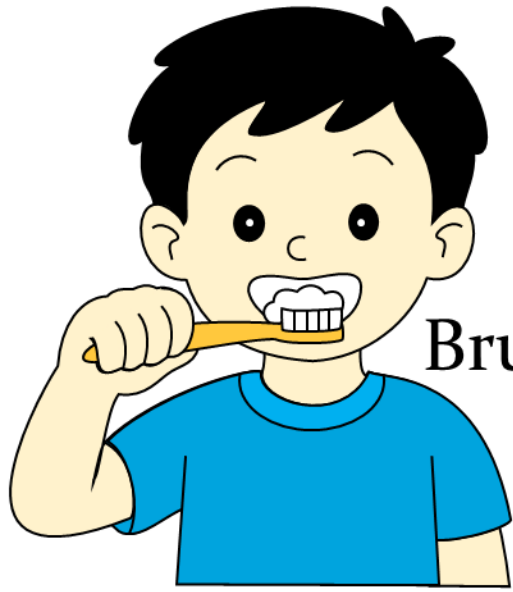


Say the habits



Brush teeth



Drink water



Exercise



Wash hands



Eat healthy food



Sleep well

Match the Habit



○ Morning & night ○ Before eating ○ Healthy body ○ Night time

Circle the Correct Answer

I brush my teeth _____.

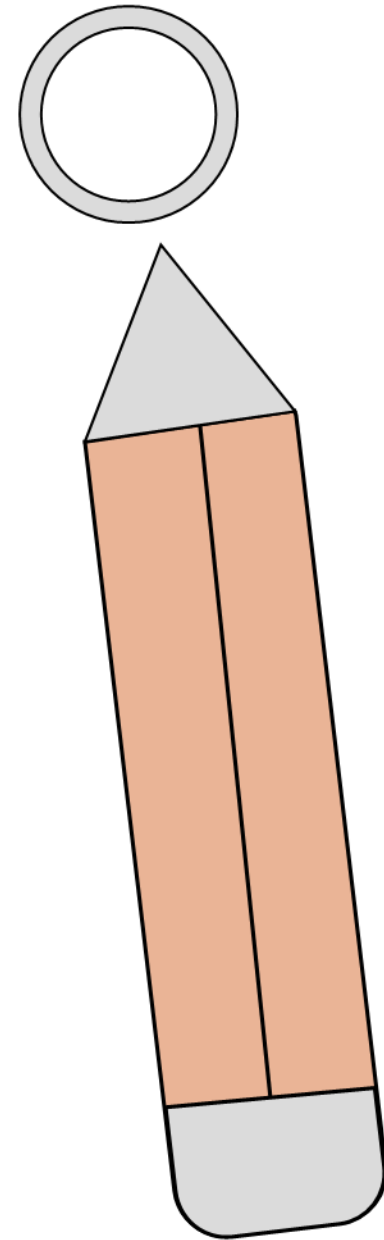
- ▶ once
- ▶ every day
- ▶ never

I wash my hands _____ eating.

- ▶ after
- ▶ before
- ▶ never

I go to bed at _____.

