Healthy Habits

Sleep
Exercise
Brush Teeth
Wash Hands
Drink Water
Eat Healthy Food

Draw a picture of you doing a healthy habit.

STANDARDS:

W.K.3 - Use a combination of drawing, dictating, and writing to narrate a single event or several loosely linked events, tell about the events in the order in which they occurred, and with guidance and support, provide a reaction to what happened.

K.PCH.1 - Apply measures for cleanliness and disease prevention.

K.NPA.1.3 - Recall activities for fitness and recreating during out of school hours.

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Mindful Eating-Grapes

Circle the words that best describe a grape.

Shape:
- Triangle
- Oval

Color:
- Green
- Red

Texture:
- Smooth
- Bumpy

Weight:
- Heavy
- Light

STANDARDS: K.P.2.1 Classify objects by observable physical properties (including size, color, shape, texture, weight and flexibility).