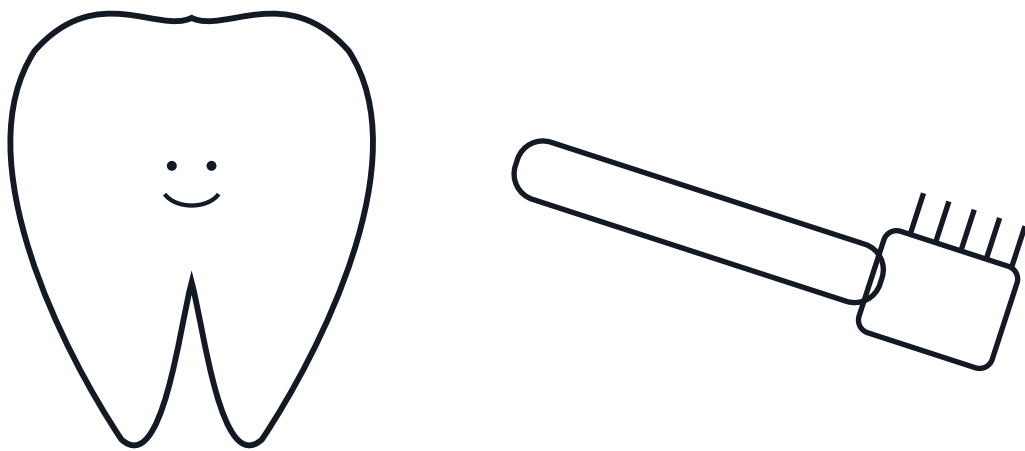


Brush, Brush, Brush!

Color the tooth and toothbrush. Trace the healthy habit.

Name: _____



Brush 2 times a day.

BRUSH YOUR TEETH

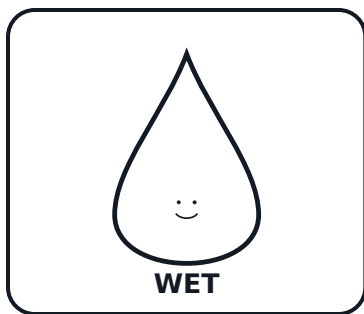
BRUSH YOUR TEETH

Point to the number 2. How many times should we brush each day?

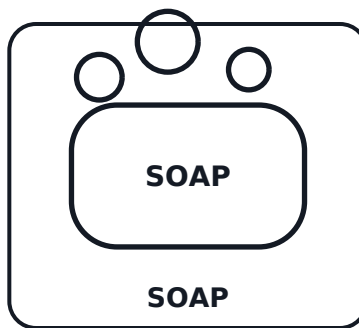
Clean Hands, Healthy Hands

Follow steps 1, 2, and 3. Then color the pictures.

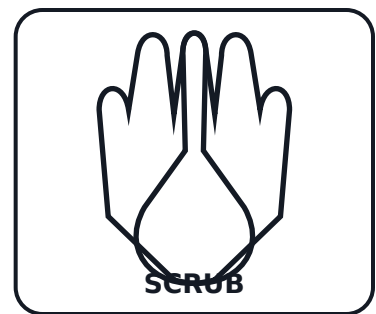
Name: _____



1



2



3

Trace the steps:

WET • SOAP • SCRUB

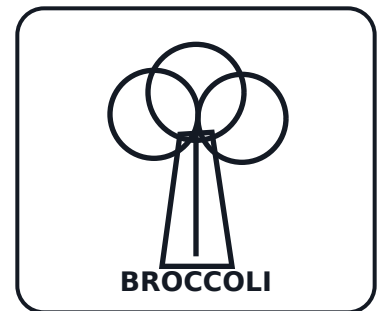
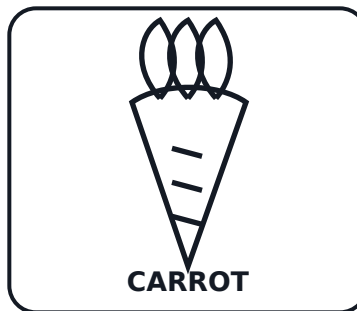
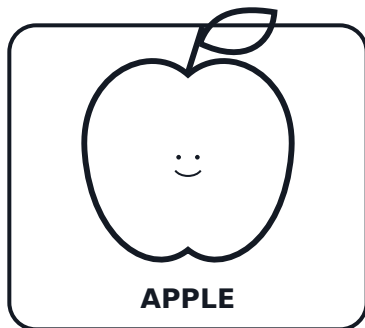
WET • SOAP • SCRUB

Scrub all parts of your hands before you rinse and dry.

