

Healthy Habits Scenario Cards

Read each scenario. What is a healthy choice you could make?



1 You feel tired in the morning.



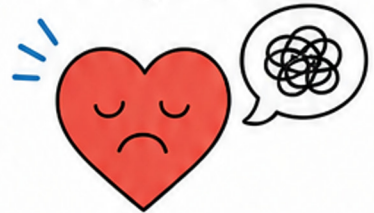
➡ What is a healthy choice?

2 You are very thirsty after playing outside.



➡ What is a healthy choice?

3 You feel upset after an argument.



➡ What is a healthy choice?

4 It's screen time, and you've been on for a long time.



➡ What is a healthy choice?

5 You have a choice between an apple or a packet of chips.



➡ What is a healthy choice?

6 You haven't moved much today.



➡ What is a healthy choice?

7 You feel nervous about a big test.



➡ What is a healthy choice?

8 You didn't get much sleep last night.



➡ What is a healthy choice?

9 You have a headache after a busy day.



➡ What is a healthy choice?

10 Your friend asks you to skip breakfast.



➡ What is a healthy choice?

11 You feel bored on a rainy day.



➡ What is a healthy choice?

12 You are feeling stressed with homework.



➡ What is a healthy choice?

♥ Small healthy choices every day help you feel your best!