SCIENCE · HUMAN BODY · GRADES K–2

Healthy Habits

Color the healthy habits and put an X on the rest, then write your own healthy habit.



Name: _____ **Date:** _____

Color the healthy habits. Put an X on the others.

brush your teeth	candy for breakfast	drink water	stay up all night
run and play	never wash hands	eat vegetables	sit still all day
sleep 10 hours	skip breakfast	wash your hands	eat fruit

One healthy habit I will do this week:

_____

_____

Draw yourself doing it.

Art © Kevin Coulston