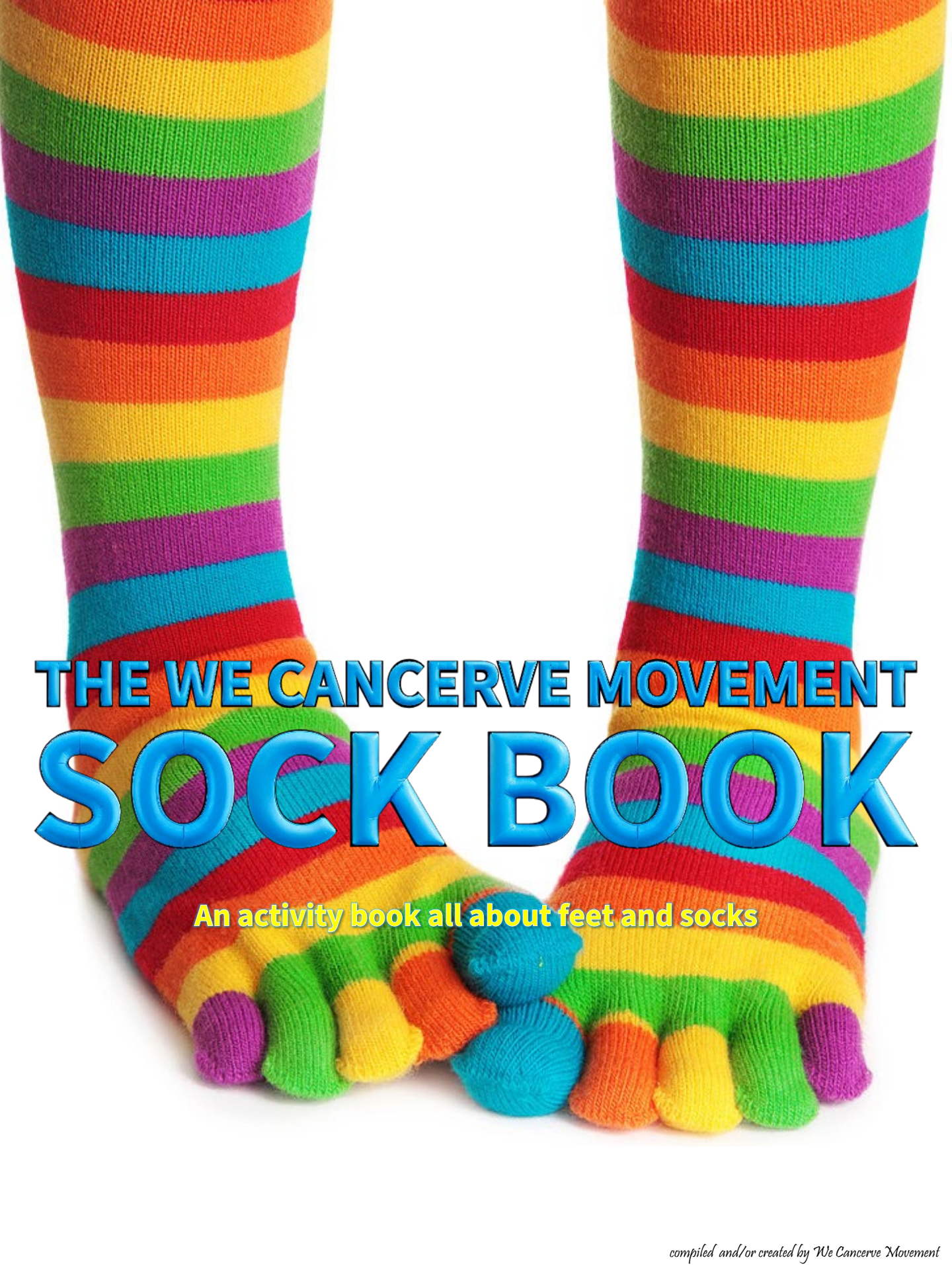




THE WE CANCERVE MOVEMENT SOCK BOOK

An activity book all about feet and socks



October 2025

Dear We Canceve Supporter,

Once again, the We Canceve Movement is teaming with the Harford County Government to collect socks for Harford County residents experiencing homelessness and those who need a little extra help getting warm garments for winter.

