"Drag and drop each habit into the correct category on the mind map. These habits all contribute to a healthy lifestyle."

Eat fruits and vegetables   Go for a walk   Get 8 hours of sleep   Talk to friends regularly   Avoid junk food

Practice meditation   Play team sports   Reduce screen time before bed   Drink enough water   Ask for help when stressed

MENTAL HEALTH

PHYSICAL ACTIVITY

SLEEP HABITS

HEALTHY FOOD

HEALTHY LIFESTYLE

SOCIAL LIFE