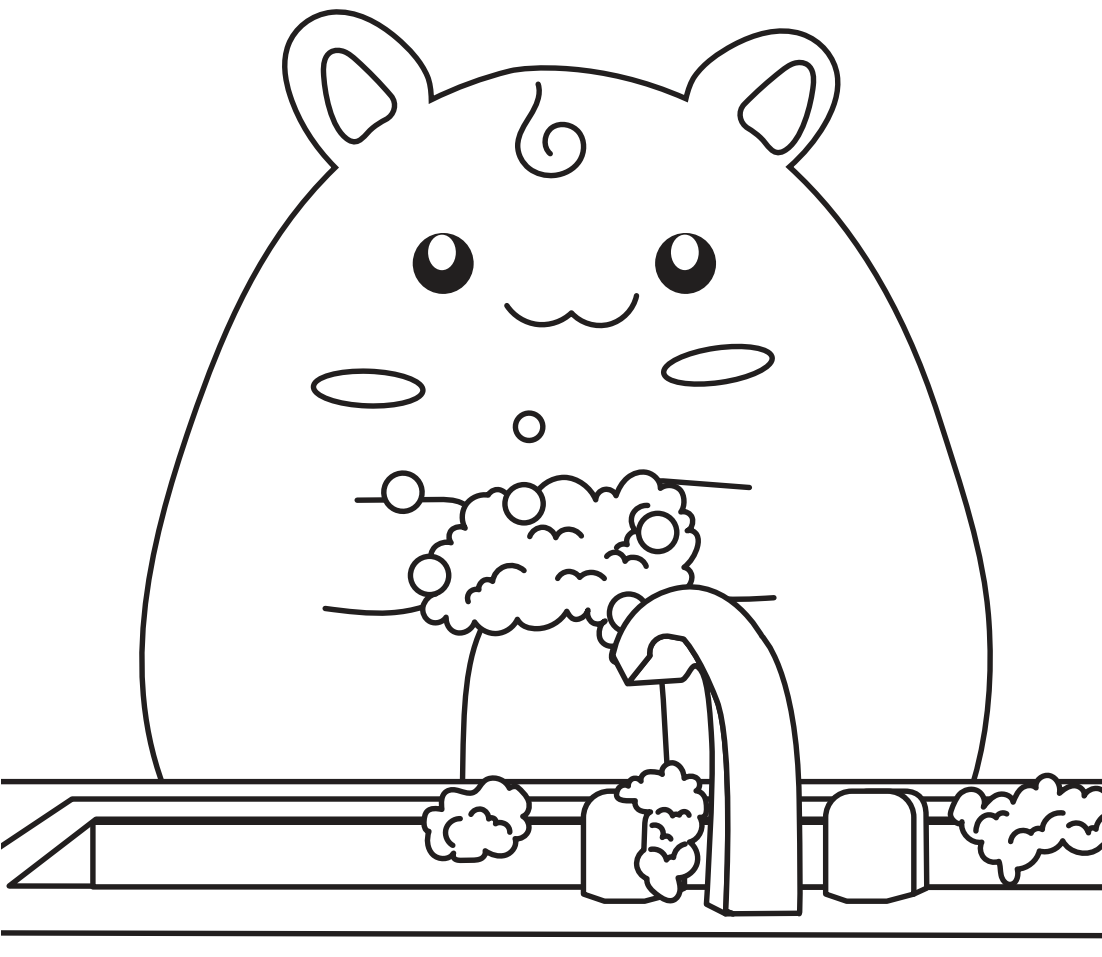
How do GERMS spread to another person?

Germs can spread through sneezing, coughing, touching, or sharing items like toys and utensils.



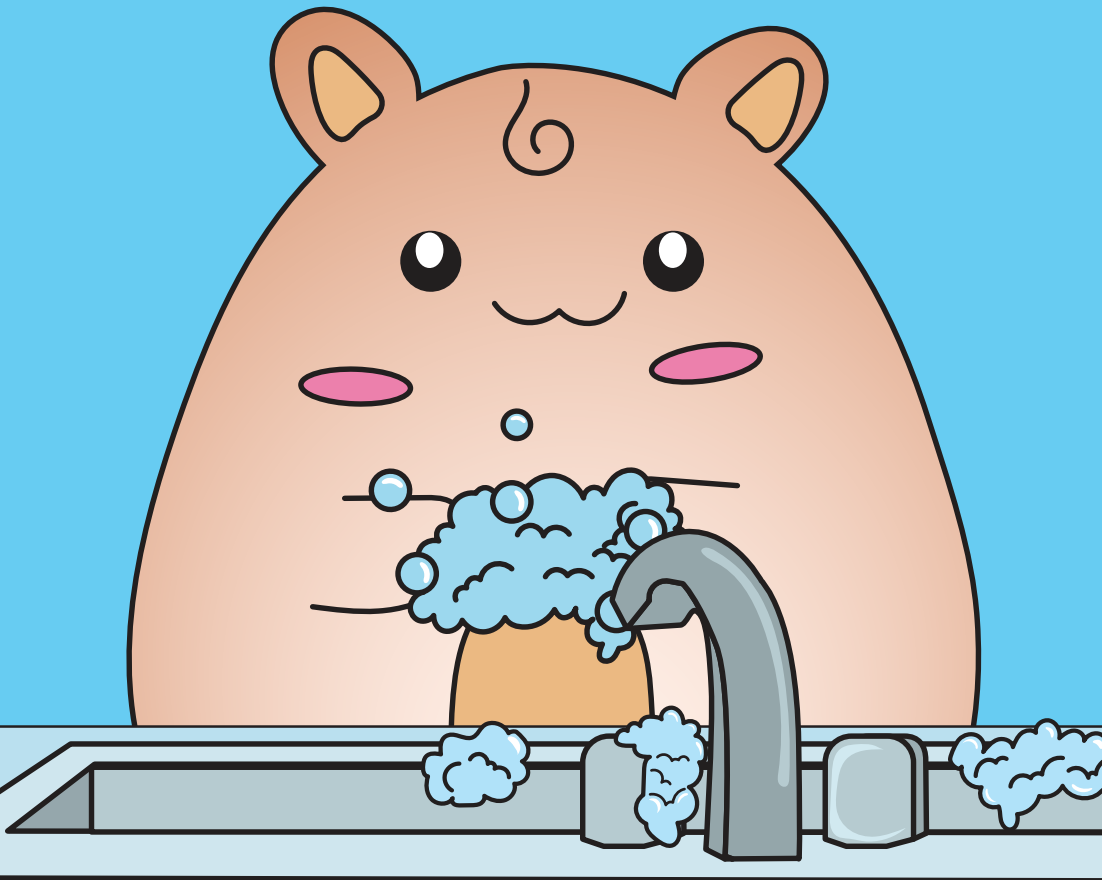
How can we prevent the spread of GERMS?

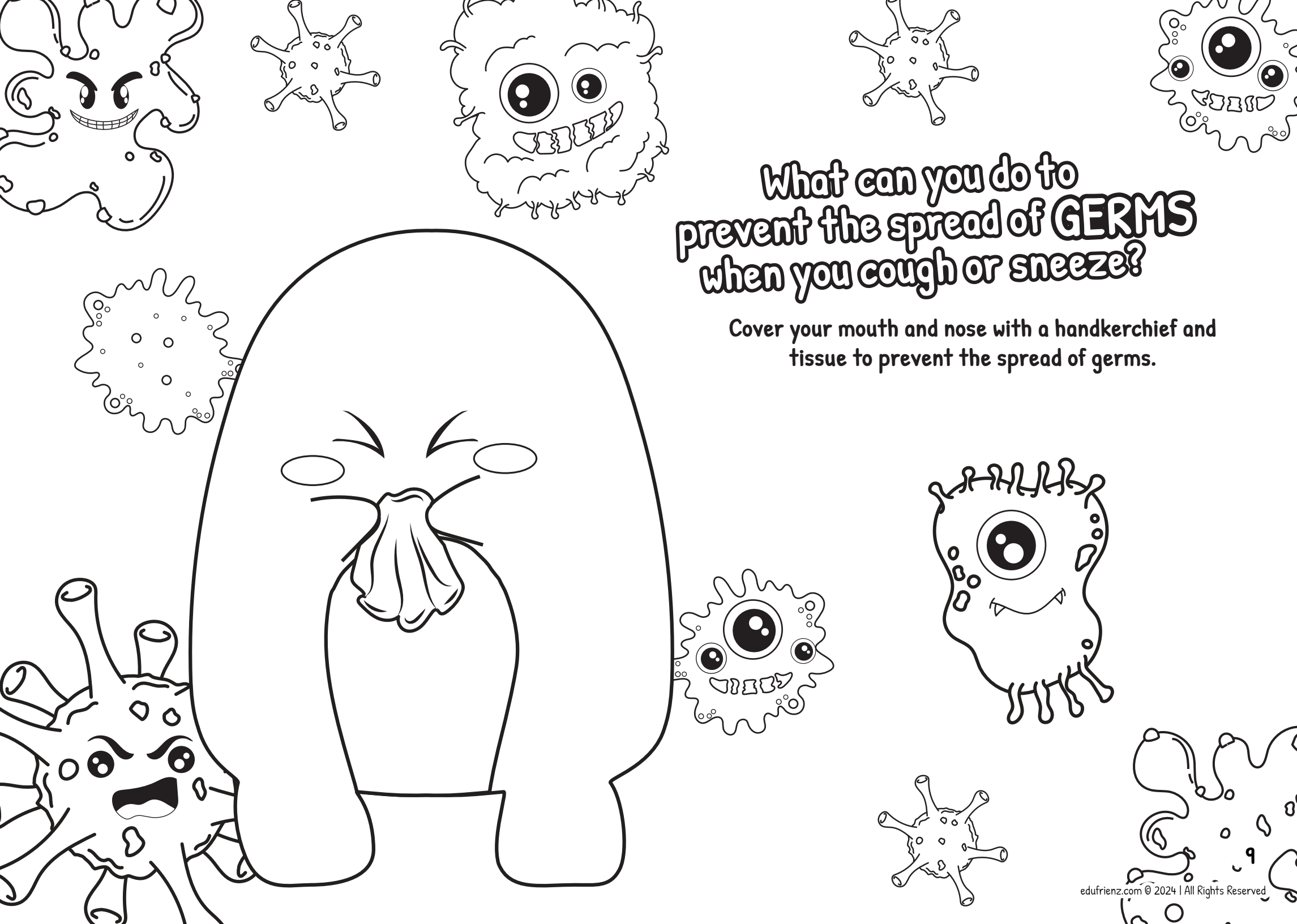
Washing your hands frequently and sanitizing prevents the spread of germs.



