


Being Healthy Activity Pack



Healthy Me 


Name _____

Laura Kelly classroom

Healthy Me 

Healthy Little Word Search

V	T	G	S	F	D	G	Y	Q	N	Z	M
M	E	E	M	C	E	B	T	N	U	G	H
H	E	G	M	K	T	A	E	R	T	Z	D
F	J	A	E	L	C	T	F	N	R	D	Z
X	I	J	O	T	E	H	A	H	I	X	L
A	J	Q	I	T	A	H	S	E	T	Y	C
C	R	U	L	C	R	B	X	B	I	H	I
O	R	I	N	V	T	E	L	Y	O	O	J
F	G	O	Q	O	R	V	L	E	N	J	P
S	P	W	P	C	N	I	M	A	T	I	V
I	G	L	I	S	L	E	E	P	X	Z	A
B	A	S	P	N	X	Z	G	N	H	D	E
Y	E	Y	P	O	G	Z	C	S	E	F	J
B	Q	Q	D	A	J	O	X	C	C	Y	O


 **VITAMIN** **SLEEP**

HELMET **SAFETY** **NUTRITION**

BATH **FRUIT**

EXERCISE **VEGETABLE**

Laura Kelly classroom

Healthy Me 

I eat **HEALTHY** foods.

Circle the foods that are good for your body.


Laura Kelly classroom

Healthy Me 

I exercise!

Circle the things you like to do.

Laura Kelly classroom


Healthy Me 

I use my mind!

Playing games keeps my brain active.

Five Things I Can Do To Create A HEALTHIER ME...

1. _____
2. _____
3. _____
4. _____
5. _____

 I am kind to everyone!
I am friends with someone who is:

autistic	young
tall	athletic
foreign	creative
elderly	sick

Underline the ones that you have.

Laura Kelly classroom

Healthy Me 

HEALTHY CHOICES

Cross off things when you complete them.

I brushed my teeth.

_____ thing.

_____ tes.

Laura Kelly
classroom

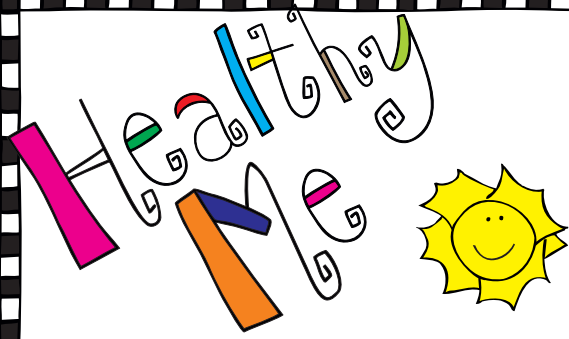
Laura Kelly classroom

Healthy



Name

A large, empty rectangular box with a thin black border, intended for the student to write their name.

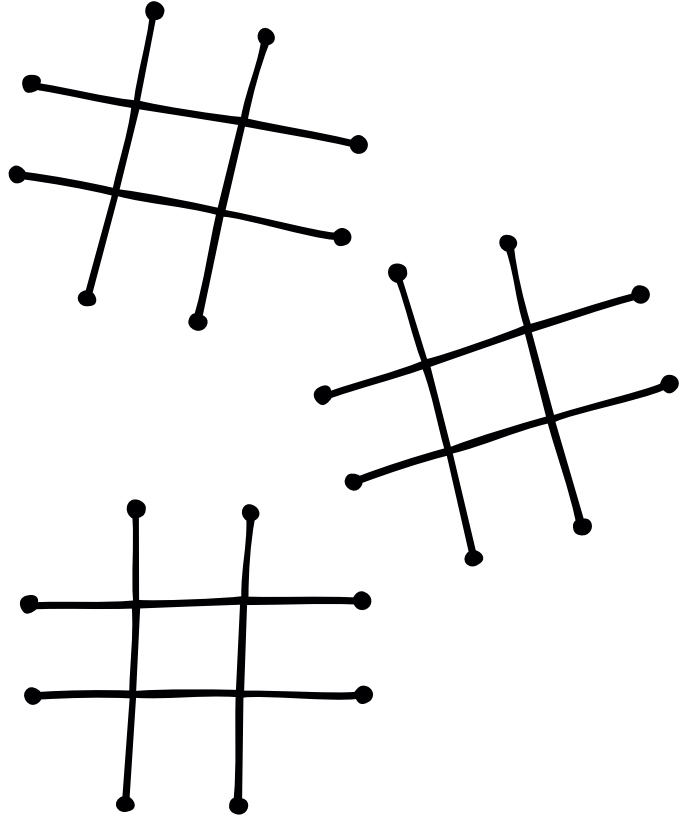


Five Things I Can Do To Create
A HEALTHIER ME...

