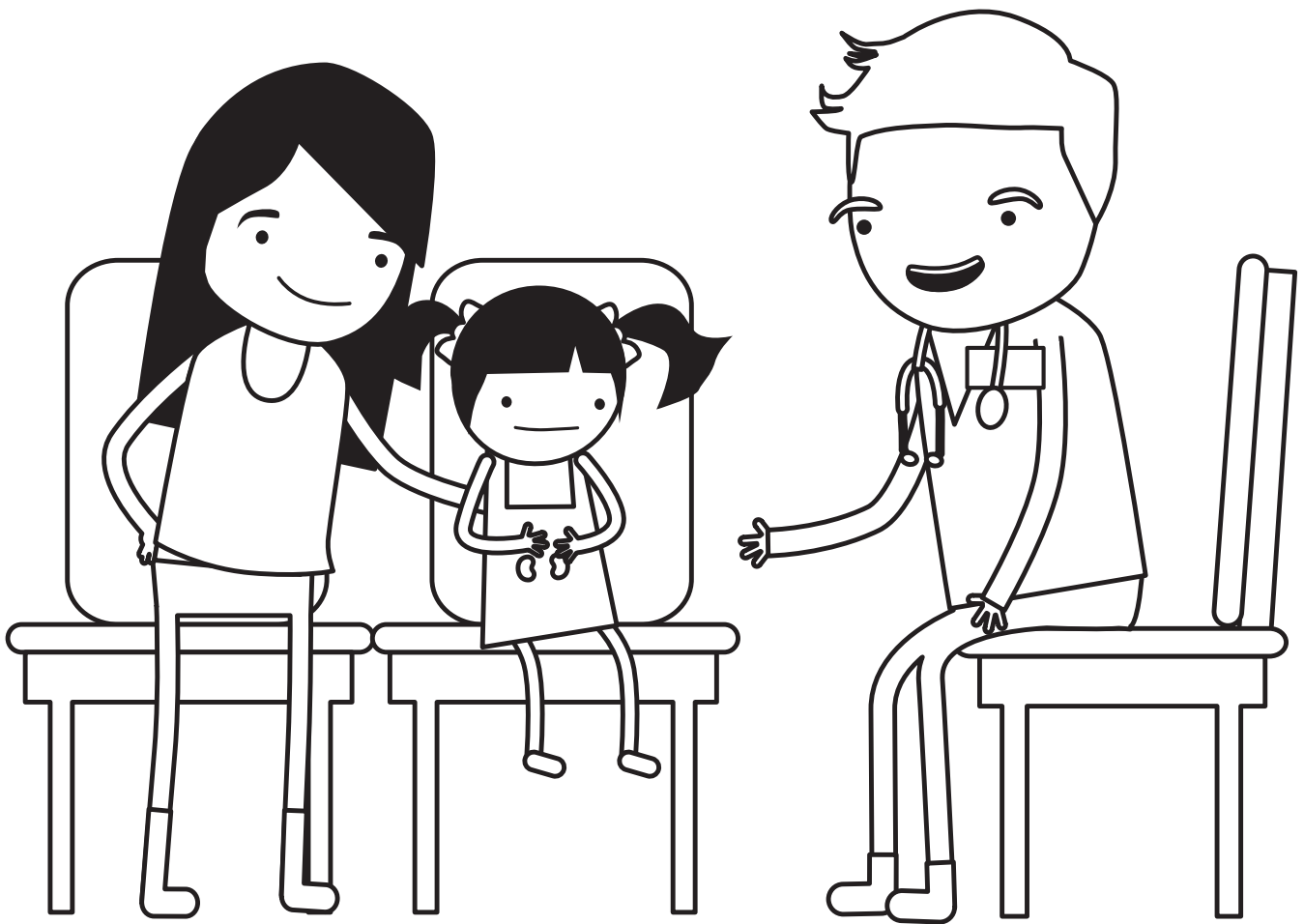




HEALTHY KIDNEYS

CHRONIC KIDNEY DISEASE ACTIVITY SHEET



KIDNEYS: NEW MESSAGE

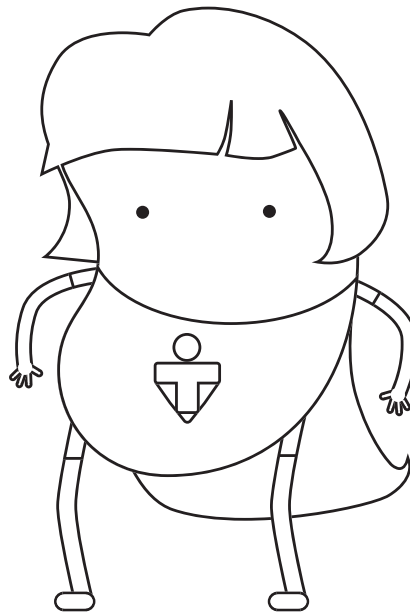
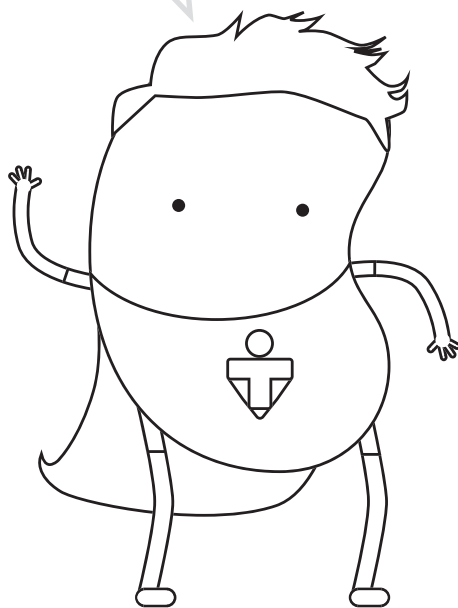
Hey @BONE, we need
#MOREBLOOD

Your Kidneys send an ESA message to your bones to make more strong blood. What are some other things @YOU need to be #HEALTHY and #LIVEWELL with CKD?



The **Kidney Health Team**
wants you to share how
you're feeling!

Can you draw how we
feeling today? Silly? Angry?
Happy? Sad?



CHRONIC KIDNEY DISEASE WORD FIND

Find and circle the terms to reveal a hidden phrase!

C	K	D	I	S	P	A	R	T	O	F	M	Y	L	G
I	F	E	B	U	T	N	O	T	M	Y	W	H	N	Y
C	O	M	M	U	N	I	T	Y	C	O	L	I	E	E
E	A	B	O	N	E	S	L	H	I	F	P	E	G	N
Y	T	I	B	V	O	T	R	Q	J	O	A	M	N	D
K	R	P	M	A	E	O	A	E	C	Z	V	R	A	I
A	A	N	H	E	N	C	F	L	D	I	K	E	H	K
H	E	E	M	I	R	A	N	T	K	B	V	U	C	A
E	H	T	C	P	S	U	N	A	T	B	L	Q	S	I
A	G	S	S	D	V	L	O	O	L	C	K	I	T	M
L	F	I	U	T	O	G	C	N	I	A	Z	N	D	E
T	A	L	K	G	C	B	S	I	Z	I	B	U	J	N
H	B	D	H	M	A	L	X	K	J	M	Y	A	J	A
Y	B	N	M	S	B	Q	B	S	J	F	F	X	D	H
C	W	I	N	F	K	M	V	C	T	V	H	S	C	G

ANEMIA
BALANCE
BONES
CHANGE
CHRONIC
COMMUNITY
COPING
HEALTHY
HEART
KIDNEY
LISTEN
SAFE