How can we prevent the spread of GERMS?

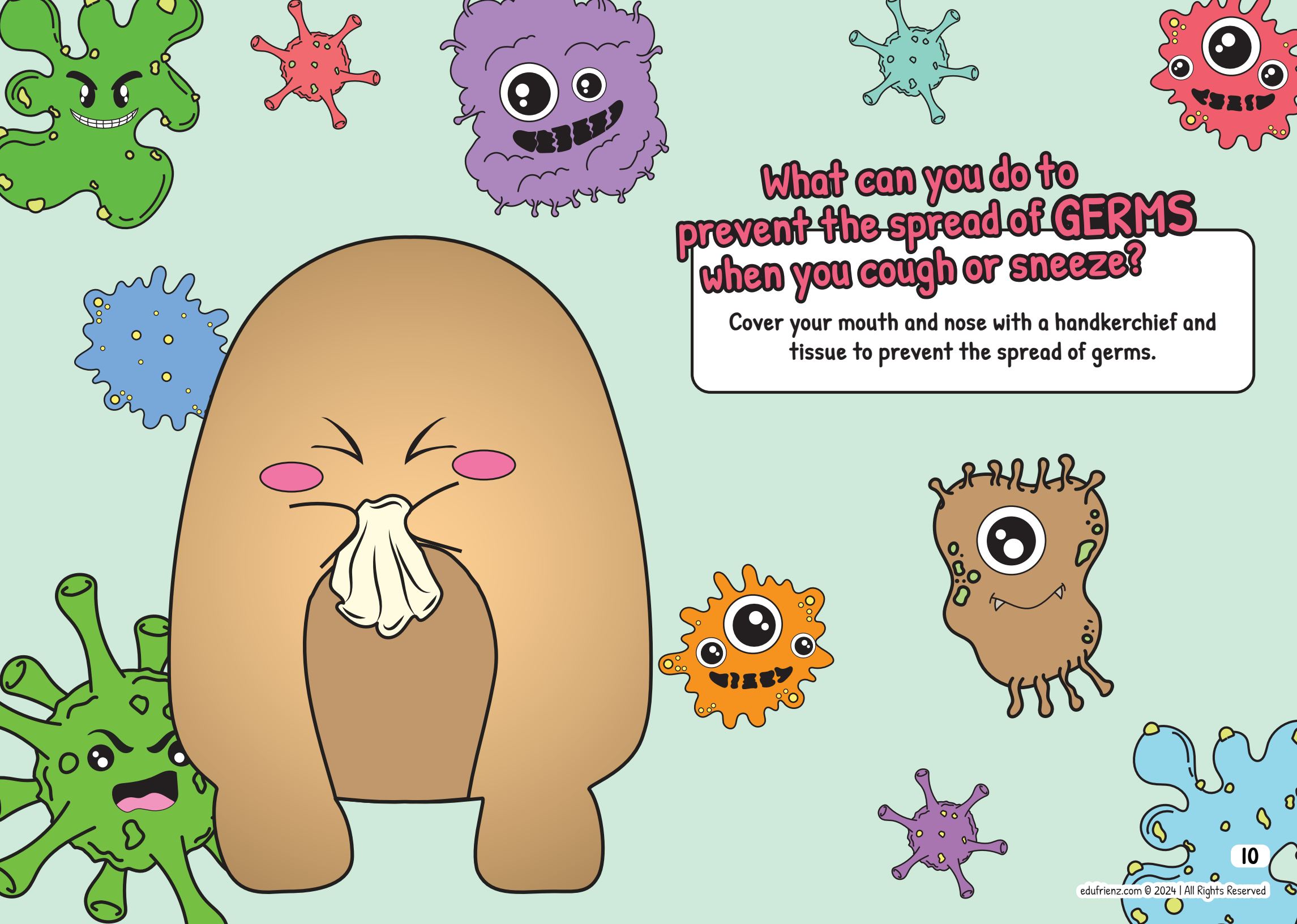
Washing your hands frequently and sanitizing prevents the spread of germs.





What can you do to prevent the spread of **GERMS** when you cough or sneeze?

Cover your mouth and nose with a handkerchief and
tissue to prevent the spread of germs.

