Healthy Habits

Grade 2 Science Worksheet - Challenge Me

PencilGo

Name _____ Date _____

Circle the way this habit keeps you healthy.

1. Playing soccer

   healthy food sleep exercise staying clean

2. Combing your hair

   healthy food staying clean exercise sleep

3. Dancing to music

   healthy food sleep exercise staying clean

4. Sleeping nine to eleven hours

   sleep exercise healthy food staying clean

5. Washing your hands after the bathroom

   sleep staying clean healthy food exercise

6. Resting when you are tired

   exercise healthy food staying clean sleep

7. Running at recess

   staying clean sleep healthy food exercise

8. Going to bed at the same time each night

   exercise staying clean sleep healthy food

9. Covering your cough

   sleep exercise healthy food staying clean

10. Reading a story before bed

    healthy food exercise staying clean sleep

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Healthy Habits

Answer Key - Grade 2 Science Worksheet - Challenge Me

Circle the way this habit keeps you healthy.

1. Playing soccer
   healthy food sleep **exercise** staying clean

2. Combing your hair
   healthy food **staying clean** exercise sleep

3. Dancing to music
   healthy food sleep **exercise** staying clean

4. Sleeping nine to eleven hours
   sleep exercise healthy food staying clean

5. Washing your hands after the bathroom
   sleep **staying clean** healthy food exercise

6. Resting when you are tired
   exercise healthy food staying clean **sleep**

7. Running at recess
   staying clean sleep healthy food **exercise**

8. Going to bed at the same time each night
   exercise staying clean **sleep** healthy food

9. Covering your cough
   sleep exercise healthy food **staying clean**

10. Reading a story before bed
    healthy food exercise staying clean **sleep**