Healthy Habits

Grade 2 Science Worksheet - Building Confidence

Name _____ Date _____

Circle the way this habit keeps you healthy.

1. Dancing to music

   exercise healthy food staying clean

2. Eating a crunchy carrot

   sleep exercise healthy food

3. Riding a bike

   exercise sleep staying clean

4. Running at recess

   exercise sleep healthy food

5. Jumping rope

   exercise staying clean sleep

6. Washing your hands before lunch

   healthy food staying clean sleep

7. Taking a bath

   sleep staying clean exercise

8. Sleeping nine to eleven hours

   exercise healthy food sleep

9. Resting when you are tired

   exercise sleep staying clean

10. Turning off the lights at bedtime

    exercise staying clean sleep

Scan to get this marked free. No screen time for your child.
Print it · do it in pencil · scan it · PencilGo picks the next sheet.

Healthy Habits

Answer Key - Grade 2 Science Worksheet - Building Confidence

Circle the way this habit keeps you healthy.

1. Dancing to music

   exercise healthy food staying clean

2. Eating a crunchy carrot

   sleep exercise **healthy food**

3. Riding a bike

   exercise sleep staying clean

4. Running at recess

   exercise sleep healthy food

5. Jumping rope

   exercise staying clean sleep

6. Washing your hands before lunch

   healthy food **staying clean** sleep

7. Taking a bath

   sleep **staying clean** exercise

8. Sleeping nine to eleven hours

   exercise healthy food **sleep**

9. Resting when you are tired

   exercise **sleep** staying clean

10. Turning off the lights at bedtime

    exercise staying clean **sleep**