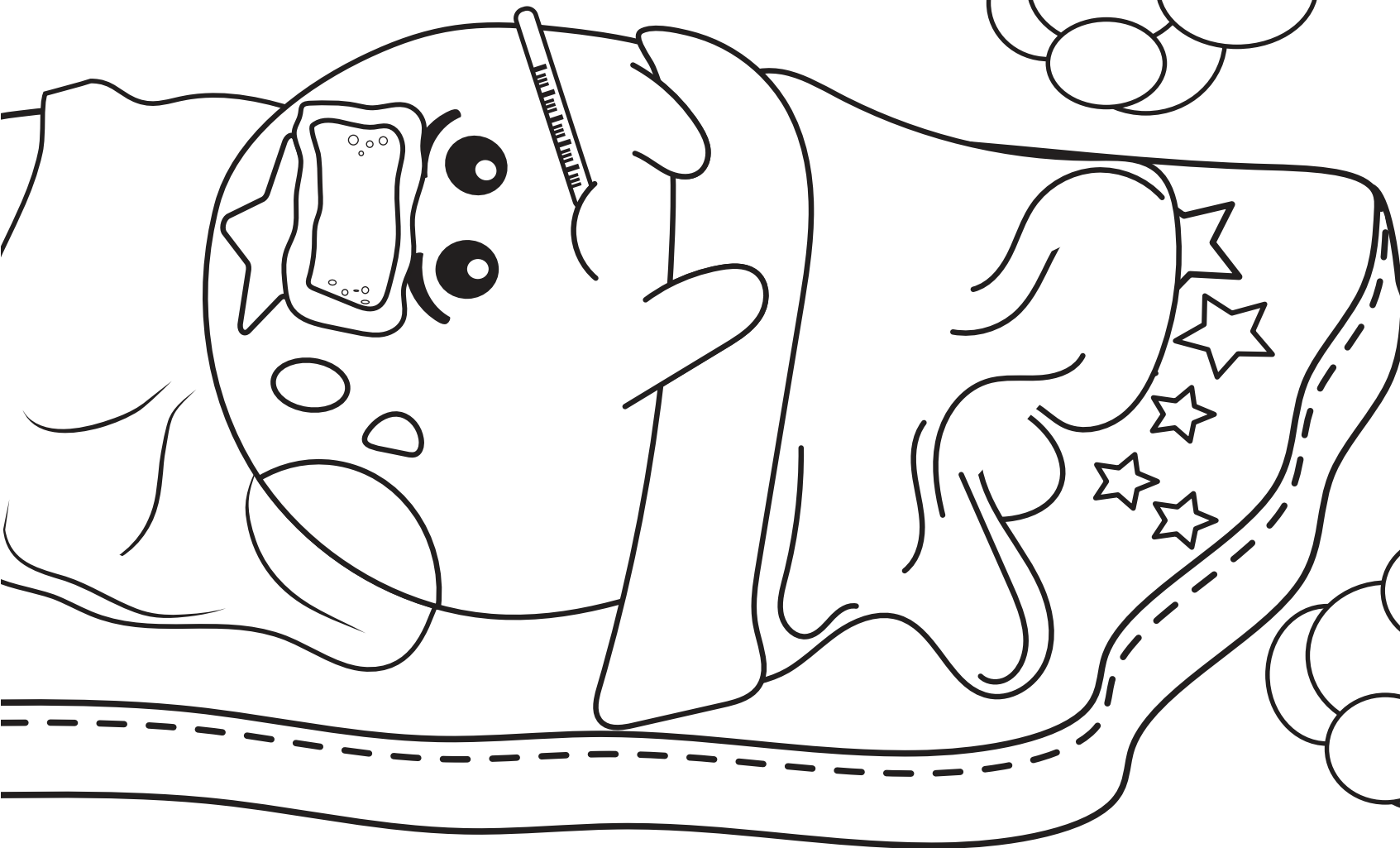


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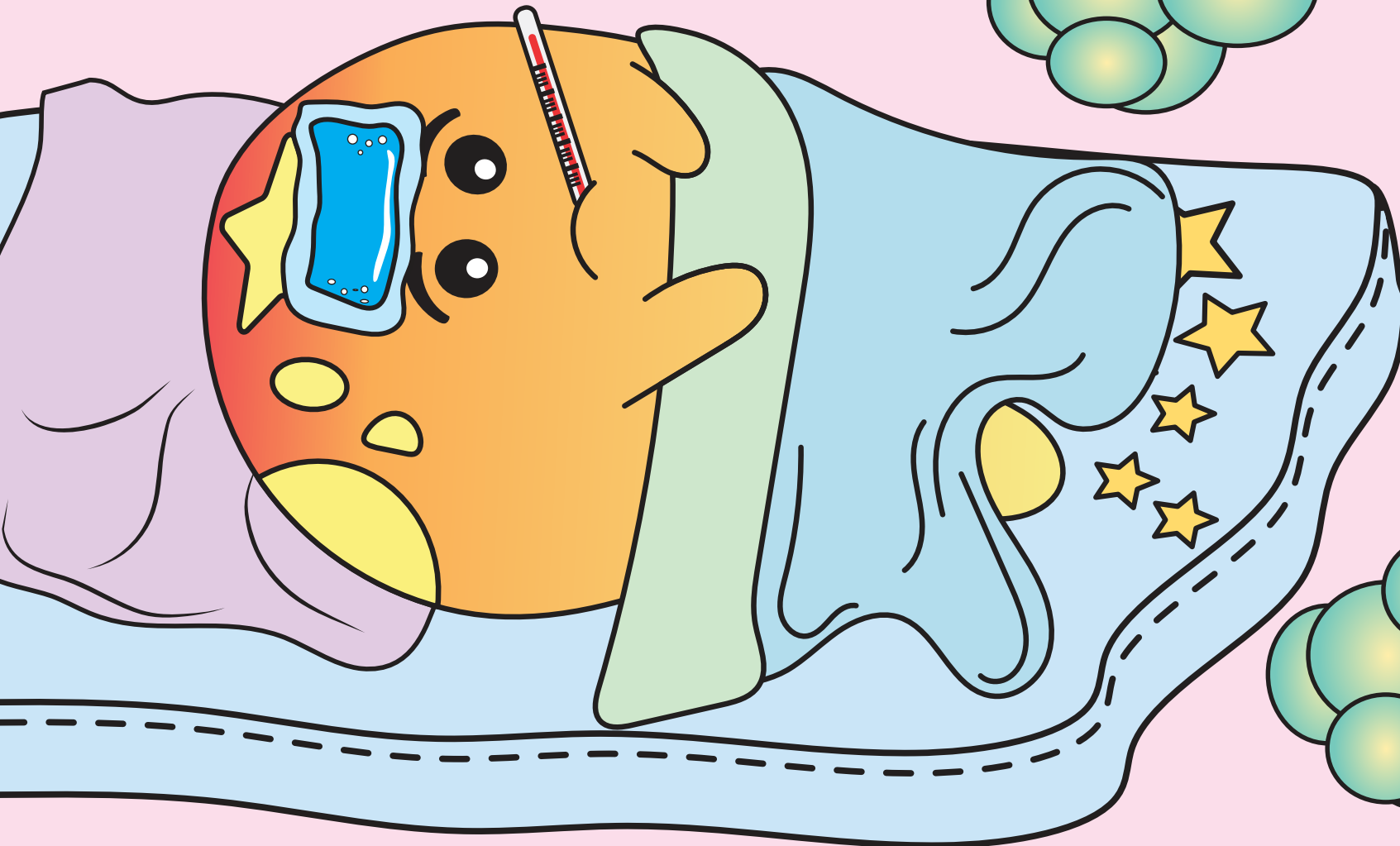
What should you do when you are sick?

When you are sick, it's important to stay home, Do not go to school or other activities to avoid spreading germs to others.



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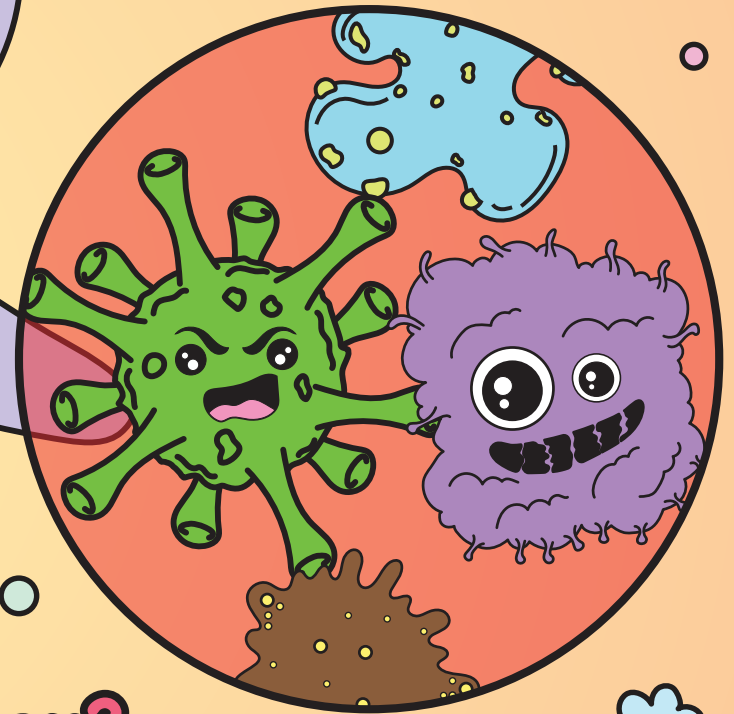
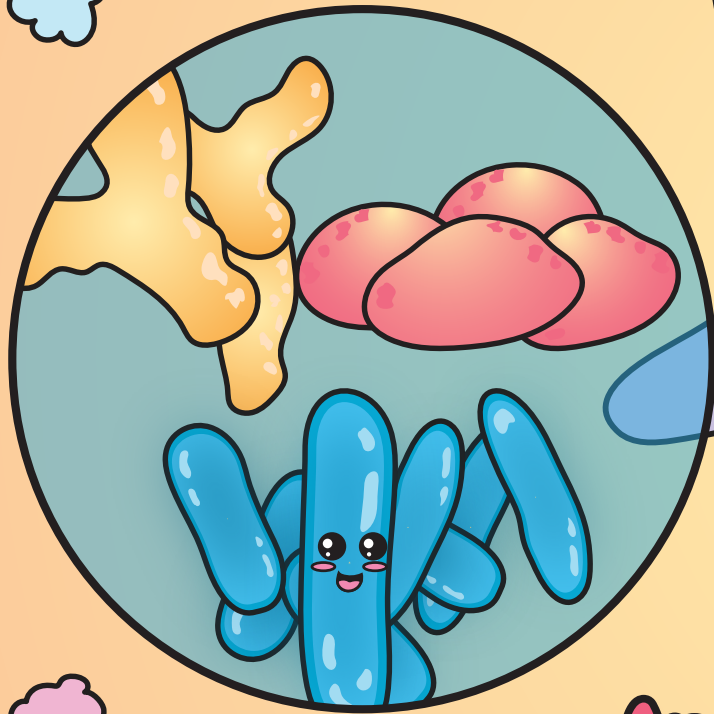
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Are all GERMS bad for you?

No, some germs can be helpful to our stomach and improve our immune system.

