

Healthy Habits Picture Cards



**Drink
Water**



**Eat Healthy
Foods**



**Be
Active**



**Get Enough
Sleep**



**Wash Your
Hands**



**Brush Your
Teeth**



**Take Deep
Breaths**



Be Kind



**Take Breaks
and Rest**



**Stay
Organised**



**Set
Boundaries**



**Talk About
Your Feelings**



**Spend Time
Outside**



**Keep Your
Space Clean**



**Practice
Gratitude**



**Limit Screen
Time**