

# HEALTHY AND UNHEALTHY HABITS

Put these pictures in the right box:

Healthy	Unhealthy



Stretch



Have quiet time



spending 1 hr on device



Drink soda



spending 1 hr on device



Take Care of Your Teeth



spending 5 hrs on tablet

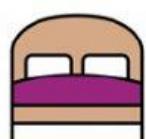
alarm clock



drink water



spending 1 hr on device



Get Enough Rest



Wash Your Hands



What is your healthy habit?

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

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