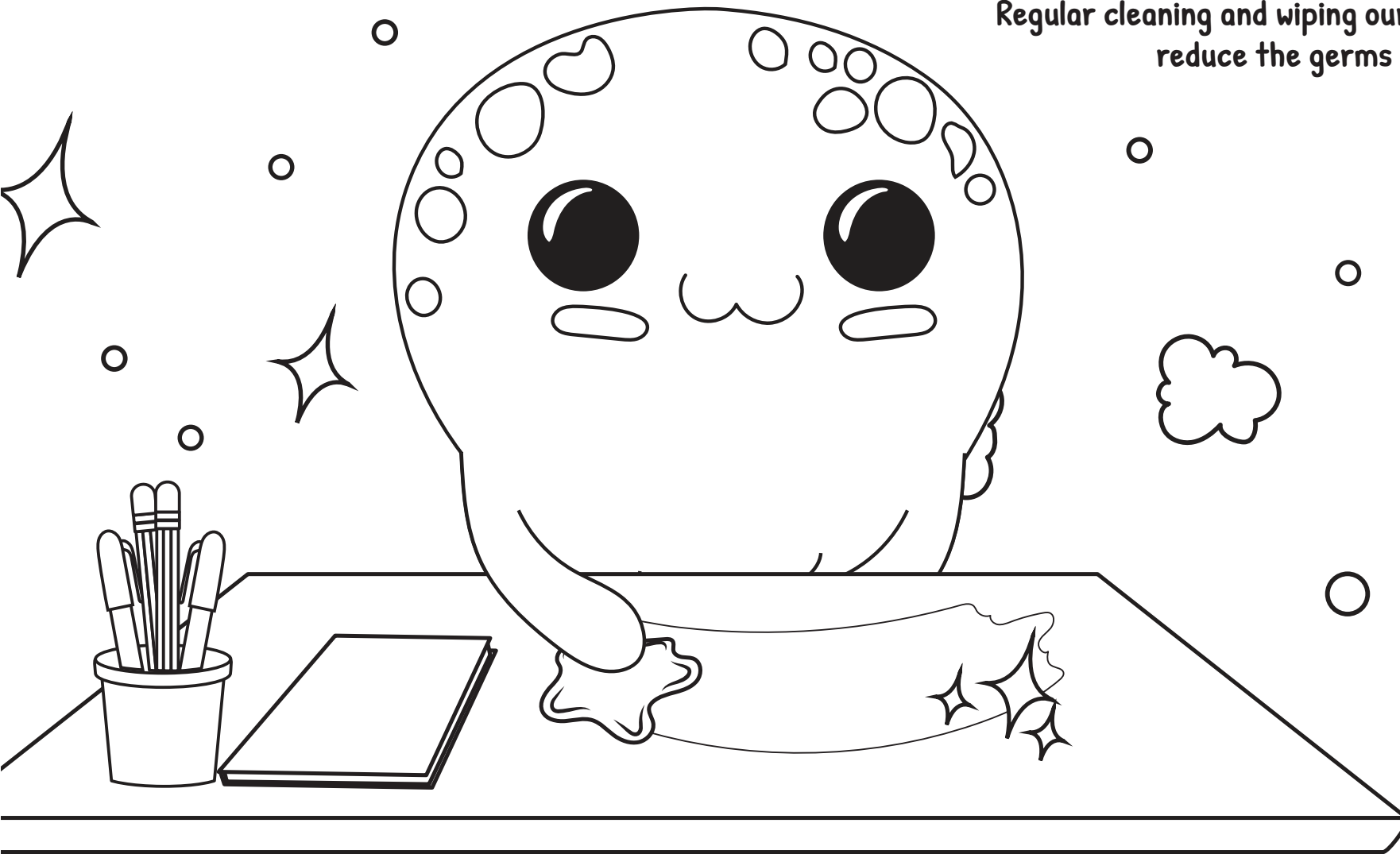


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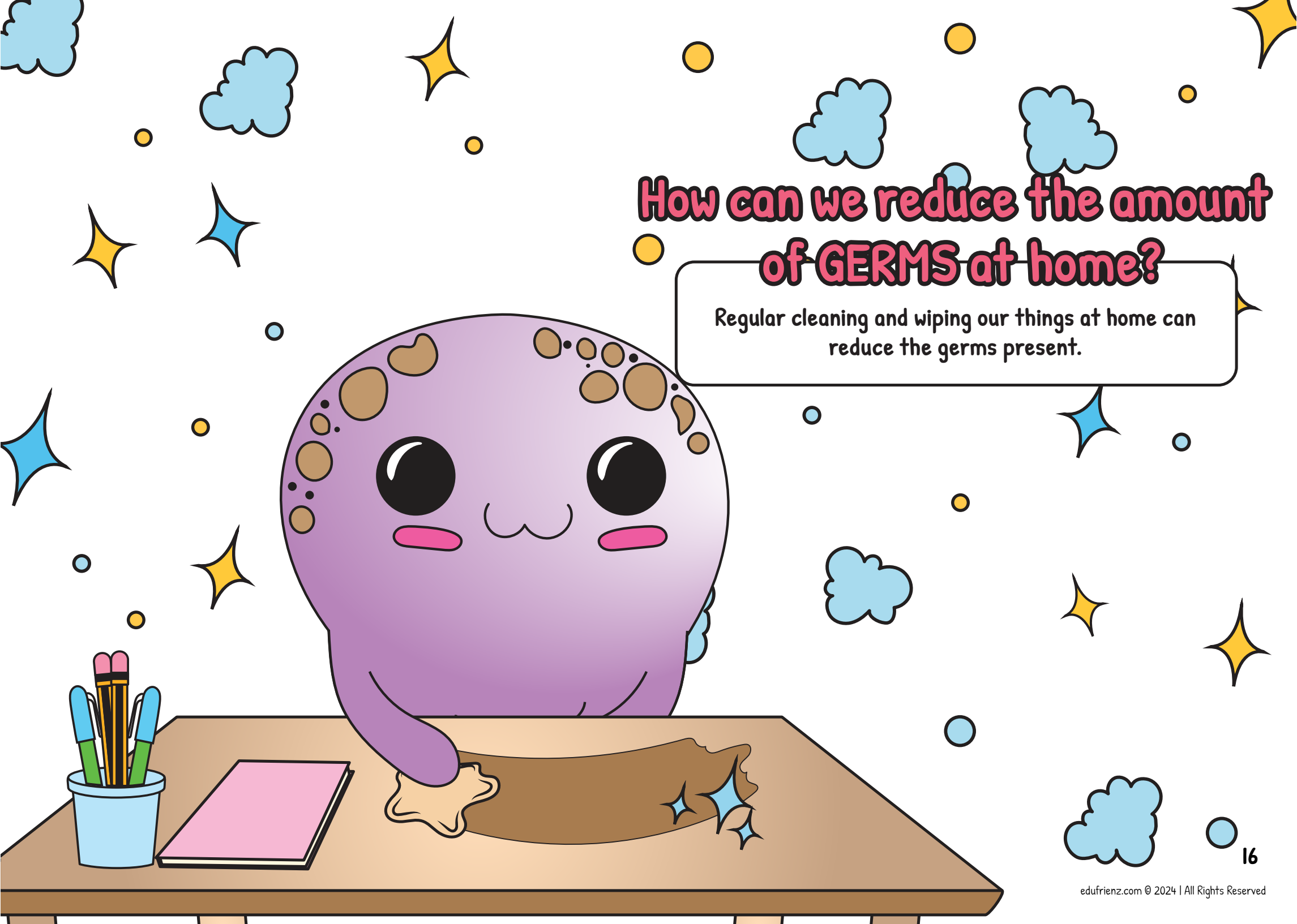
How can we reduce the amount of GERMS at home?

Regular cleaning and wiping our things at home can reduce the germs present.



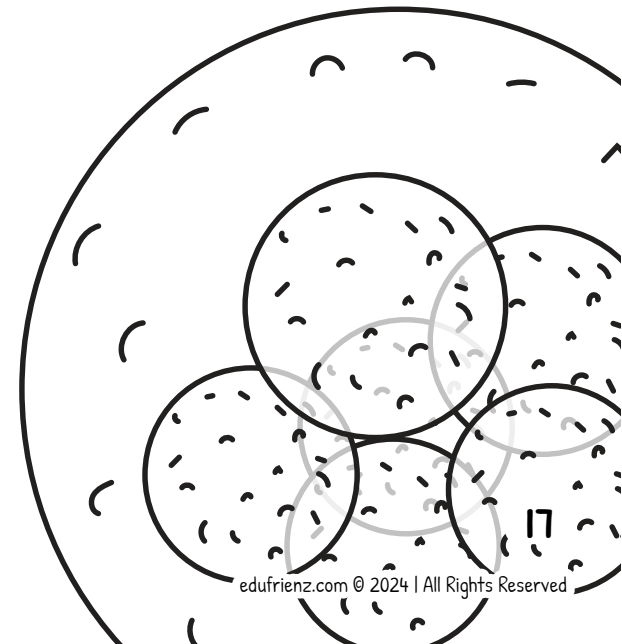
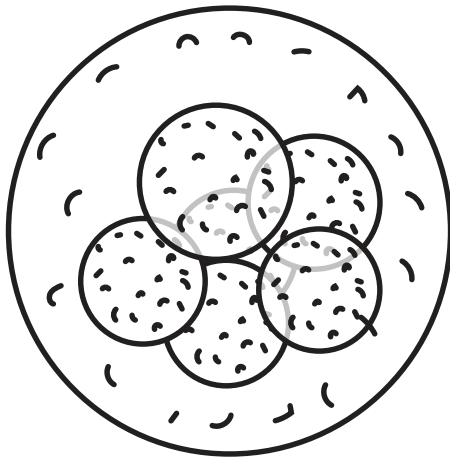
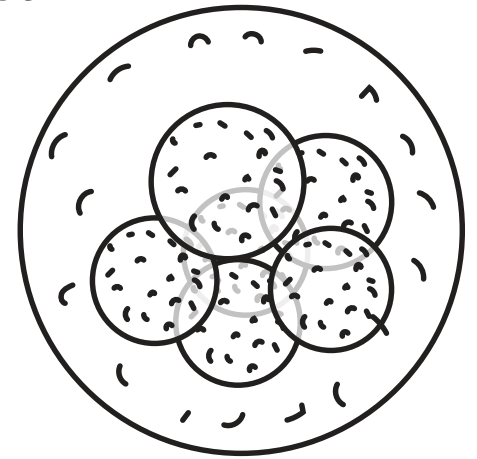
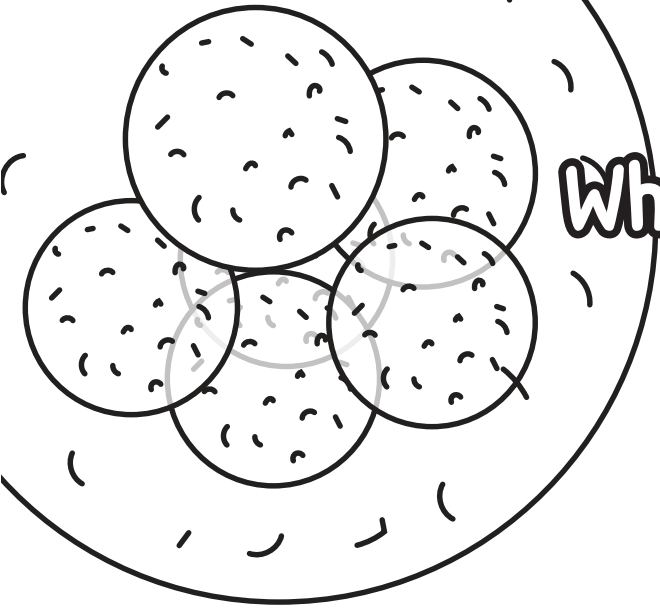
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Why does GERMS make me sick?

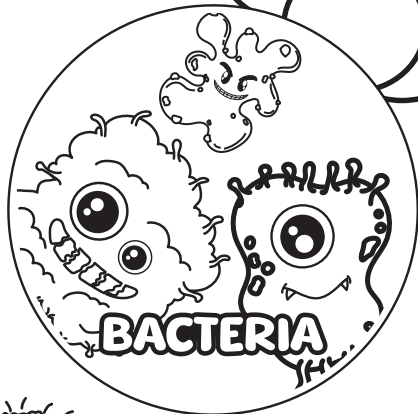
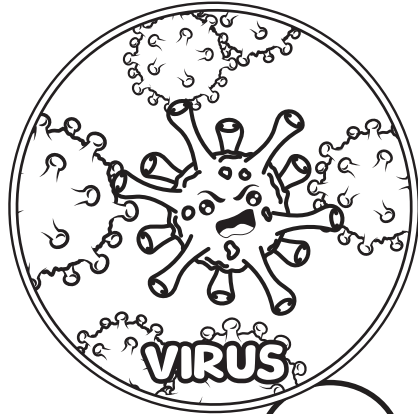
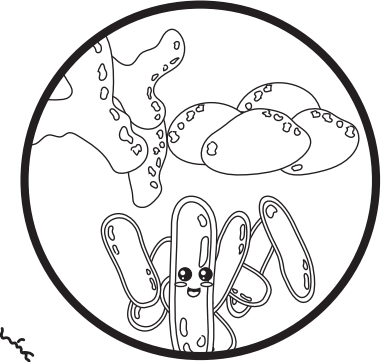
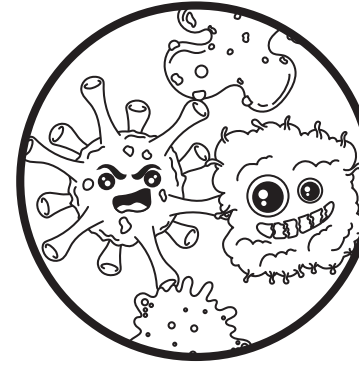
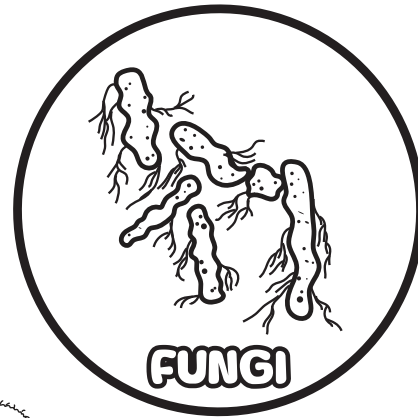
Germes can enter our bodies and produce toxins that can make us sick.



Why does GERMS make me sick?

