Healthy Habits

Grade 2 Science Worksheet - Building Confidence

Name _____ Date _____

Circle the way this habit keeps you healthy.

1. Having oatmeal for breakfast

   healthy food sleep exercise

2. Swimming laps

   sleep staying clean exercise

3. Washing your hands after the bathroom

   exercise staying clean healthy food

4. Sleeping nine to eleven hours

   exercise staying clean sleep

5. Jumping rope

   staying clean exercise healthy food

6. Climbing on the bars

   staying clean exercise healthy food

7. Covering your cough

   staying clean healthy food exercise

8. Turning off the lights at bedtime

   exercise sleep healthy food

9. Riding a bike

   exercise staying clean healthy food

10. Washing your hands before lunch

    staying clean healthy food sleep

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Answer Key - Grade 2 Science Worksheet - Building Confidence

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