

**LESSON 17**  
EXTRA ACTIVITY

Story: Carey Careless and Healthy Heather

Read the story below and then color in the clothes and hair to match their descriptions.

The sun was shining and Carey and Heather were just waking up for a brand new day. "Good morning!" said Heather cheerfully as she got out of bed. "Ugh! Is it already time to get up?" asked her twin sister Carey. "You sound grumpy," Carey told Heather. Heather had stayed awake late the night before playing dolls. (Draw circles under Carey's eyes). "Come on!" said Carey. "Mom is calling us for breakfast!"

When the girls got downstairs, their mom told them that when she got home after lunch, she would take them to the water park. The girls were so excited "Now eat your breakfast and get ready," said their mom. Heather grabbed some eggs, toast, and a banana and started munching away. Carey dumped a bunch of Sugar Puffs cereal in a bowl and poured chocolate milk on them. She was so excited about going to the water park that she ate the cereal as fast as she could.

The girls went up to their room to get ready. Heather got a clean dress out of her closet and put it on. Carey pulled her favorite shirt out of the dirty clothes pile. It had spaghetti on the front from the day before, and ice cream on the sleeve from the day before that, but she put it on anyway (Draw spaghetti and ice cream on Carey's shirt). The girls went to the bathroom to wash their face and brush their hair and teeth. "I don't feel very good," said Carey. "I need to sit down." (Why do you think Carey feels bad?) So Carey sat on the floor while Heather got ready. "Do you want me to brush your hair for you?" asked Heather. Carey looked in the mirror. Her hair was kind of tangled in the back and had some spaghetti sauce in it from the day before, but she said, "No, it looks good enough. I feel better now - let's go play!" "But you didn't brush your teeth and you have meatballs and spinach all over them!" said Heather. "Who cares! Let's go!" said Carey as she pulled Heather out the door. (Draw messy hair on Carey with spaghetti in it. Draw nice hair on Heather. Draw spinach and meatballs on Carey's teeth).

The girls went outside to play catch. It was their favorite game. They were happily throwing the ball back and forth to each other when the ball accidentally landed in the garbage can. "I'll get it!" said Carey. "Don't!" said Heather. "We're not supposed to get into the garbage! It has germs!" But Carey didn't listen. She dug and dug into the garbage can until she found the ball. Meanwhile, she got paint all over her hands from the paints her father had thrown away. She wiped her hands on her pants and said, "Let's play!" (Draw paint on Carey's pants). The girls played all morning and by lunchtime, Carey was feeling REALLY tired. "I need to lie down," she said. (Why is Carey tired?) Carey fell asleep in the sandbox. When her mother got home and saw her there with sand and spaghetti in her hair, she said, "It looks like Carey is too tired and messy to go anywhere. She will have to stay home while we go to the water park. Heather."