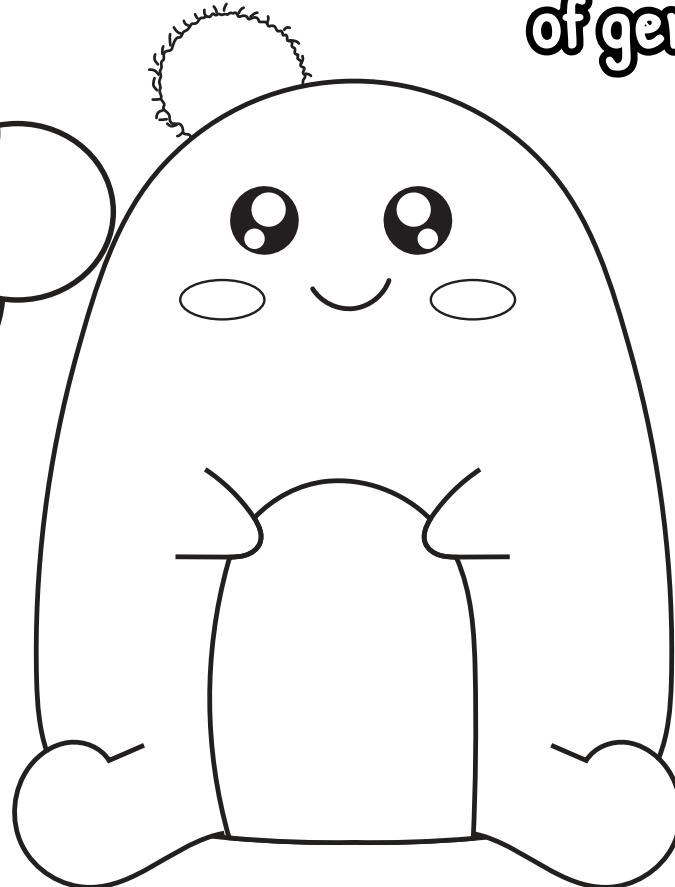
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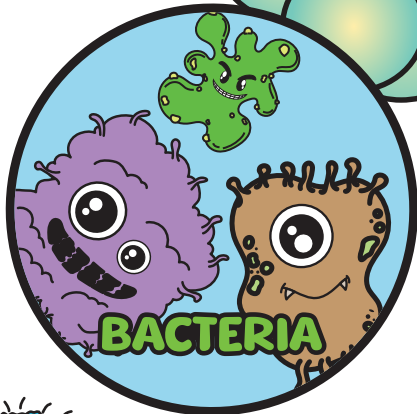
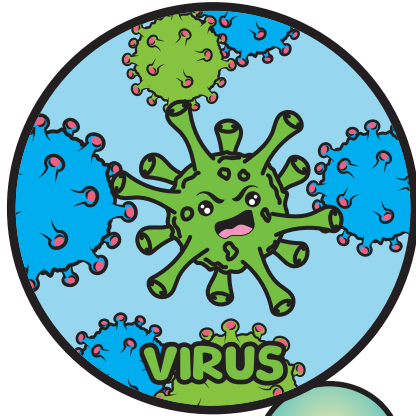
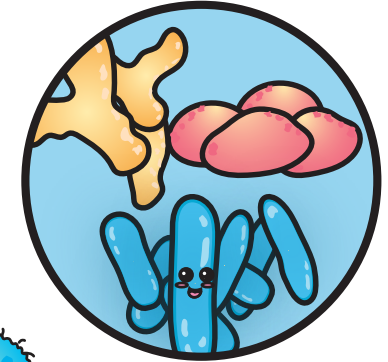
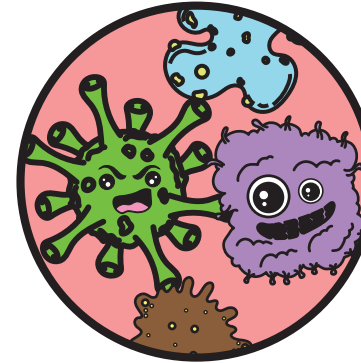
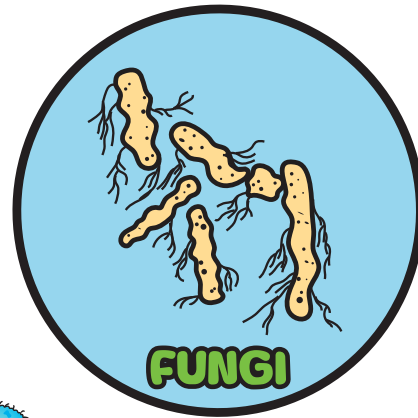




I hope you now have a basic understanding of germs. Here's a summary for you.

- Germs can be bacteria, viruses and fungi and can make us sick.
- Germs can be spread through touching, coughing and sneezing etc.
- Everyone can help to prevent the spread of germs





I hope you now have a basic understanding of germs. Here's a summary for you.

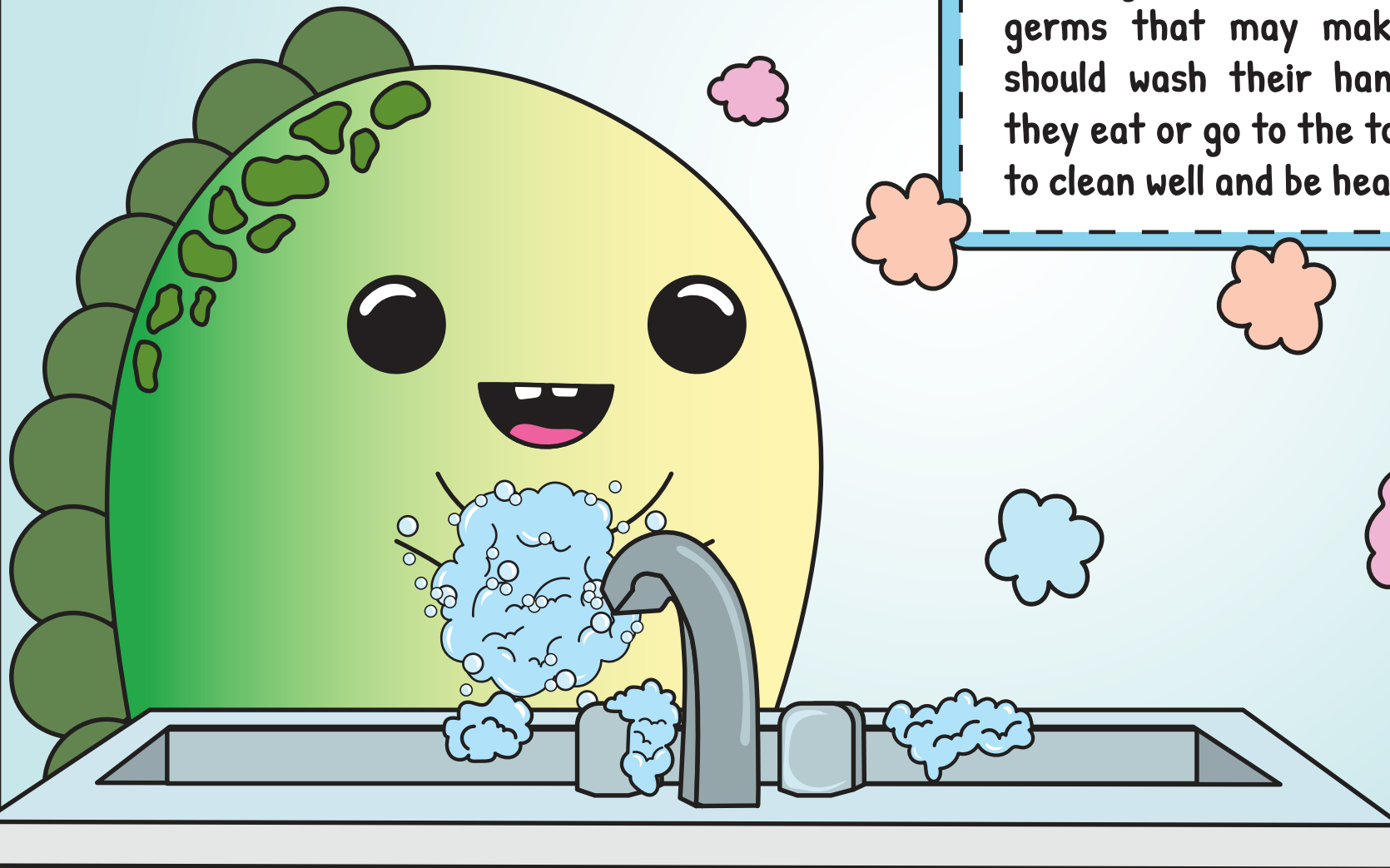
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- Everyone can help to prevent the spread of germs

Washing Hands



Washing Hands

Washing our hands removes any dirt and germs that may make us sick. Everyone should wash their hands before and after they eat or go to the toilet. We can use soap to clean well and be healthy always.



Brushing Teeth



Brushing Teeth

Brushing your teeth at least twice daily is important because it helps keep your teeth and gums clean and healthy. It helps to improve our oral hygiene and prevent toothache.