- 1.
- 2.
- 3.
- 4.
- 5.

I use my mind!

Playing games keeps my brain active.



I am kind to everyone!

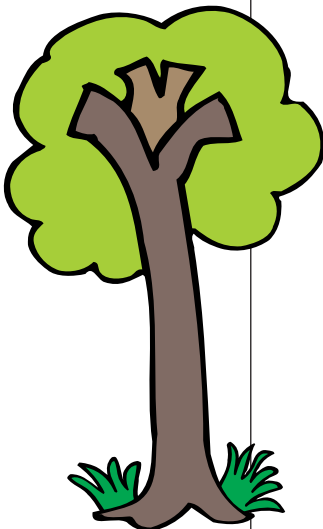
I am friends with someone who is:

autistic
tall
foreign
elderly

young
athletic
creative
sick

Underline the ones that you have.

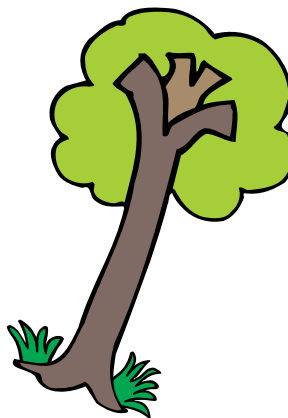
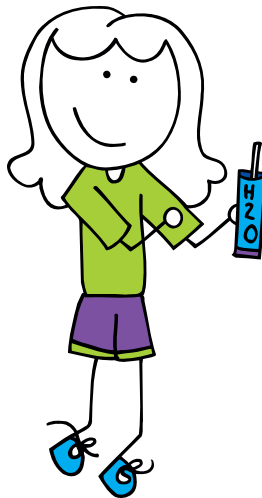
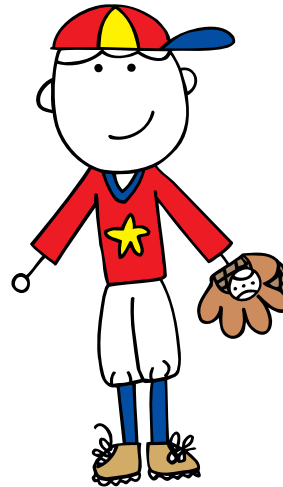
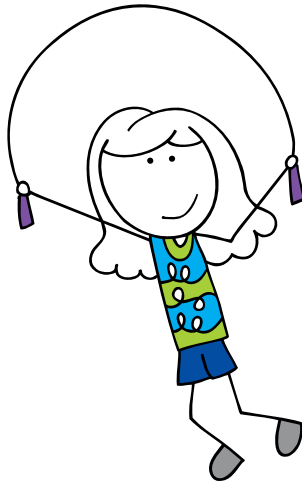
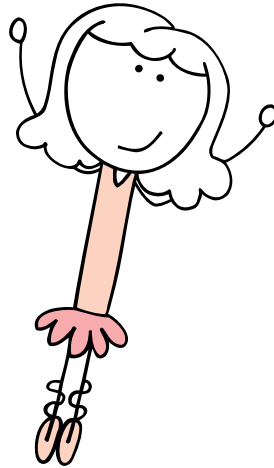
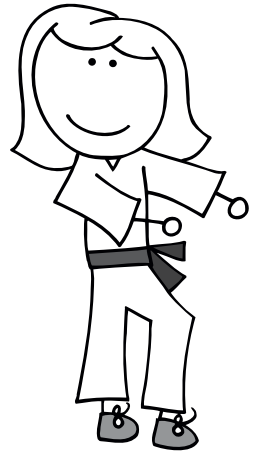
classroom



Healthy Me

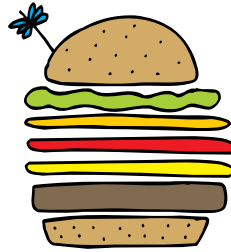
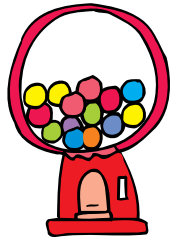
I exercise!

Circle the things you like to do.