We Canceve has a particular interest in the well-being of children. That's why this project is so important to us. We realize that socks provide essential health, hygiene, and comfort, and are often the most needed yet least donated clothing item. We Canceve launched our first sock drive in 2013, and joined with the County in 2016 on the annual "SOCKTOBER" collection. To date, we've donated more than 6,000 pairs of socks!

As a way of thanking the community for supporting this mission, we put together this booklet to help youth – like us – have a little fun while we learn about the importance of taking care of our feet.

Zachary Gwiazda, age 17

Chair, Board of Advisors
We Canceve Movement



Foot Facts

33 **JOINTS** make up each foot.
26 **BONES**
19 **MUSCLES**
107 **LIGAMENTS**



10,000

Number of steps a person takes on average everyday, which adds up to 115,000 miles in a lifetime!

That's enough to go around the circumference of the earth **FOUR TIMES** in a lifetime.

Your toes carry **$\frac{1}{2}$** of your body weight every time you lift a heel off the ground



1 QUARTER of your body's bones are in your feet



Standing in one spot is more tiring than walking because the demands are being made on the same few muscles for a longer length of time



250,000

SWEAT GLANDS

In your feet can produce a **HALF A PINT** of perspiration in **ONE DAY**

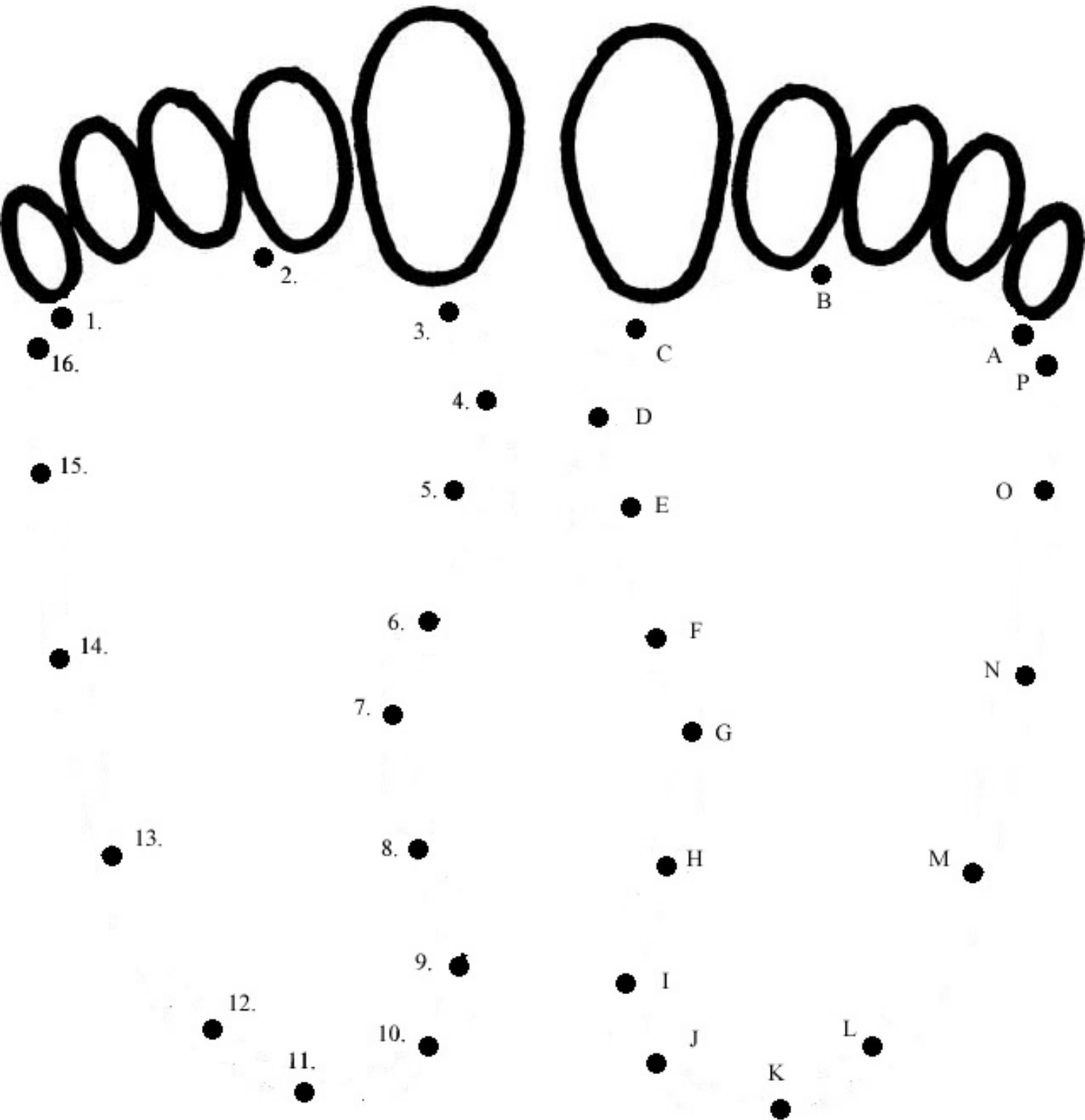


Counting Toes by Five



Connect the Dots

Connect dots in numerical and alphabetical order to reveal picture.