Bathing

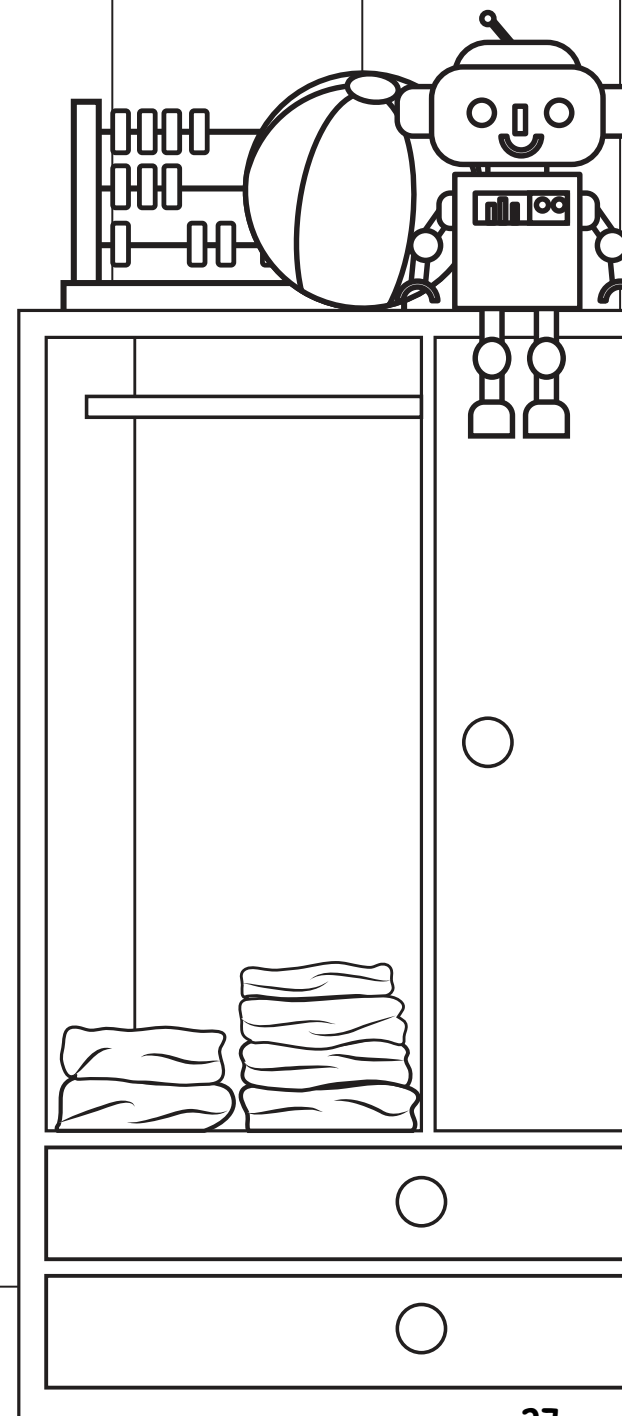


Bathing

Bathing helps keep our bodies clean and healthy. It also removes any bad smells and germs from our bodies.



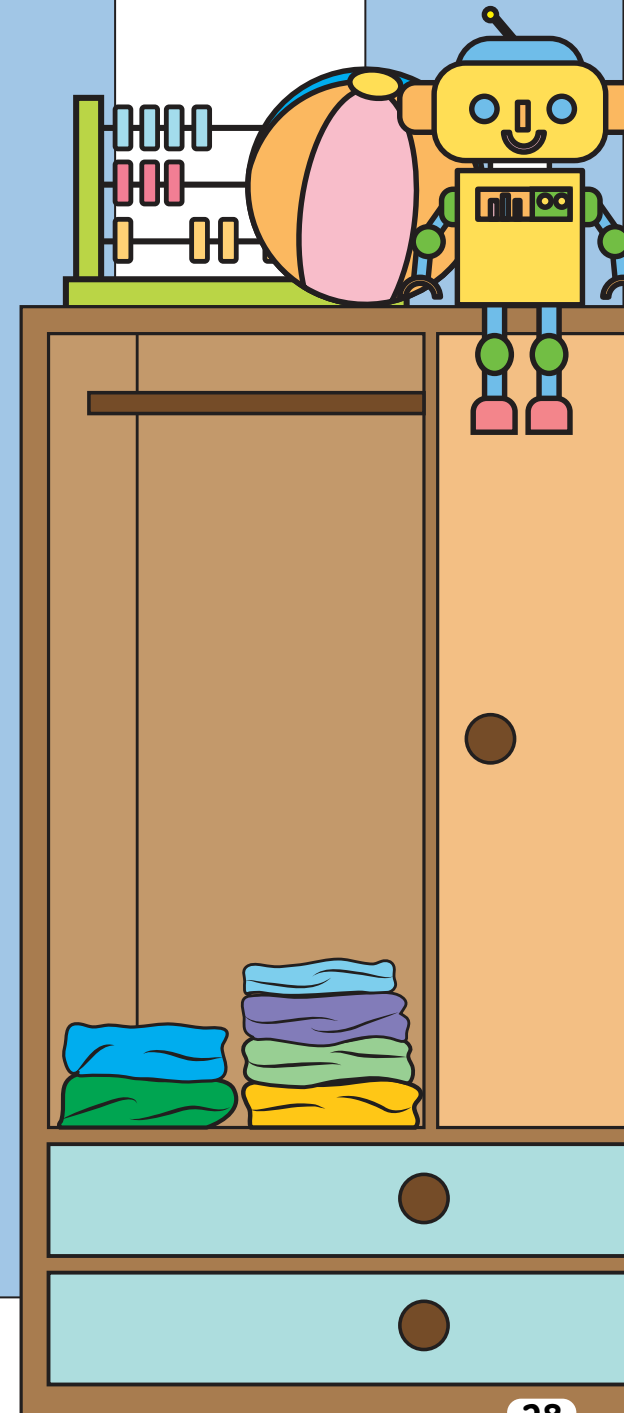
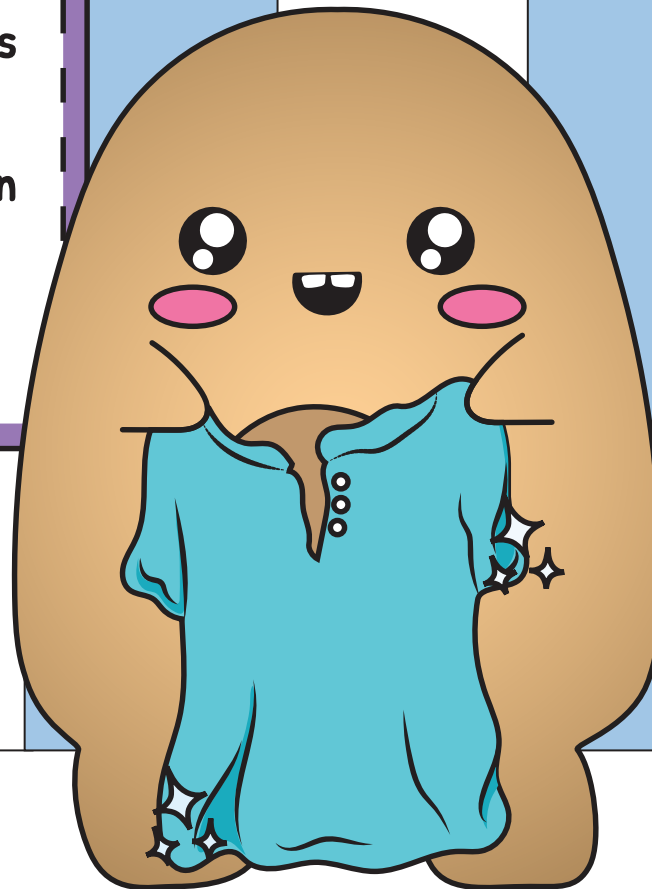
Wear Clean Clothes



Wear Clean Clothes

Clean clothes also make us look and smell good! We need to change into clean clothes every day after showering.

Wearing clean clothes helps us maintain good hygiene and prevents the spread of germs.





**Sanitize
our
Hands**

Hand Sanitizer



Sanitize our Hands

Keep germs at bay and stay healthy by washing your hands often. It's a simple habit that can make a big difference in reducing germs, preventing illness and protecting others.

Hand Sanitizer



Taking Care
of our
Hair



Taking Care of our Hair

Healthy hair is important for your overall wellbeing. Regular shampooing removes dirt and oil, promoting hair growth and a healthy appearance.

