

Name: _____

Date: _____

Healthy Choices: Sorting My Day



Remember: We are sorting actions, not people. A choice may help our health or may not help right now.

Kindergarten: Picture Choices

Look at the picture cards on the next page. Circle, match, or cut and paste each action into the best category on page 3.



1. Getting enough sleep



2. Drinking water



3. Eating a variety of foods



4. Active play and movement



5. Brushing teeth



6. Staying up too late using a screen



7. Washing hands



8. Taking slow breaths



9. Talking to a trusted adult



10. Skipping water when thirsty



11. Refusing to brush teeth



12. Keeping a big worry secret instead of asking for help

Kindergarten: Sort the Actions

Circle, match, or cut and paste the picture cards. Sort actions, not people.

Helps My Health	Does Not Help Right Now

Kindergarten: Explain and Set a Goal

Choose **one** action from **Helps My Health**. Tell an adult why it helps.

Helpful words: rests my body and brain • keeps me hydrated • gives my body nutrients • strengthens my body • keeps my teeth clean • helps stop germs from spreading • calms my body • helps me get support

Draw one healthy choice you want to practice.

Tell an adult your goal. The adult may write your words here.

Grade 2: Healthy Choices: Sorting My Day

Look at each picture-supported action. Write the number and name in the correct column. Sort actions, not people.



1. Getting enough sleep



2. Drinking water



3. Eating a variety of foods



4. Active play and movement



5. Brushing teeth



6. Staying up too late using a screen



7. Washing hands



8. Taking slow breaths



9. Talking to a trusted adult



10. Skipping water when thirsty



11. Refusing to brush teeth



12. Keeping a big worry secret instead of asking for help

Helps My Health	Does Not Help Right Now

Grade 2: Explain One Healthy Choice

Pick one choice from **Helps My Health** and explain why it helps. Use the word bank.

Word bank: rests my body and brain • keeps me hydrated • gives my body nutrients • strengthens my body • keeps my teeth clean • helps stop germs from spreading • calms my body • helps me get support

1. My chosen healthy choice: _____
2. Complete the sentence frame: This choice helps my health because it _____

3. My goal is to _____ because it will help me _____



Answers

Kindergarten sorting: Helps My Health: 1. Getting enough sleep, 2. Drinking water, 3. Eating a variety of foods, 4. Active play and movement, 5. Brushing teeth, 7. Washing hands, 8. Taking slow breaths, 9. Talking to a trusted adult. **Does Not Help Right Now:** 6. Staying up too late using a screen, 10. Skipping water when thirsty, 11. Refusing to brush teeth, 12. Keeping a big worry secret instead of asking for help.

Kindergarten goal: Answers will vary. The student draws one healthy choice and dictates a goal to an adult.

Grade 2 sorting: Helps My Health: 1. Getting enough sleep, 2. Drinking water, 3. Eating a variety of foods, 4. Active play and movement, 5. Brushing teeth, 7. Washing hands, 8. Taking slow breaths, 9. Talking to a trusted adult. **Does Not Help Right Now:** 6. Staying up too late using a screen, 10. Skipping water when thirsty, 11. Refusing to brush teeth, 12. Keeping a big worry secret instead of asking for help.

Grade 2 explanation: Answers will vary. Possible matches: sleep: rests my body and brain; water: keeps me hydrated; variety of foods: gives my body nutrients; movement: strengthens my body; brushing teeth: keeps my teeth clean; washing hands: helps stop germs from spreading; slow breaths: calms my body; talking to a trusted adult: helps me get support.

Grade 2 sentence frame: Answers will vary. Accept a healthy choice paired with a fitting word-bank reason.

Grade 2 goal: Answers will vary. Accept a goal such as: My goal is to drink water because it will help me stay hydrated.