

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Healthy Hands

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

metacarpal  
tendons  
strong  
germs  
nail

phalanges  
fingers  
carpal  
scrub  
soap

ligament  
joints  
bones  
hold  
palm

flexible  
muscle  
water  
grip  
wash