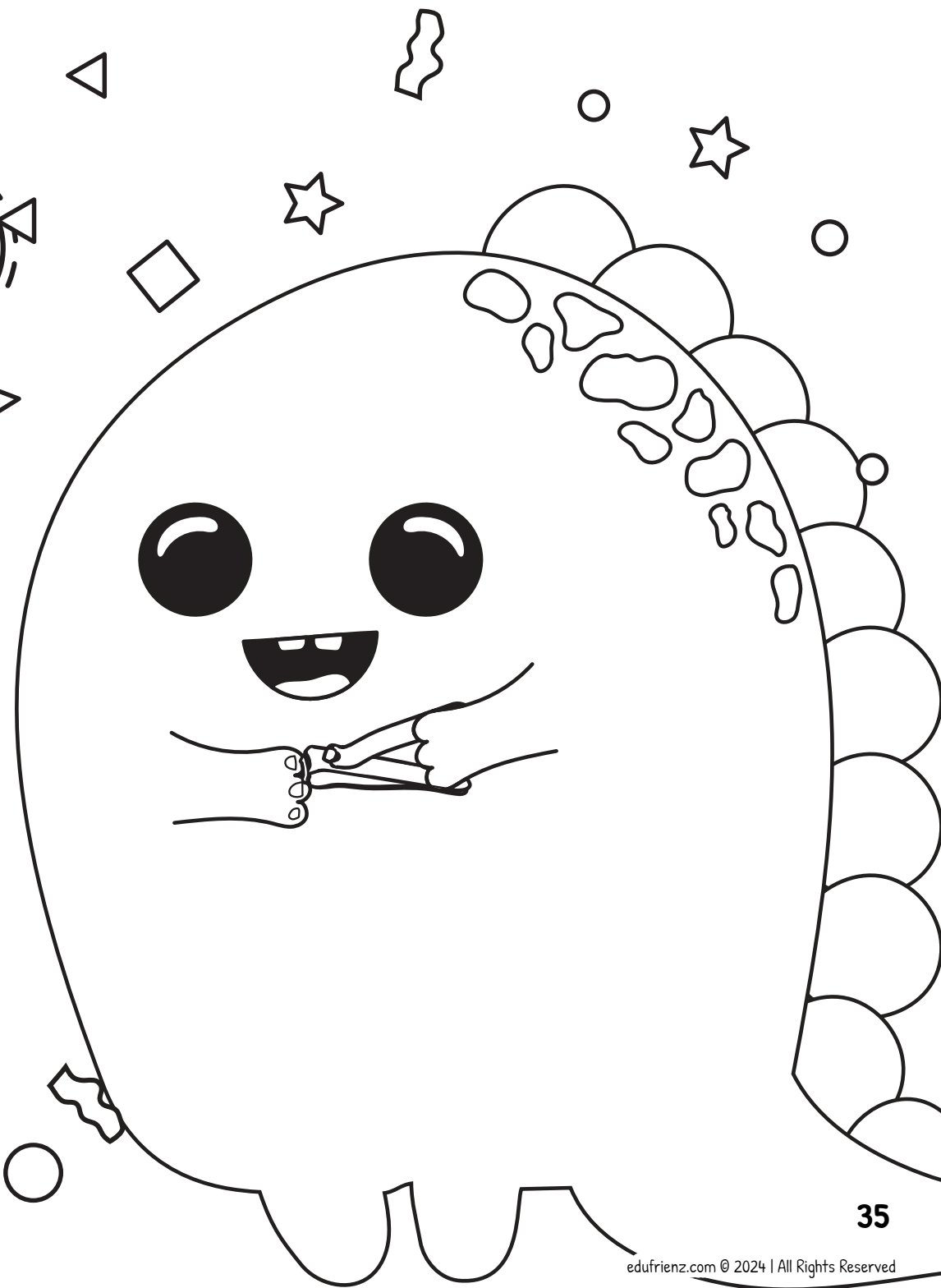




Good Toilet Practices

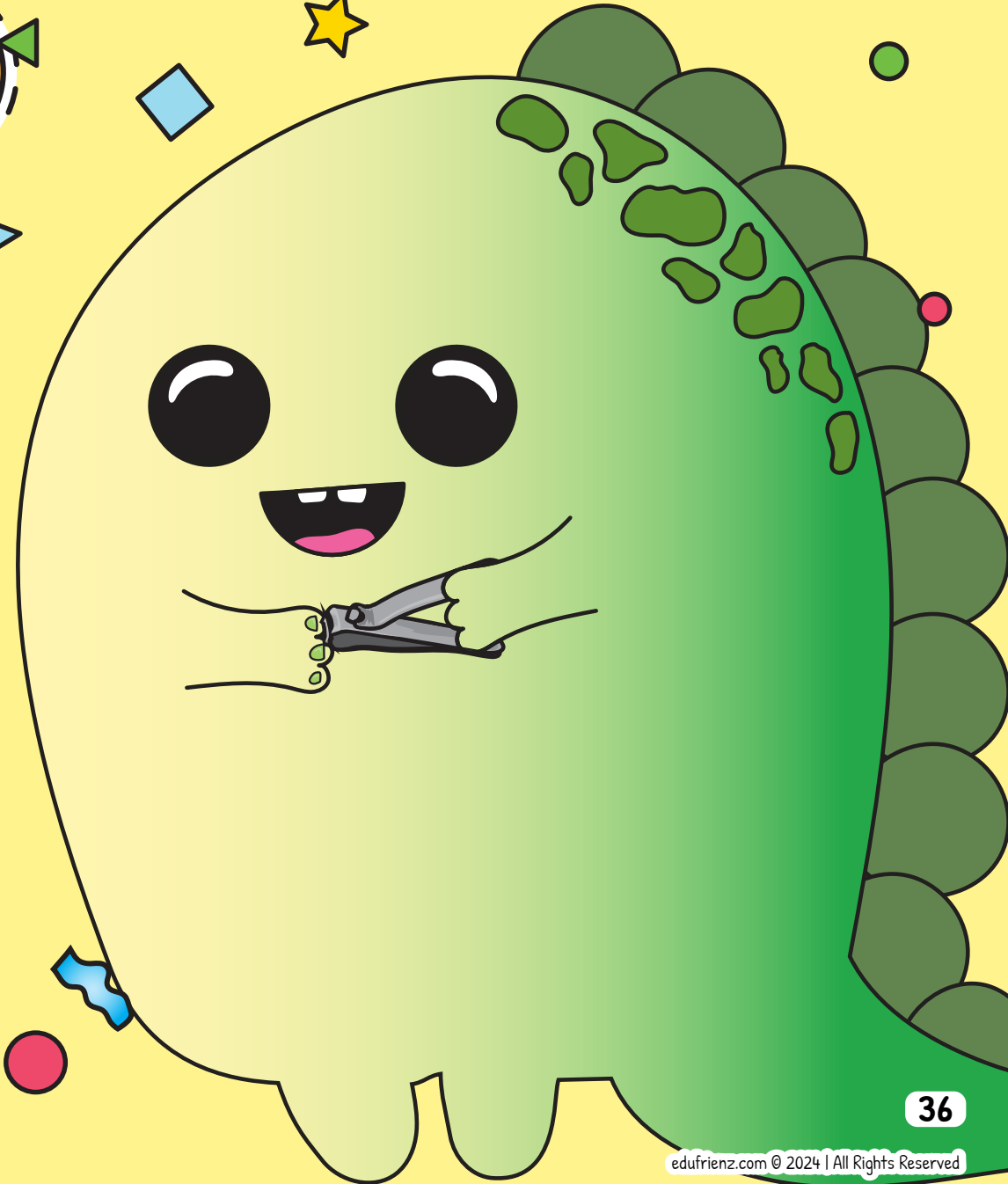
We must flush the toilet and wash our hands after every use. Proper use of toilet paper is needed to ensure our toilets are clean after use.

Taking Care of our Nails

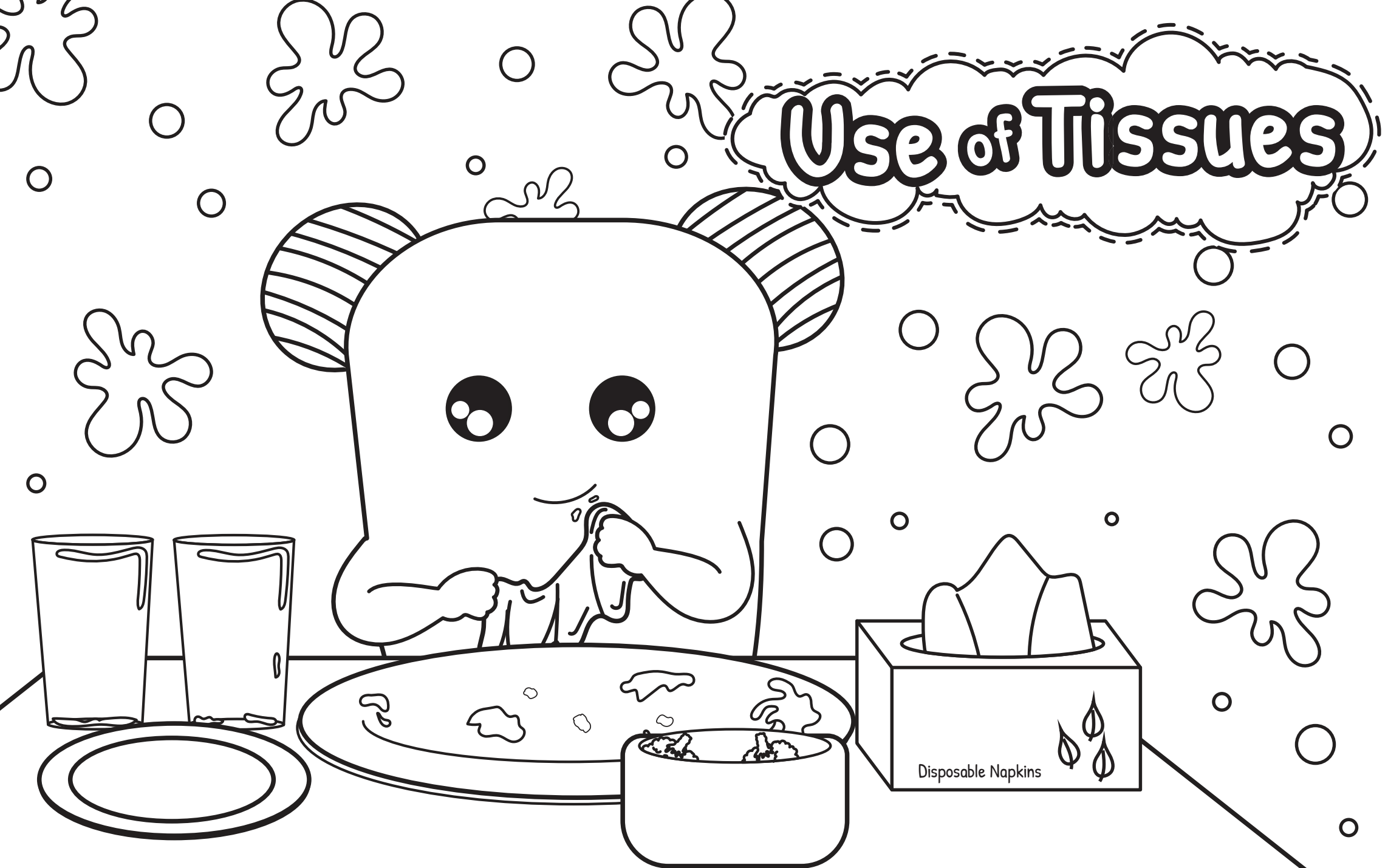


Taking Care of our Nails

Taking care of our nails to keep them strong and healthy. We can practice good hygiene by cutting our nails regularly and keeping them short.