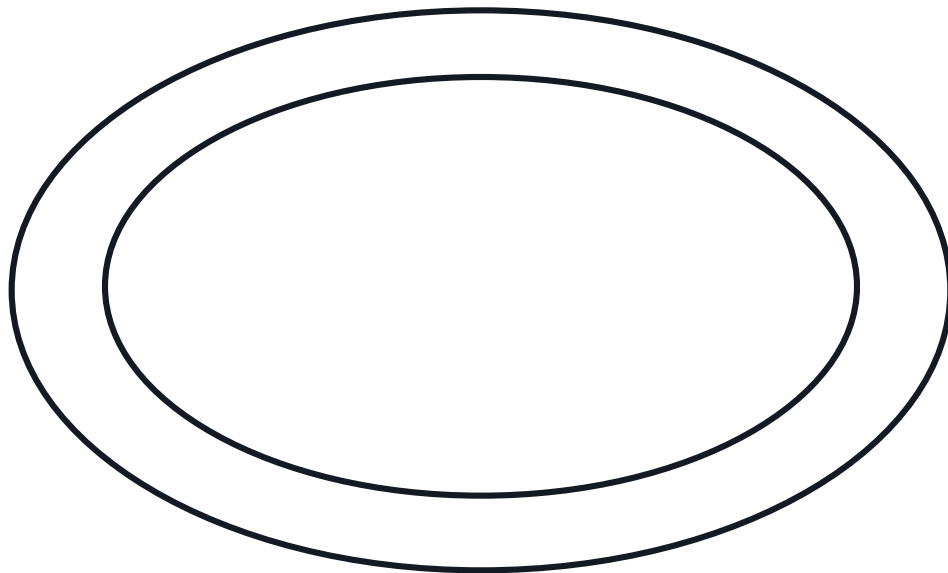
Eat a Colorful Plate

Color the healthy foods. Circle the fruit.

Name: _____



Draw one more healthy food on the plate.

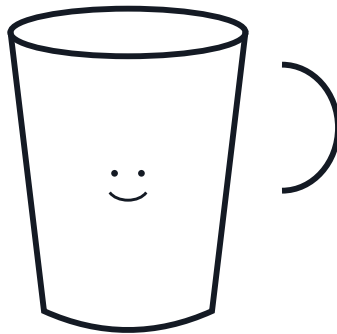
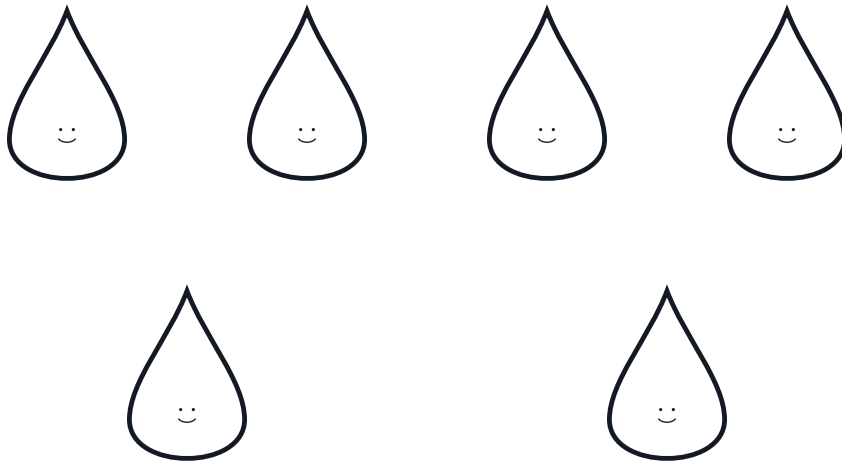


Try fruits and vegetables in many colors.