Tips for Healthy Feet

Keep your feet clean and dry. Make sure you keep your feet clean and dry them well.

Check your feet every day. Look for calluses, blisters, scaling (dry skin), cracks in the skin (especially between toes and on your heels), redness, and swelling.

Cut toenails properly. Keep your toenails trimmed but don't cut them too close to the skin or drastically rounding the corners of the nails, which can cause painful, ingrown toenails.

Moisturize. Always use thick moisturizer on your feet. Rub it in well, but don't put it between your toes—those dark, moist areas are great hosts for infection.

Protect your feet in public areas. Always wear shower shoes at the gym, in locker rooms, and at public pools. These places tend to be breeding grounds for fungi that can lead to infections.



Don't let polish hide “ugly” toenails

If you have a crack, discolored, or crumbling nail, tell your parents so they can call the doctor for you. Sometimes, this could mean you have a fungus.



Choose breathable footwear.

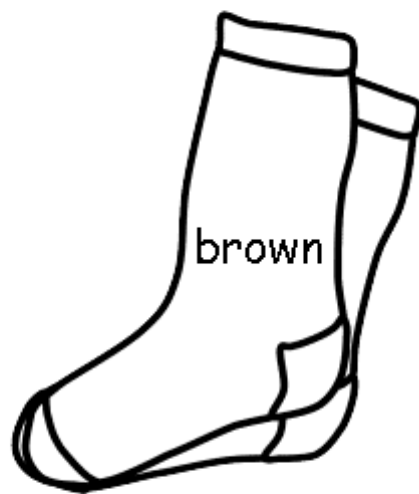
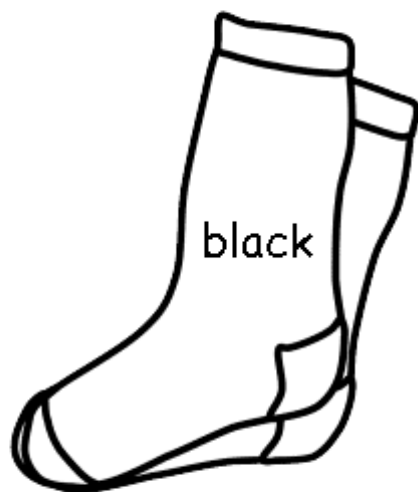
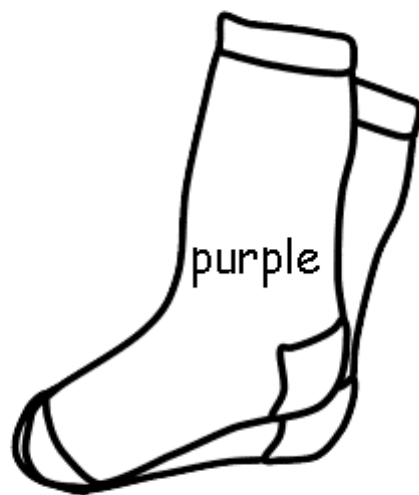
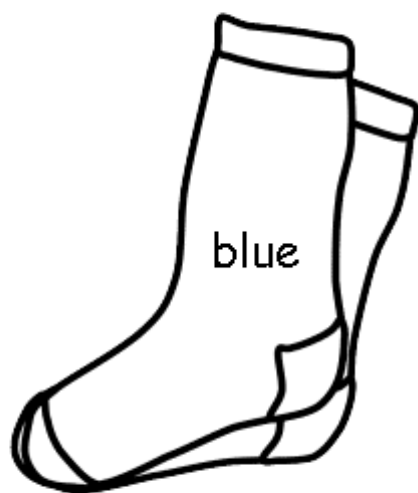
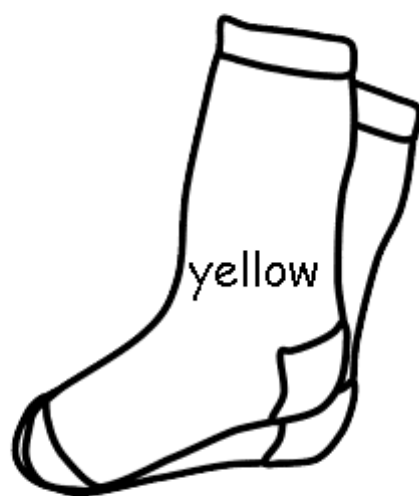
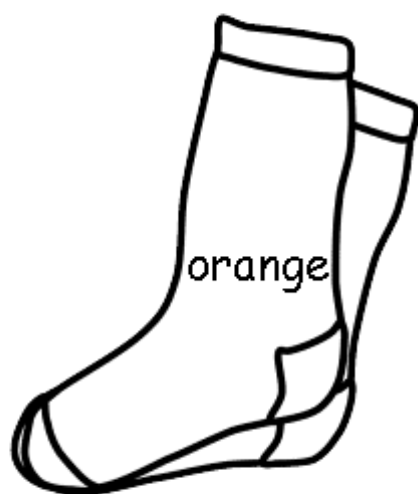
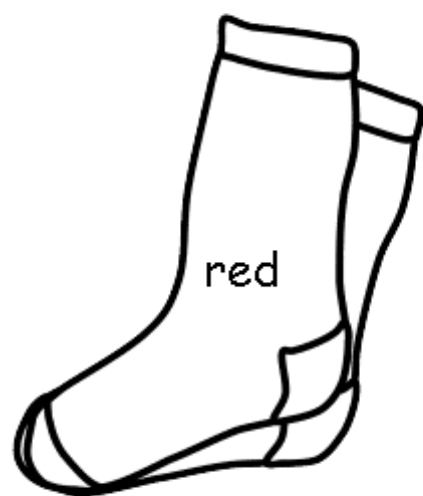
To help keep your feet dry and healthy, wear shoes made of leather to allow air to circulate. If you're prone to excessively sweaty feet, look for shoes made of mesh fabrics for maximum breathability.

