Healthy Habits

Grade 2 Science Worksheet - Building Confidence

Name _____ Date _____

Circle the way this habit keeps you healthy.

1. Washing your hands after the bathroom

   exercise healthy food staying clean

2. Eating vegetables at dinner

   exercise healthy food sleep

3. Brushing your teeth

   staying clean healthy food exercise

4. Climbing on the bars

   exercise sleep healthy food

5. Having oatmeal for breakfast

   staying clean exercise healthy food

6. Combing your hair

   staying clean exercise healthy food

7. Covering your cough

   exercise staying clean sleep

8. Swimming laps

   sleep healthy food exercise

9. Taking a nap when you feel worn out

   healthy food sleep exercise

10. Playing soccer

    healthy food sleep exercise

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Answer Key - Grade 2 Science Worksheet - Building Confidence

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