

STRONG starts with good habits!

HEALTHY HABITS

6 WAYS TO FEEL AMAZING EVERY DAY!

Little habits today, a happier YOU tomorrow!
www.SocialWorkersToolbox.com



EAT HEALTHY FOODS

- Eat fruits, veggies, and healthy foods.
- Drink plenty of water.
- Choose healthy snacks.

Veggies make me **HOPPY!**



STAY ACTIVE

- Move your body every day.
- Play, dance, run, jump, or ride.
- Exercise makes you strong and happy!

Let's **MOVE** it!



SLEEP WELL

- Sleep helps your body rest and grow.
- Go to bed on time.
- A good night's sleep = a great day!

Sleep mode: **ON!**



STAY HYDRATED

- Drink water throughout the day.
- Water helps your body and brain.
- Carry a water bottle and sip often!



Water is my **SUPER POWER!**



WASH YOUR HANDS

- Wash with soap and water.
- Before eating, after playing, and after using the bathroom.
- Clean hands keep germs away!



Squeaky **CLEAN** is the way to be!



BE KIND & HAPPY

- Use kind words.
- Help others.
- A happy heart makes everything better!



Kindness makes the world **BETTER!**

REMEMBER

Small habits today lead to **BIG** changes tomorrow!



IS IT...

- ✓ **HEALTHY?**
- ♥ **HELPFUL?**
- ★ **HAPPY?**

CHOOSE WELL. FEEL GREAT!

YOU'VE GOT THIS!

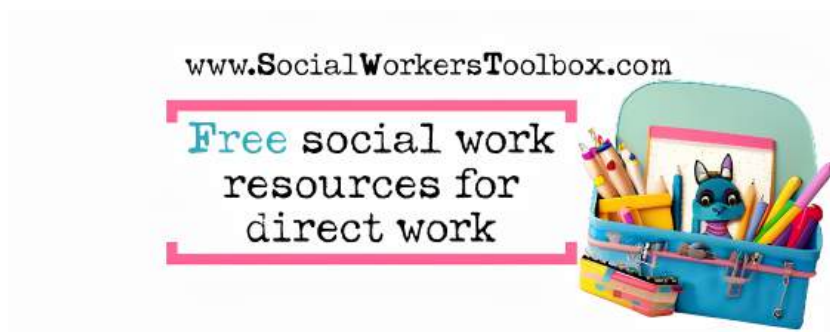
One healthy choice at a time. You are **AWESOME!**



★ **HEALTHY TODAY, STRONG TOMORROW, AMAZING ALWAYS!** ★

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FREE PDF DOWNLOAD

Healthy Habits for Kids - 6 Simple Ways to Stay Healthy Poster

A colourful printable healthy habits poster for children, focusing on six simple ways to stay healthy every day: healthy eating, physical activity, good sleep, hydration, handwashing and kindness. The child-friendly wording and visual layout make it suitable for younger kids who benefit from short reminders and clear routines.

Parents, carers, primary teachers, school nurses, social workers and family support practitioners may find it useful for home displays, classroom wellbeing boards, hygiene teaching, health education sessions or one-to-one conversations with children. It can also be used as a quick prompt when talking about daily routines, self-care and positive behaviour.

Using the poster can help children remember practical habits such as drinking water, washing hands before eating, getting enough sleep and choosing healthy snacks. The friendly animal illustrations and encouraging phrases make the messages accessible without feeling overwhelming.