- ▶ night
- ▶ morning
- ▶ noon



Fill in the Blanks

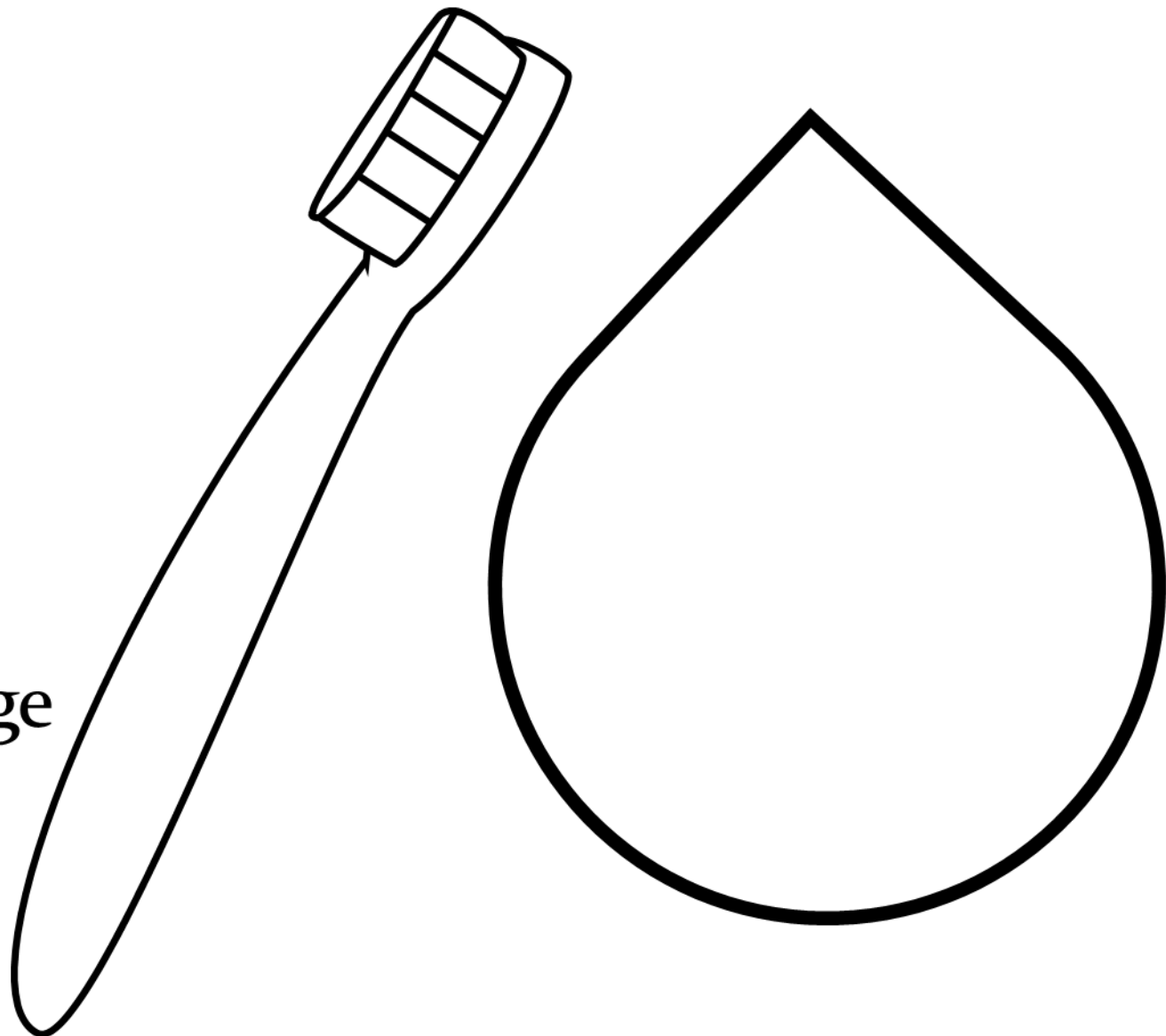
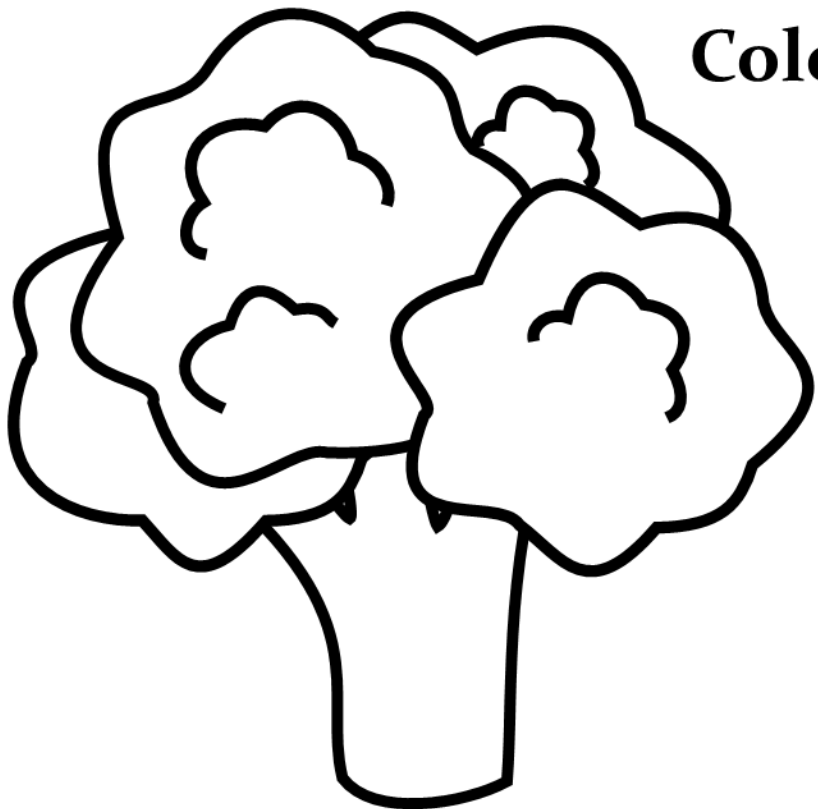
1. I _____ my teeth every day.
2. I _____ my hands before eating.
3. I _____ healthy food.
4. I _____ at night.

