

# HEALTHY SKIN WORD SCRAMBLE

*Unscramble the words to learn more about the skin you're in.*

Your skin is your body's largest \_ \_ \_ \_ \_.

**NARGO**

Washing your \_ \_ \_ \_ \_ helps keep germs from spreading to other parts of your body.

**DNAHS**

Protect your skin from harmful ultraviolet rays by using \_ \_ \_ \_ \_ when playing outdoors.

**ENERCSUSN**

Physical activity increases blood flow to your skin's surface and helps deliver \_ \_ \_ \_ \_ and \_ \_ \_ \_ \_ to your entire body!

**NXOGEY  
TIENSRTNU**

\_ \_ \_ \_ \_ helps to flush out impurities from your skin.

**NITEWASG**

A \_ \_ \_ \_ \_ diet provides nutrients to keep your skin and body healthy.

**DEALNABC**

A good night's \_ \_ \_ \_ \_ helps your skin repair itself.

**EPELS**

Drinking \_ \_ \_ \_ \_ helps keep your skin cells hydrated.

**RATWE**



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**WORD BANK:** Oxygen, Sweating, Sleep, Hands, Balanced, Sunscreen, Water, Nutrients, Organ

**NAME** \_\_\_\_\_ **AGE** \_\_\_\_\_