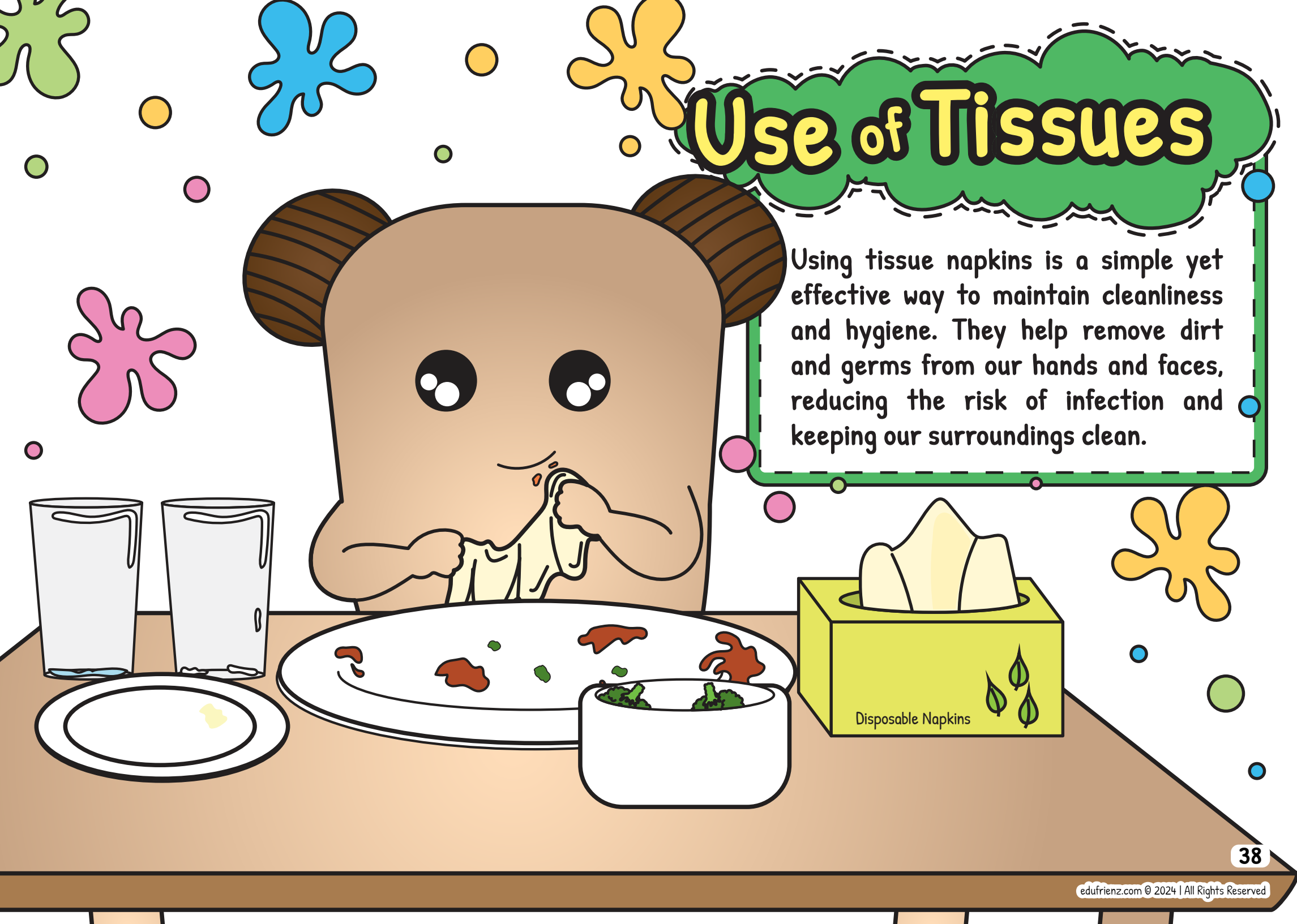


Use of Tissues



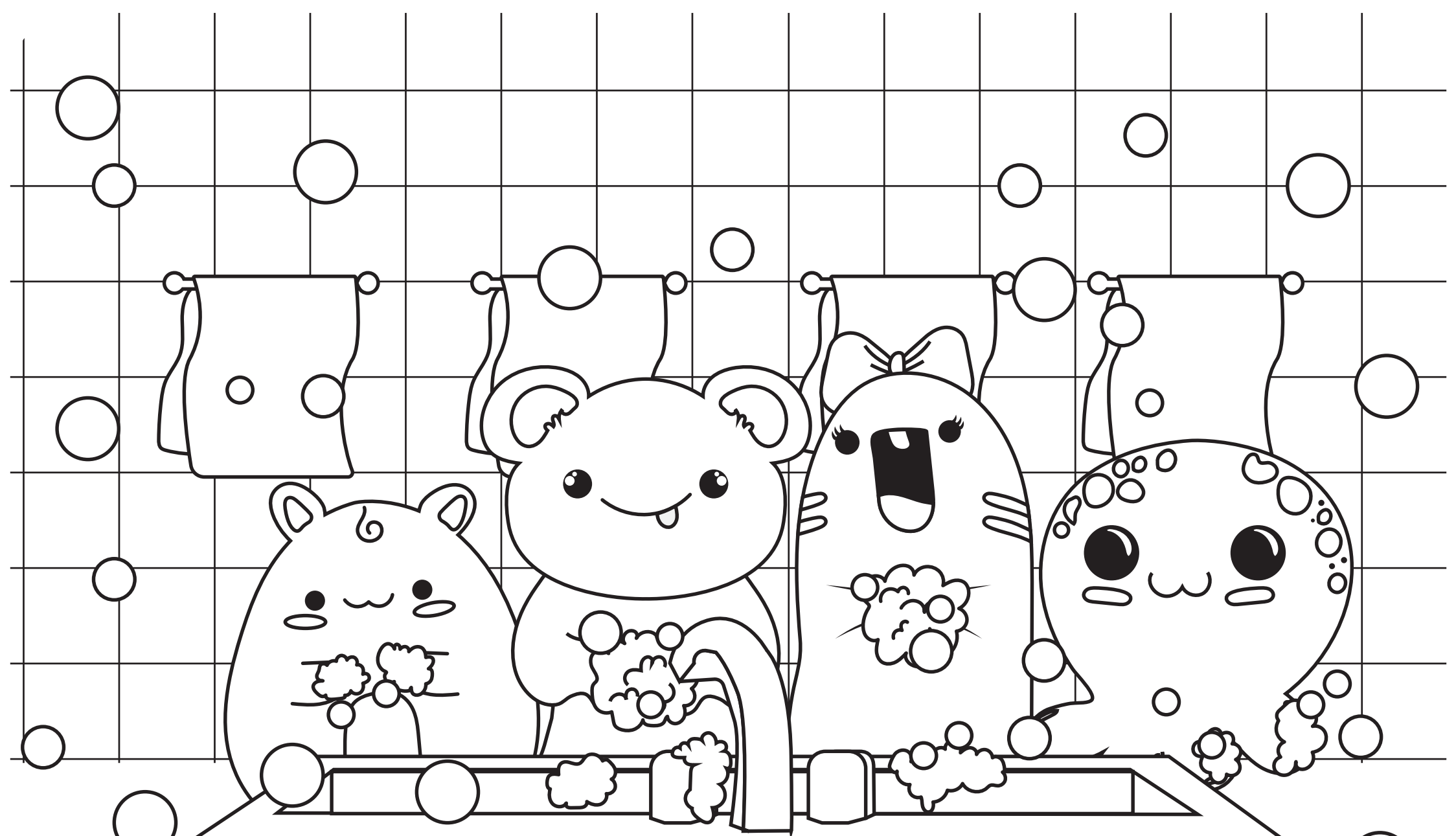
Use of Tissues

Using tissue napkins is a simple yet effective way to maintain cleanliness and hygiene. They help remove dirt and germs from our hands and faces, reducing the risk of infection and keeping our surroundings clean.



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Handwashing





Brushing Teeth



Brushing Teeth



Washing your Food



Washing your Food

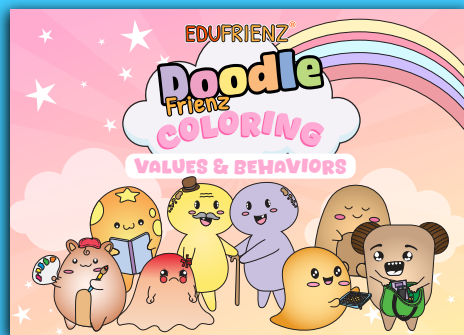
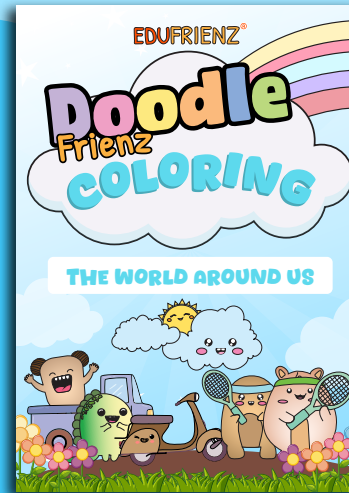


Taking a Bath



Taking a Bath

COLORING



LEARNING

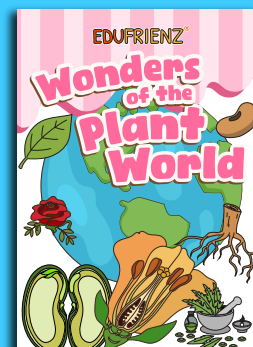
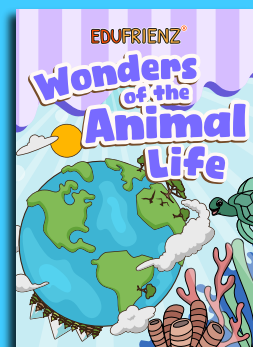
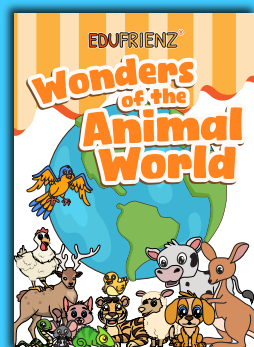
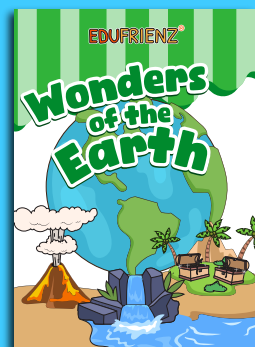
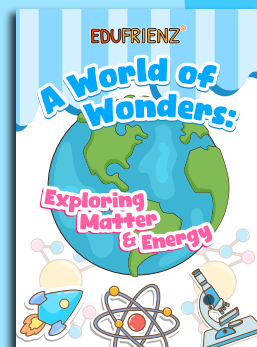
WRITING



READING



SCIENCE



OUR ACADEMIC PRODUCTS

English

Grammar, Writing,
Reading Worksheets.



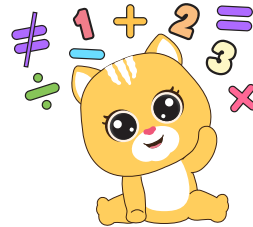
Science

Life science, Physical,
Environmental,
Earth Science.



Mathematics

Learn basic mathematical
concepts.



Knowledge

Expand general
knowledge through
topics.



Chinese

Practice writing skills
with coloring
activities.



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Per Month	Per Month	Per Month	Per Month
✓ All Non-SEL resources ✓ Up to 30 Downloads	✓ All free plan resources ✓ SEL Coloring ✓ SEL Poster ✓ SEL Wall Art ✓ SEL Worksheets ✓ SEL Stationery ✓ Unlimited Downloads	✓ All the 3 months plan resources ✓ SEL E-books ✓ SEL Learn About Workbooks ✓ Unlimited Downloads	✓ Access to Entire Library ✓ Unlimited Downloads ✓ Access to SPARK SEL Program

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