Healthy Habits: Yes or No?

Pre-K-Grade 2 | Health | Practical life | Color

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.