Word Bank


▶ wash ▶ eat ▶ sleep ▶ brush



Color the Healthy Habits



1. Color the toothbrush orange
2. Color the water blue
3. Color the vegetable green



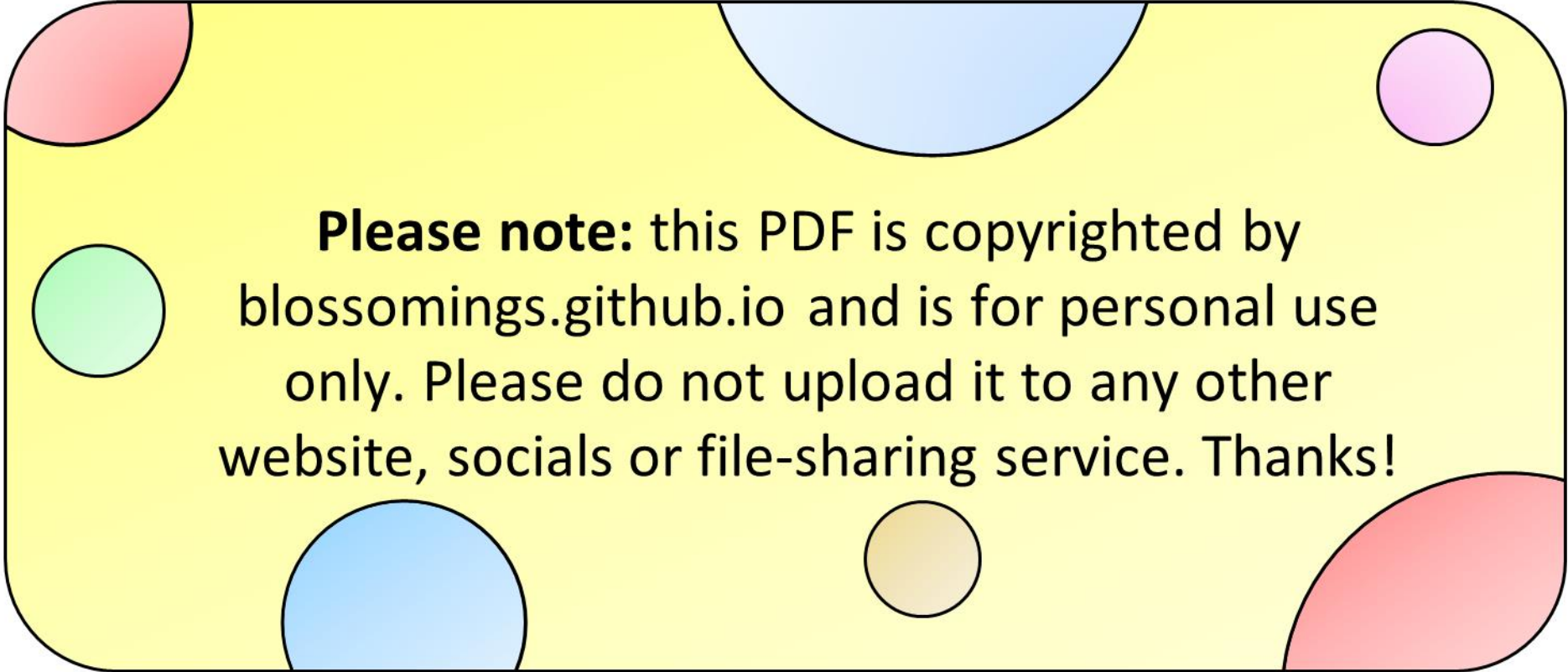
Draw yourself doing a healthy habit and say

▶ I _____ every day.



Color Splash

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