



High Five To Healthy Habits

Read the healthy habits categories.

3. Relationships & emotions

2. Food & nutrition

4. Exercise & movement

1. Sleep & rest



5. Playing & creativity



Cut out the healthy habits and glue them under the correct headings.

I have fun and do creative things in my free time

I go to bed early and I sleep 8 or more hours

I eat a variety of healthy foods and drink water

I do exercise and move my body every day

I spend time with the people I love



DISCUSS: Do you have these healthy habits? - Which ones do you have to develop to give a high five to healthy habits?