Wear shoes that fit properly. Choose a broad, round shoe with plenty of room for your toes and a wide, stable heel. Avoid pointy shoes, which can cramp your toes and cause ingrown toenails and calluses.

Avoid sharing footgear.

As much as you might like your friends' shoes, don't wear anyone else's shoes. It's unhealthy. Also, don't share anyone else's socks.

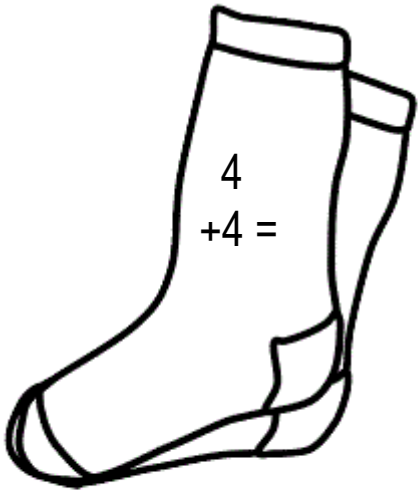
Name: _____

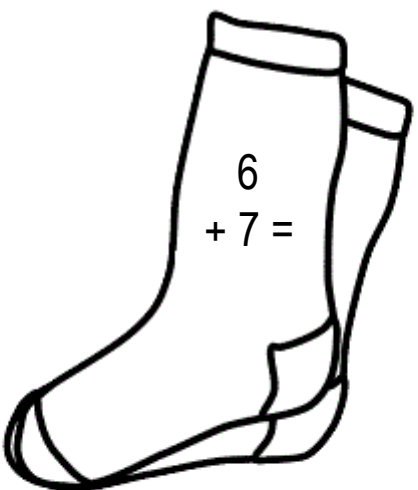


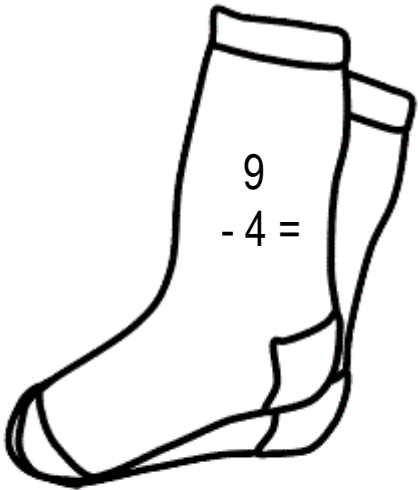
Color the socks to match their labels.

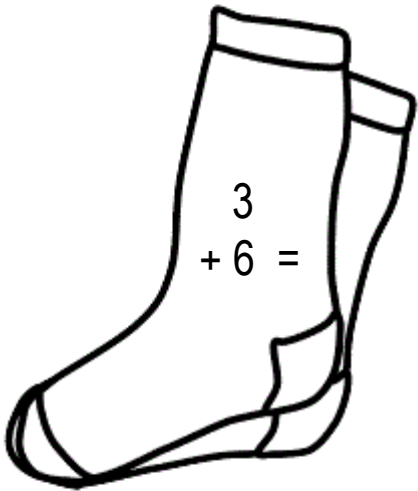
1st – 3rd Grade Math Problems

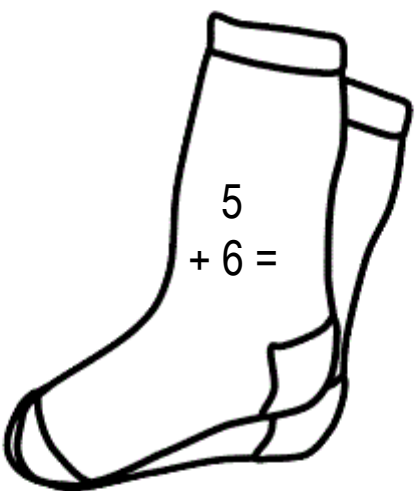
Use addition and subtraction to solve the problems below.

