Healthy Habits: Yes or No?

Pre-K-Grade 2 | Health | Practical life | Ink-Saver B&W

Learner: _____ Date: _____

Read or listen to each choice. Circle YES for a healthy habit or NO for a choice to change. An adult may read the words aloud.

DRINK WATER

YES NO

SKIP HANDWASHING

YES NO

BRUSH TEETH

YES NO

SHARE A TOOTHBRUSH

YES NO

SLEEP ENOUGH

YES NO

WEAR A BIKE HELMET

YES NO

Grown-up check: Yes: drink water, brush teeth, sleep enough, wear a helmet for biking. No: skip handwashing, share a toothbrush.

More free resources: resources.richnerds.co.site | Personalized academic support: richnerds.co.site

@richnerdstutoring | Personal/classroom use. Share the original PDF. Not for resale.