

Name: \_\_\_\_\_ Class: \_\_\_\_\_

1. Circle healthy habits green and unhealthy habits red.



eat sweets



drink water



brush your teeth



breathe through your mouth









do exercise



carry heavy schoolbags

2. Complete with a tick (✓).

						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						