

HEALTHY AND UNHEALTHY HABITS

Put these pictures in the right box:

Healthy	Unhealthy



Stretch



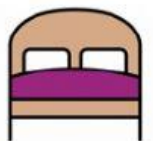
Have quiet time



Drink soda



drink water



Get Enough Rest



What is your healthy habit?

What unhealthy habit do you have? How can you work and improve on it?