Drink Water Every Day

Trace the number 6. Color all 6 water drops.

Name: _____



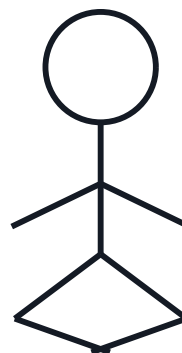
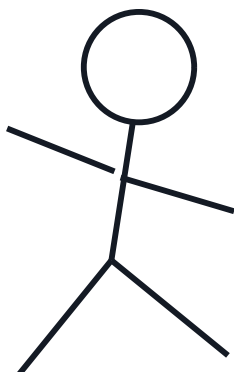
6 6 6

Count again. Did you color exactly 6 drops?

Move Your Body

Color the children. Draw a line to the matching word.

Name: _____



REST

MOVE

Which child is moving? Which child is resting?

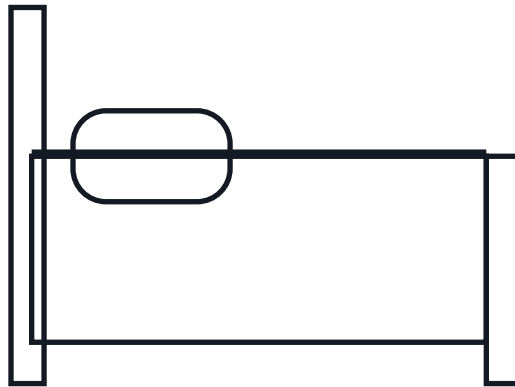
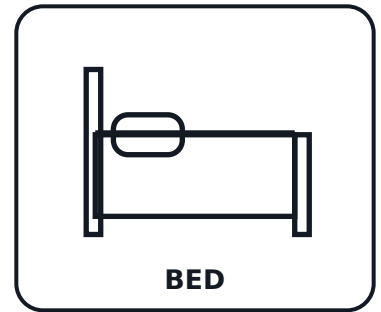
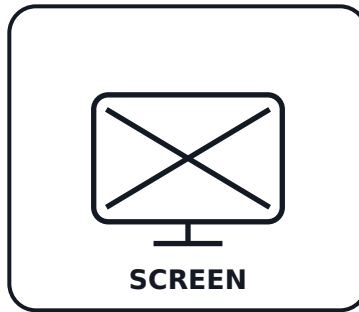
Draw your favorite way to move:

A large, empty rectangular box with a thin black border, intended for a child to draw their favorite way to move.

Ready for Bed

Circle the 2 good bedtime choices. Color the bed.

Name: _____



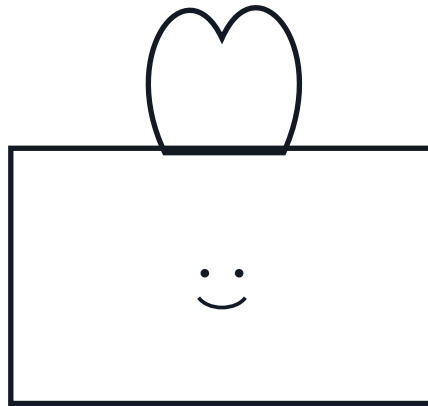
A calm routine helps your body rest.

SLEEP

Cover Your Cough

Color the tissue. Trace the healthy sentence.

Name: _____



Cough or sneeze into a tissue or your elbow.

COVER YOUR COUGH

COVER YOUR COUGH

Throw used tissues away. Then wash your hands.

My Healthy Habits Check

Color each picture. Check the habits you practice.

Name: _____

☐

Brush teeth

☐

Wash hands

☐

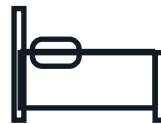
Eat healthy foods

☐

Drink water

☐

Move my body

☐

Get enough sleep

Draw a star next to one habit you will practice today!