

Vocabulary

Healthy Habits

A. Read the words and then label the pictures.

iron my
clothes

pack my
schoolbag

Check my
calendar

floss my teeth

take a shower

eat breakfast

Sleep 8 hours

work out



Word Power

B. Write the words in the chart. Then add two more of your own in each category.

brush your teeth - fruit - go for a walk - go to bed early
ride a bike - happy - successful - vegetables

Exercise

Eat Good Foods

Healthy Habits
