Healthy Habits

Grade 2 Science Worksheet

Name _____ Date _____

Circle the way this habit keeps you healthy.

1. Washing your hands after the bathroom

   sleep exercise staying clean healthy food

2. Turning off the lights at bedtime

   healthy food staying clean exercise sleep

3. Playing soccer

   exercise healthy food sleep staying clean

4. Having oatmeal for breakfast

   exercise healthy food staying clean sleep

5. Taking a nap when you feel worn out

   healthy food staying clean exercise sleep

6. Brushing your teeth

   staying clean exercise healthy food sleep

7. Dancing to music

   staying clean exercise sleep healthy food

8. Drinking a glass of milk

   sleep staying clean exercise healthy food

9. Covering your cough

   staying clean exercise sleep healthy food

10. Reading a story before bed

    healthy food staying clean exercise sleep

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Answer Key - Grade 2 Science Worksheet

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    healthy food staying clean exercise **sleep**