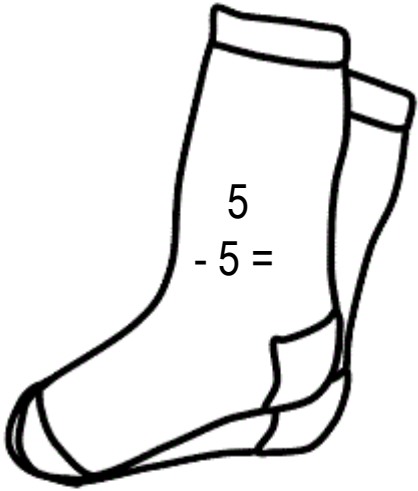

$$\begin{array}{r} 4 \\ + 4 = \end{array}$$

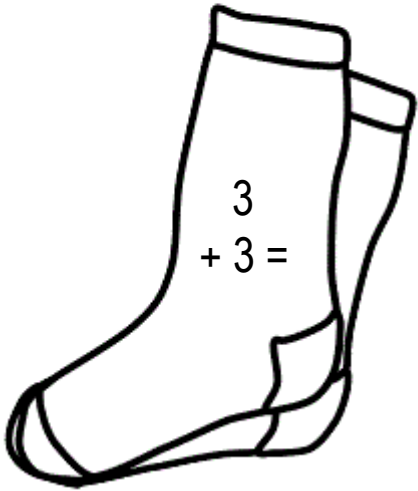

$$\begin{array}{r} 6 \\ + 7 = \end{array}$$

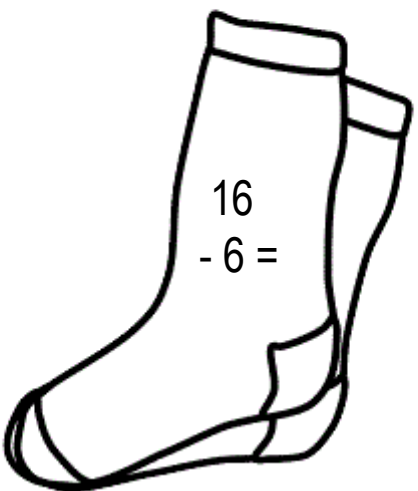

$$\begin{array}{r} 9 \\ - 4 = \end{array}$$

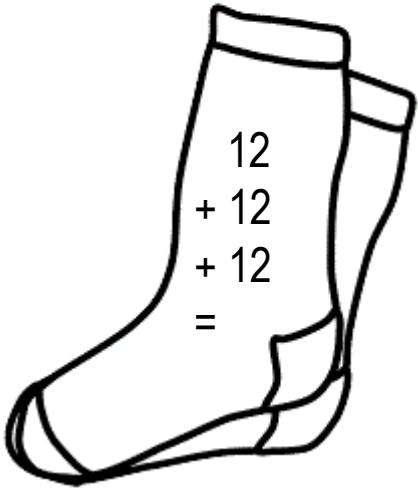

$$\begin{array}{r} 3 \\ + 6 = \end{array}$$


$$\begin{array}{r} 5 \\ + 6 = \end{array}$$


$$\begin{array}{r} 5 \\ - 5 = \end{array}$$

