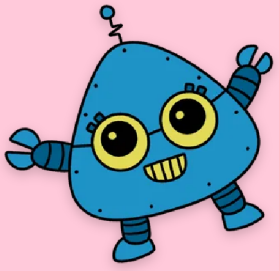
SEL · RESPONSIBILITY AND GOOD CHOICES · GRADES K–3

Taking Care of My Body

Taking care of your body is a big responsibility. Color the healthy habits, cross out the rest, then draw one you do.

Name: _____ **Date:** _____



Color the ways to take care of your body. Put an X on the others.

brush my teeth	stay up all night	wash my hands
drink water	eat only candy	get enough sleep
wear a helmet	never take a bath	play outside
skip breakfast	eat fruits and veggies	sit still all day

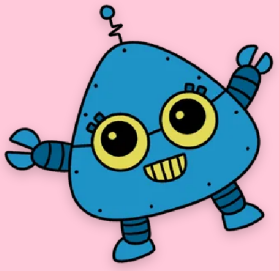
Draw yourself doing one healthy thing.

Art © Kevin Coulston

ANSWER KEY · RESPONSIBILITY AND GOOD CHOICES · GRADES K–3

Answer Key: Taking Care of My Body

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Color the ways to take care of your body. Put an X on the others.

brush my teeth	~~stay up all night~~	wash my hands
drink water	~~eat only candy~~	get enough sleep
wear a helmet	~~never take a bath~~	play outside
~~skip breakfast~~	eat fruits and veggies	~~sit still all day~~

Draw yourself doing one healthy thing.

Art © Kevin Coulston