

Good Habits Worksheet

Name: _____ Date: _____ Grade: _____

Part 1: Instructions: Read the questions, then answer the questions that follows.

1. What are good habits? _____

2. Why are good habits important for our health? _____

Part 2: Instructions: Match the good habit to its correct benefit.

Good Habit	Benefit
1. Brushing your teeth	a) Keeps your heart and muscles healthy
2. Washing your hands	b) Helps you feel more energetic
3. Eating healthy food	c) Prevents sickness and germs
4. Exercising regularly	d) Helps you grow strong and stay healthy
5. Getting enough sleep	e) Keeps your teeth clean and healthy

Part 3: Instructions: Fill in the blanks with the correct word from the list below:

Words: *healthy, exercise, sleep, water, balanced*

1. It's important to eat a _____ diet, which includes fruits, vegetables, and proteins.
2. Drinking enough _____ helps your body stay hydrated and feel good.
3. Getting enough _____ is important for feeling rested and being ready for the day.
4. We need to _____ every day to keep our muscles and heart strong.
5. Eating _____ food helps you grow strong and keeps your body strong.

Part 4: Instructions: Reflect on Your Own Habits

1. List three good habits you practice every day. _____

- 1b. Which of these habits would you like to improve? _____
2. How will you improve this habit? _____