TALK
UNIQUE
UREMIA

What are some of the things you can do every day to live well with CKD?

play video games

take medicines

eat dinner with family

drink pop

eat fresh fruit

talk with my family

play sports

dance

lay on the couch

jump rope

eat junk food

go for a walk

have a daily routine

watch TV

keep a feelings diary

talk to the Kidney Health Team

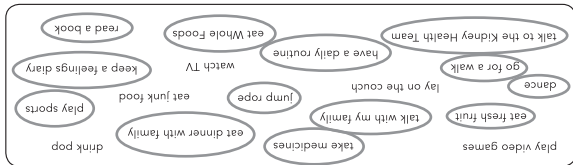
eat Whole Foods

read a book

IMPORTANT THINGS I LEARNED:

- _____
- _____
- _____
- _____
- _____

ACTIVITY ANSWER KEY:



What are some of the things you can do every day to live well with CKD?

C	K	D	I	S	P	A	R	T	O	F	M	Y	L	G	
C	O	M	M	U	N	I	T	Y	C	O	L	I	E		
I	F	E	B	U	T	N	O	T	M	Y	W	H	N	Y	
B	A	L	A	N	C	H	A	N	C	H	A	N	C	H	
A	B	O	N	E	S	L	H	I	F	P	E	G	N		
Y	T	I	B	V	O	J	O	A	M	N	D				
K	R	P	M	A	E	O	A	E	C	Z	V	R	A	I	
A	A	N	H	E	N	C	F	L	D	I	K	E	H	K	
H	E	E	M	I	R	A	N	T	K	B	V	U	C	A	
E	H	T	C	P	S	U	N	A	T	B	L	G	S	I	
A	G	S	S	D	V	L	O	L	C	K	I	T	M		
L	F	I	U	T	O	G	C	N	I	A	Z	N	D	E	
T	A	L	K	G	C	B	S	I	Z	I	B	U	J	N	
H	B	D	H	M	A	L	X	J	M	Y	A	J	A		
Y	B	N	M	S	B	Q	B	S	J	F	F	X	D	H	
C	W	I	N	N	F	K	M	V	C	T	V	H	S	C	G

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