



I Make Healthy Choices Checklist

Click the box to place a checkmark that describe your healthy choices.

I brush my teeth every day.

I eat breakfast every morning.

I get eight hours of sleep every night.

I drink water every day.

I eat fruits and vegetables every day.

I wash my hands with soap.

I do physical activity like walking or moving my body every day.



Healthy Living Matching Activity

Match the season to the clothing description.

Click the number for the correct answer.

_____ Exercise

A. Brushing your teeth

_____ Sleeping

B. Eating fruits & vegetables

_____ Eating

C. Walking or running

_____ Hygiene

D. Going to bed on time



Choose a Healthy Lifestyle

Colour the page.

**Brush your teeth at least twice every day.
Three times is best.**





Choose a Healthy Lifestyle

Colour the page.

Eat plenty of fruit and vegetables.

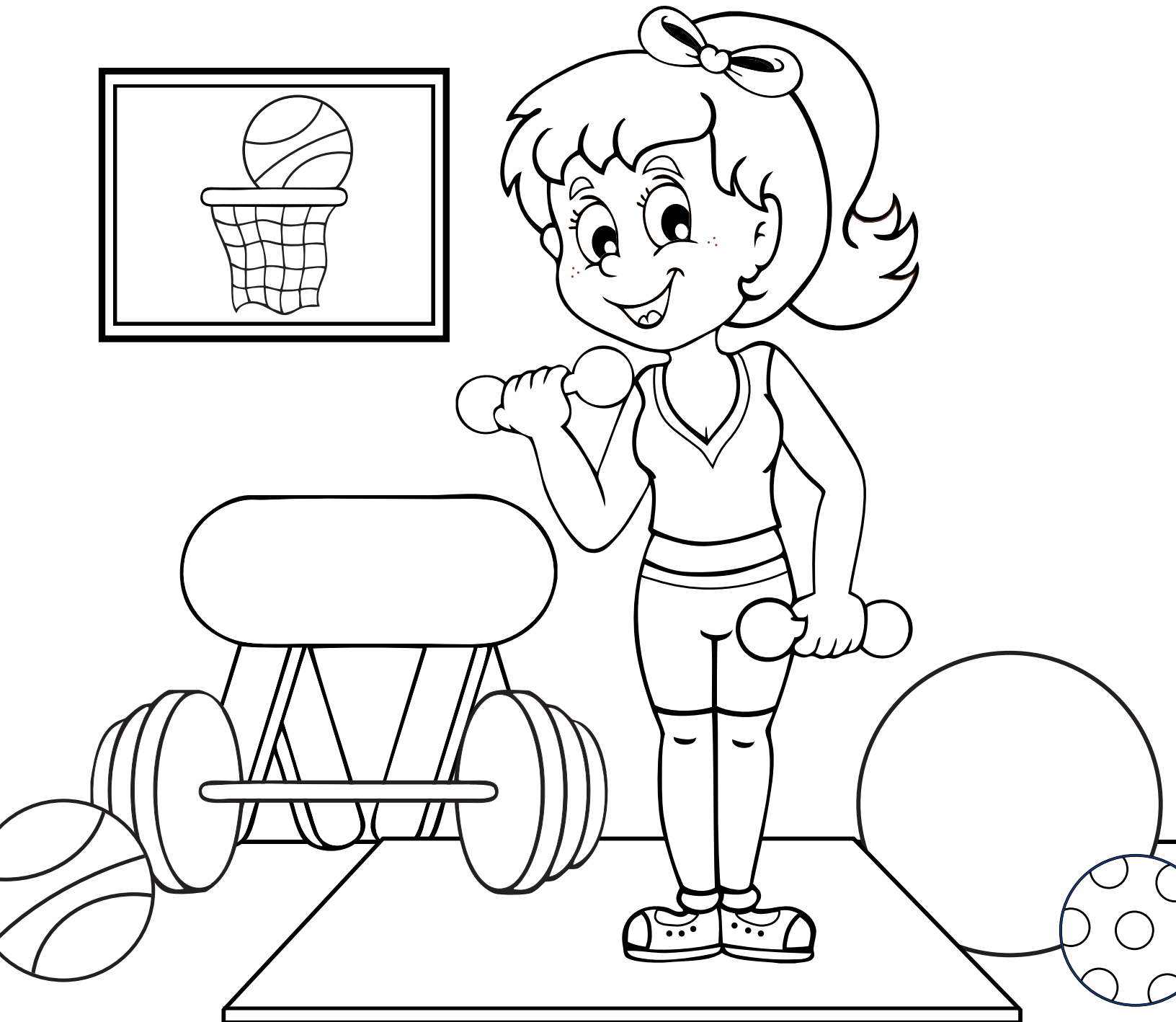




Choose a Healthy Lifestyle

Colour the page.

Get some regular exercise.





Choose a Healthy Lifestyle

Colour the page.

Get enough good quality sleep every night.