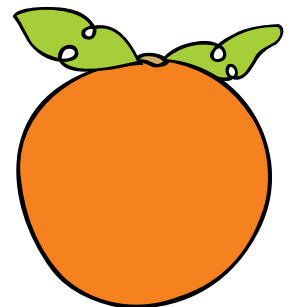
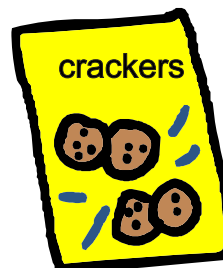
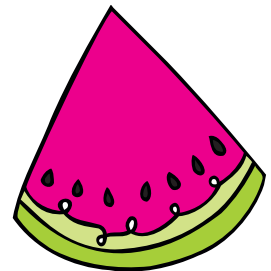
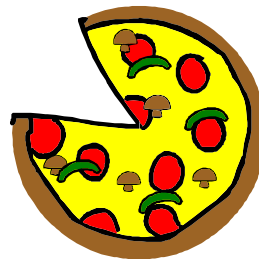
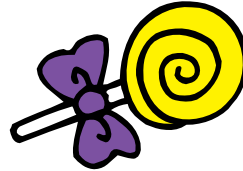
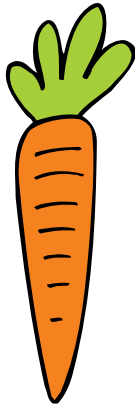
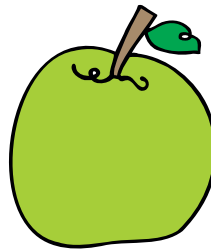
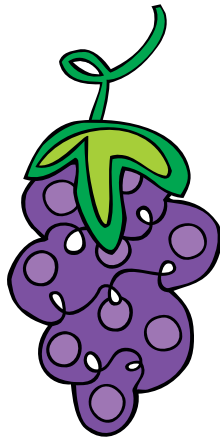
classroom

Healthy
Meals



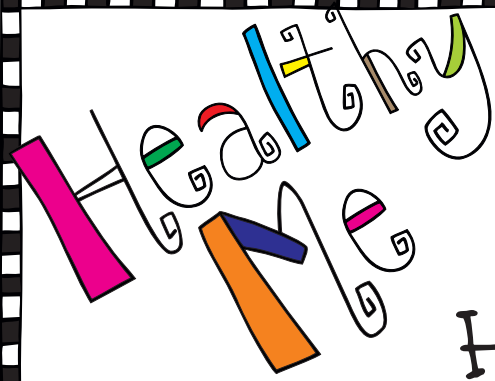
I eat HEALTHY foods.

Circle the foods that are good for your body.



classroom





HEALTHY CHOICES

Cross off things when you complete them.

I brushed my teeth.

I recycled something.

I exercised for 30 minutes.

I wrote someone a letter.

I did a puzzle.

I played a game.

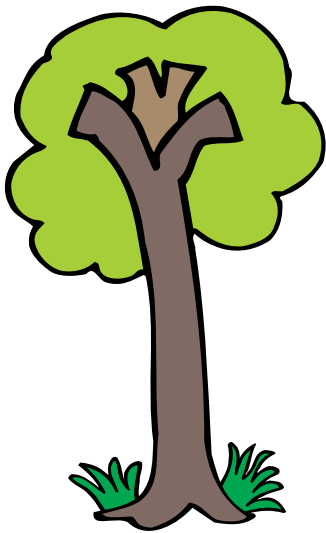
I ate a healthy meal.

I took care of an animal.

I drew a picture.

I drank a bottle of water.

I read for 30 minutes.



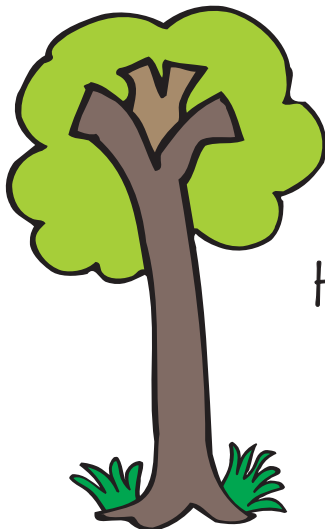
Healthy
Me

Healthy Little Word Search



V T G S F D G Y Q N Z M
M E E M C E B T N U G H
H E G M K T A E R T Z D
F J A E L C T F N R D Z
X I J O T E H A H I X L
A J Q I T A H S E T Y C
C R U L C R B X B I H I
O R I N V T E L Y O O J
F G O Q O R V L E N J P
S P W P C N I M A T I V
I G L I S L E E P X Z A
B A S P N X Z G N H D E
Y E Y P O G Z C S E F J
B Q Q D A J O X C C Y O

classroom



VITAMIN

SLEEP

HELMET

SAFETY

NUTRITION

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FRUIT

EXERCISE

VEGETABLE