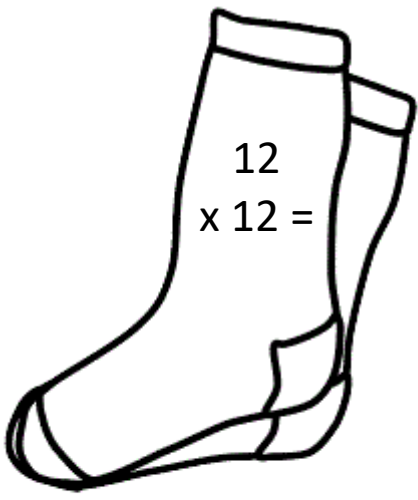

$$\begin{array}{r} 3 \\ + 3 = \end{array}$$

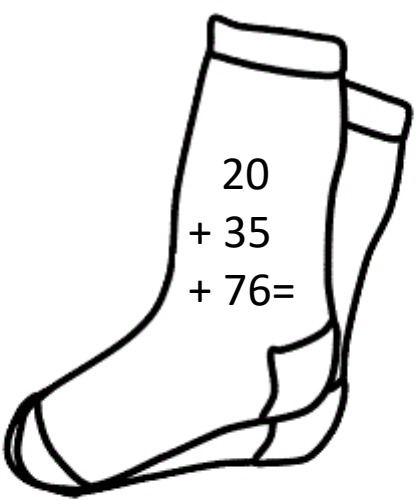

$$\begin{array}{r} 16 \\ - 6 = \end{array}$$

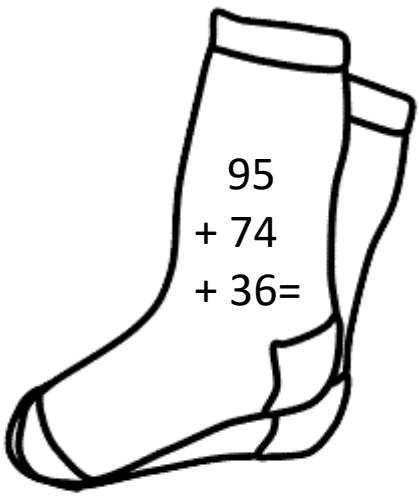

$$\begin{array}{r} 12 \\ + 12 \\ + 12 \\ = \end{array}$$

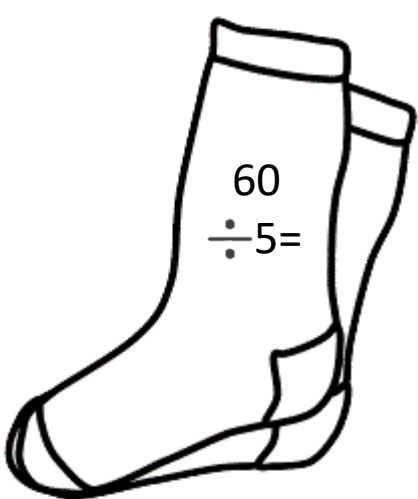
4th – 6th Grade Math Problems

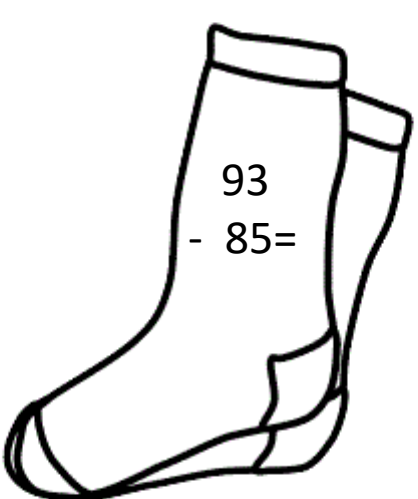
Use multiplication, division, addition and subtraction to solve the problems below.

