

My Healthy Habits Adventures



WELCOME TO YOUR ADVENTURE

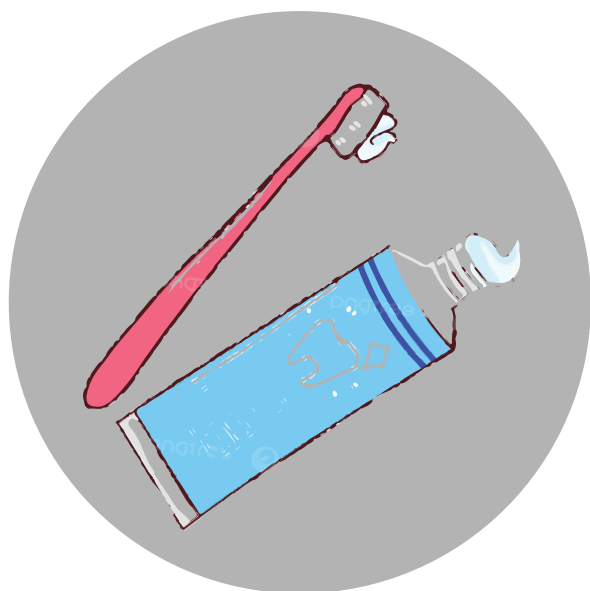
Let's dive in together!

Welcome,
Little health explorer!
This is your passport to
a world of Healthy Habits.

Get ready for a journey
filled with smiles, energy,
and lots of fun!



My Healthy Habit Adventures



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HEALTHY TEETH, HAPPY SMILES

Meet Mr. Sparkle, the tooth fairy's bestfriend.

Your goal

Keep Mr. Sparkle happy by brushing
your teeth every morning and night.

Use the checklist below to mark your sparkling smiles!

- ☐ Wake Up
- ☐ Make Bed
- ☐ Brush Teeth
- ☐ Get Dressed

Morning

- ☐ Tidy Up
- ☐ Brush Teeth
- ☐ Bath Time
- ☐ Sleep Time

Night

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MAGIC HANDS - THE POWER OF WASHING

"You have the power to make germs disappear!
Wash your hands like a superhero."

Use the chart below to become a
Handwashing Hero!"

 <i>MONDAY</i> 	 <i>TUESDAY</i>	 <i>WEDNESDAY</i>	 <i>THURSDAY</i>	 <i>FRIDAY</i>	 <i>SATURDAY</i>	 <i>SUNDAY</i>
 <i>MONDAY</i>	 <i>TUESDAY</i>	 <i>WEDNESDAY</i>	 <i>THURSDAY</i>	 <i>FRIDAY</i>	 <i>SATURDAY</i>	 <i>SUNDAY</i>
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Hand Washing Chart:
Draw a star for each time you wash your hands.

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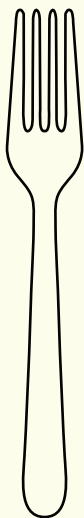
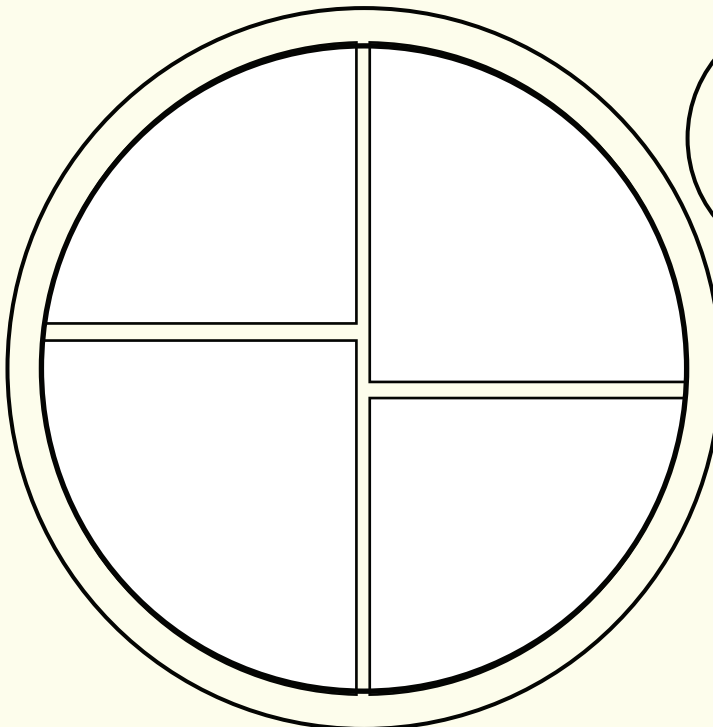
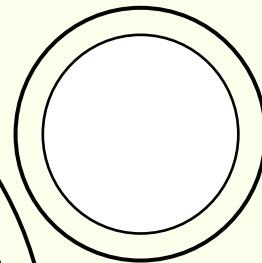
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Protein	Fruits	Vegetables	Fast Food	Dairy	Grains
					
					
					
					

Write your name, Draw a picture of one food from each food group on the MyPlate



Name: _____



Let's Move!

Set goals to move your body every day.

Let's make fitness fun!"

[illegible]

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My Wellness Promise

"You're a health hero now!"

Key Events	Unknown Vocabulary
Question	Connections

Write or draw your promise to stay healthy.
Don't forget the date of our Healthy Habits
Adventure.

Look back and smile at the memories!

Congratulations on completing your Healthy Habits Adventure with Ecclesia Health & Safety Club!

Our mission is to spread joy and wellness in our community.
Follow us on social media @ecclesiahealth for more health tips,
events, and community updates.

Join our community of health enthusiasts and be
a part of something amazing!

Thank you for being a health hero!
#HealthyHabitsAdventure #EcclesiaHealth



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