

HEALTHY HABITS REFERENCE POSTER

Small choices every day. Big difference for your health.

1

DRINK WATER



- Keeps your body working well.
- Helps you think clearly.
- Aim for regular sips of water.

2

EAT WELL



- Eat a variety of fruits, vegetables and whole foods.
- Gives you energy to learn and play.
- Don't skip meals.

3

BE ACTIVE



- Move your body every day.
- Try 60 minutes of activity.
- Fun movement counts!

4

SLEEP WELL



- Helps your body rest and grow.
- Improves mood, focus and memory.
- Aim for 8–10 hours each night.

5

MANAGE STRESS



- Take deep breaths.
- Talk about how you feel.
- Take breaks and do what you enjoy.

6

BE KIND



- Treat others with respect.
- Be helpful and inclusive.
- Kindness builds strong connections.

7

LIMIT SCREEN TIME



- Too much screen time can affect sleep and focus.
- Take regular screen breaks.
- Balance is best.

8

KEEP CLEAN



- Wash hands regularly.
- Keep your body and environment clean.
- Helps stop germs from spreading.



REMEMBER:



Make small choices



Be consistent



Listen to your body



Ask for help when you need it



Celebrate your progress

Healthy habits today. A healthier you tomorrow.