Healthy Habits

Grade 2 Science Worksheet - Challenge Me

PencilGo

Name _____ Date _____

Circle the way this habit keeps you healthy.

1. Having oatmeal for breakfast

staying clean exercise healthy food sleep

2. Eating vegetables at dinner

healthy food sleep staying clean exercise

3. Going to bed at the same time each night

healthy food exercise sleep staying clean

4. Sleeping nine to eleven hours

sleep exercise healthy food staying clean

5. Playing soccer

healthy food exercise staying clean sleep

6. Washing your hands before lunch

healthy food exercise staying clean sleep

7. Washing your hands after the bathroom

exercise staying clean healthy food sleep

8. Choosing water instead of soda

sleep healthy food staying clean exercise

9. Eating fruit for a snack

sleep exercise healthy food staying clean

10. Taking a nap when you feel worn out

healthy food 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.

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Answer Key - Grade 2 Science Worksheet - Challenge Me

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