Healthy Habits

Grade 2 Science Worksheet - Challenge Me

Name _____ Date _____

Circle the way this habit keeps you healthy.

1. Choosing water instead of soda

   sleep healthy food staying clean exercise

2. Sleeping nine to eleven hours

   exercise staying clean healthy food sleep

3. Drinking a glass of milk

   staying clean exercise sleep healthy food

4. Going to bed at the same time each night

   healthy food staying clean sleep exercise

5. Turning off the lights at bedtime

   exercise healthy food staying clean sleep

6. Washing your hands after the bathroom

   staying clean sleep healthy food exercise

7. Jumping rope

   staying clean exercise healthy food sleep

8. Resting when you are tired

   healthy food sleep exercise staying clean

9. Playing soccer

   exercise staying clean sleep healthy food

10. Swimming laps

    healthy food staying clean exercise sleep

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Answer Key - Grade 2 Science Worksheet - Challenge Me

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