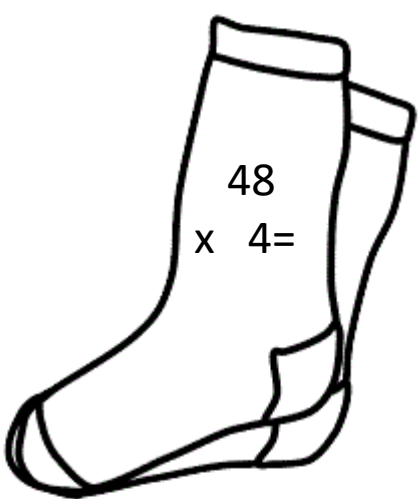

$$\begin{array}{r} 12 \\ \times 12 = \end{array}$$

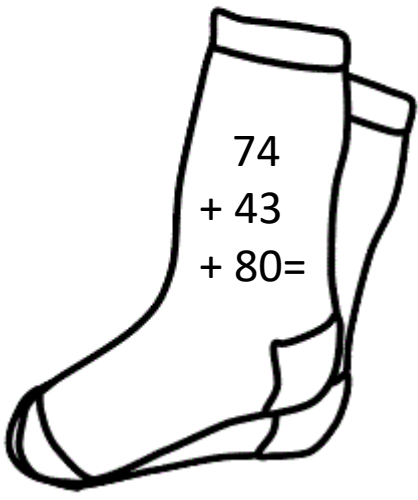

$$\begin{array}{r} 20 \\ + 35 \\ + 76 = \end{array}$$

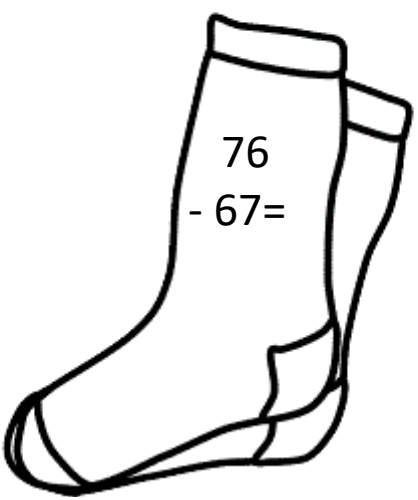

$$\begin{array}{r} 95 \\ + 74 \\ + 36 = \end{array}$$

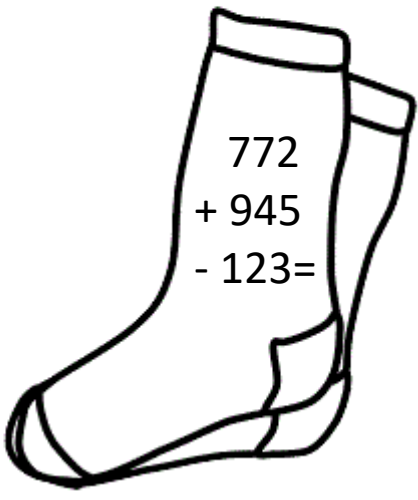

$$\begin{array}{r} 60 \\ \div 5 = \end{array}$$


$$\begin{array}{r} 93 \\ - 85 = \end{array}$$


$$\begin{array}{r} 48 \\ \times 4 = \end{array}$$


$$\begin{array}{r} 74 \\ + 43 \\ + 80 = \end{array}$$


$$\begin{array}{r} 76 \\ - 67 = \end{array}$$


$$\begin{array}{r} 772 \\ + 945 \\ - 123 = \end{array}$$

WORD SEARCH

Draw a line through or circle the hidden words in the grid based on the word key below.

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

Awesomeness

Charity

Children

Clips

Decorations

Fact

Feet

Fun

Health

Help

Homeless

Kind

Love

Moisturize

Movement

Pair

Protection

Science

Shoes

Socks

Trust

Try

Warmth

Wash

We Canerve