

# Healthy Habits

*Learning objective: To understand the importance of healthy habits and how to maintain a healthy lifestyle.*

Colour and draw a picture of you and your friends engaging in healthy activities.

**Draw: Draw a scene of you and your friends in a park or playground. Include a variety of healthy activities such as swimming, running and eating a healthy snack. Use bright colours and imaginative details to make your picture stand out.**



*Label words: swimming · running · eating · drinking · exercise · fresh · friends*

## Steps:

1. Label the different healthy activities you and your friends are doing.
2. Draw a picture of a healthy meal that you would eat to stay energised.
3. Draw a picture of a way to get fresh air and exercise at the same time.
4. Write a list of 3 things you can do every day to stay healthy.