

TRUE CHARACTER



A Balanced Approach to
Character Development

November

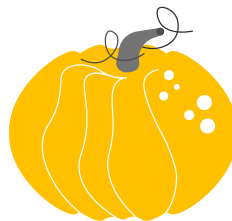
Health – Young Kids

Name: _____

Being healthy is having a strong mind and body. We make healthy choices when we choose nutritious foods, drink 6-8 glasses of water, and exercise. When we practice good hygiene and get enough sleep, we also help ourselves stay healthy. Small changes in these areas can make a powerful difference. Below, circle the healthy habits and cross out the unhealthy ones. Then answer the question at the bottom.



Sleeping



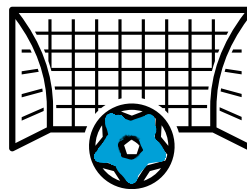
Eating Veggies



Eating candy canes



Eating Fruits



Playing sports



Playing video games

Write or draw your favorite healthy habit.
Is it something you eat? Something you do?