

Healthy Choices Sort



Goal: Students will identify healthy and unhealthy choices. These activities reinforce the importance of making good decisions for their body and mind.

Activities: Healthy Choices Sort and Healthy Choices Bingo

Materials: Printable worksheets
Scissors and Glue or Tape
Crayons or markers

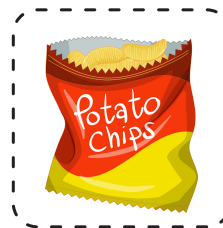
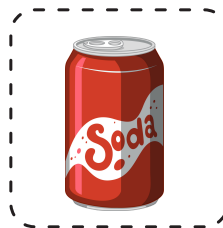
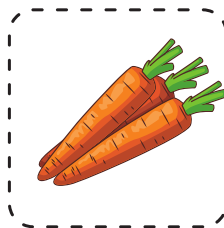
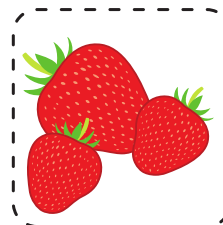
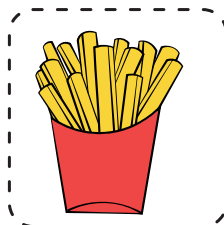
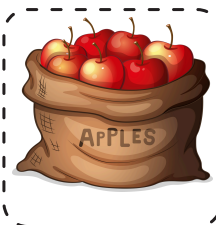
Directions: Students will cut out the images and sort them by pasting them into the correct column (healthy or unhealthy) and they will play Healthy Choices Bingo.

Name: _____

Cut then paste the pictures in the correct column.

Healthy Choice

Unhealthy Choice



Name: _____

HEALTHY CHOICES BINGO

Complete as many healthy actions as you can to achieve "Bingo" (either horizontal, vertical or diagonal). Color in the section each time you make a healthy choice. Aim to fill the entire card over time.

DRINK WATER INSTEAD OF SODA	EAT A VEGETABLE	PLAY OUTSIDE FOR 30 MINUTES	BRUSH YOUR TEETH
GO TO BED EARLY	READ A BOOK	TAKE A BREAK FROM TV	JUMP ROPE OR DO A FUN EXERCISE
DRAW A HAPPY PICTURE	TRY A NEW HEALTHY FOOD	RIDE YOUR BIKE OR WALK	DANCE FOR 10 MINUTES
TALK ABOUT YOUR DAY WITH SOMEONE	STRETCH YOUR BODY	HAVE A SCREEN- FREE AFTERNOON	TAKE A DEEP BREATH TO RELAX