



High five to healthy habits for kids



Cut out the healthy habits and glue them under the correct headings.

3. Relationships & emotions

2. Food & nutrition

4. Exercise & movement

1. Sleep & rest

5. Playing & creativity



Having screen-free creative playtime & making sure I move and play every day!



Maintaining a consistent bedtime routine to feel happy and full of energy!



Eating a rainbow. Having yummy healthy foods, and drink plenty of water!



Engaging in daily outdoor play or physical activity.



Practicing gratitude daily. Saying thank you and spending time with my favourite people!

DISCUSS: Do you have these healthy habits?

Which ones do you have to develop to give a high five to healthy habits?



Power-up plate

Draw 1 to 4 items in each food group that you would like to include in your daily healthy eating.

For example: Milk, cheese, apples, bananas, nuts

Fruits & Vegetables	Grains
Protein	Dairy





Fuel my ride

Find all the words in the wordsearch below to help you fuel your ride.

Z	G	A	P	P	L	E	S	U	K	F	V	D	M	I
E	G	Q	X	A	N	N	C	Y	S	D	U	C	K	A
F	K	S	Z	T	V	E	P	J	Q	M	E	H	S	U
A	D	A	H	Y	D	R	A	T	I	O	N	A	L	B
M	B	F	V	Y	A	G	R	F	H	E	J	V	J	E
C	A	R	B	O	H	Y	D	R	A	T	E	S	W	A
E	N	A	E	Z	F	U	M	U	A	P	I	A	R	D
H	K	F	R	Y	E	P	L	I	D	T	A	G	X	Z
F	N	A	R	A	P	R	O	T	E	I	N	S	E	A
V	F	N	I	W	O	F	R	S	L	B	Q	J	M	D
Y	S	A	E	Q	I	W	X	G	H	R	U	F	P	C
K	B	X	S	A	V	R	C	A	I	F	Q	S	L	Y
Z	A	C	A	Q	W	D	A	R	X	Y	O	A	R	S
G	W	A	P	E	U	F	A	Y	N	U	A	W	L	H

Bananas

Carbohydrates

Protein

Energy

Fruits

Hydration

Water

Berries

Apples