

Healthy Habits For Our Feelings

Inspired by the Healthy Habits of Emotional Well-being

We learned the signs that someone may be hurting emotionally.
A good way to keep our bodies and feelings healthy is to practice healthy habits daily.



Take Care

It's important to take care of ourselves to keep our minds and bodies healthy.

Name **THREE** things you can do at home to stay happy and healthy.

1: _____

2: _____

3: _____



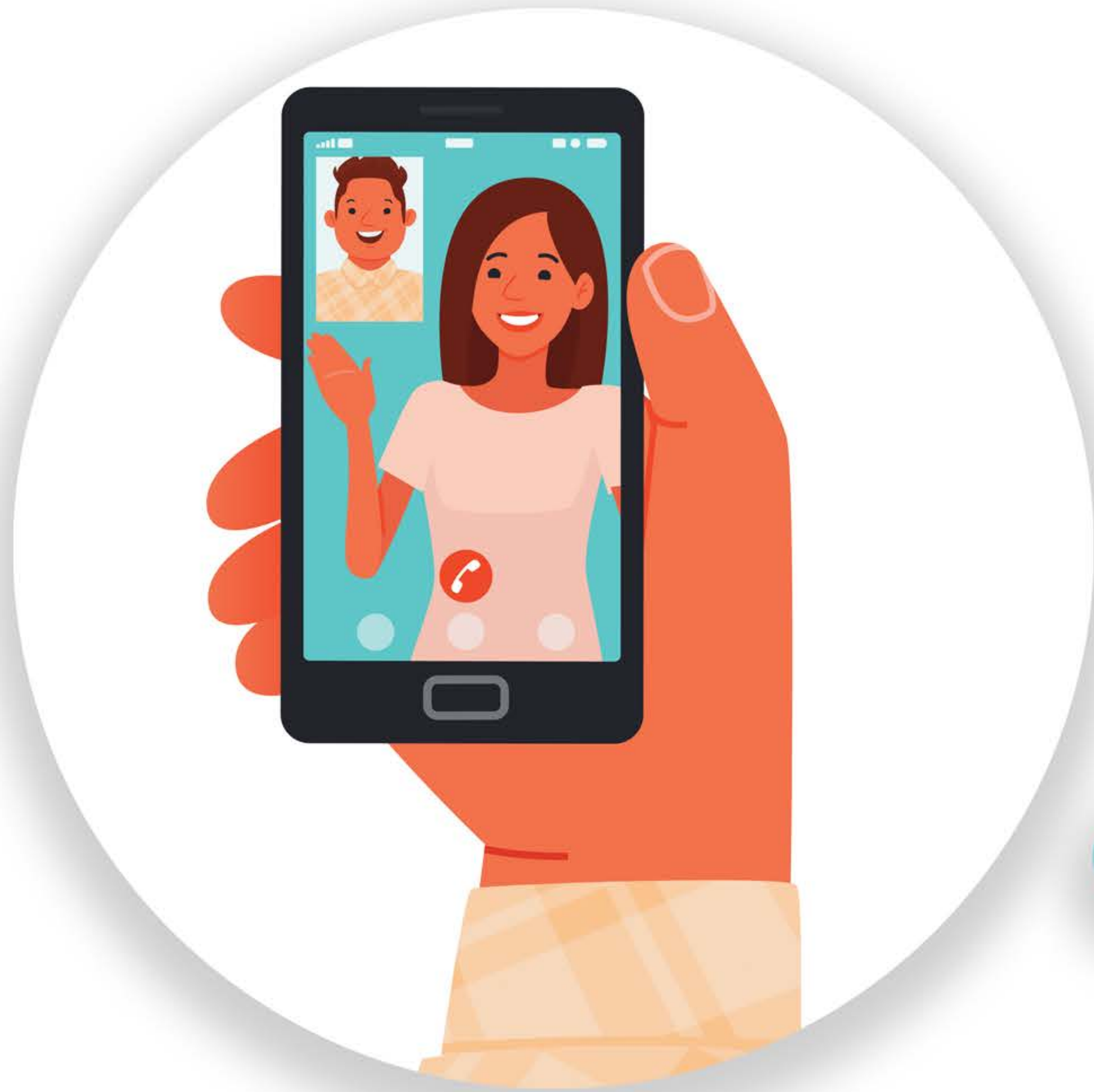
Relax

Doing things to help us relax can take away our worries and fears. If you feel worried, try reading a book or playing with your pet. Draw your favorite relaxing thing to do.

A large empty rectangular box with a dotted green border, intended for drawing a favorite relaxing activity.

Daily Habits For Healthy Feelings

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Stay in Touch

Social Distancing (staying away from one another) can make it difficult to stay in touch with our friends and family. A good way to connect is to write and mail a letter, or give someone a call.

Draw a picture of someone you'd like to connect with below.

A large empty rectangular box with a dotted green border, intended for drawing a picture of someone to connect with.

Engage

Staying connected and engaging (talking and playing) with others is very important. Some ways to stay engaged are:

Playing board games at home.

Making a healthy meal or baking with your family.

What's your favorite way to stay engaged at home?
Write about something you did today.

A series of ten horizontal lines for writing about favorite ways to stay engaged.

WORD SEARCH

Practicing healthy habits can help us to stay happy and healthy. Find the healthy habits for our feelings below!

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

Write Letters

Play Games

Connect

Exercise

Draw Pictures

Eat Healthy

Take Care

Read

~~Communicate~~

Connect

Listen

Engage

Learn Online

Family Time

Relax

Sleep



Staying **Healthy** During the Coronavirus Pandemic

Count the number of letters in each phrase then write the correct letters below to solve the mystery sentence!

FOR OUR BODIES

WASH HANDS O	COVER OUR COUGHS R	EAT HEALTHY FOODS M	WEAR A PROTECTIVE MASK N
SOCIALLY DISTANCE A	SEE A DOCTOR E	STAY HOME U	WORK OUT C

FOR OUR FEELINGS

CHECK IN WITH OUR FRIENDS T	TAKE A BREAK FROM UPSETTING NEWS L	LEARN AT HOME Y	RELAX I
EXERCISE REGULARLY S	TALK H	CONNECT AND ENGAGE WITH LOVED ONES P	TAKE CARE OF OURSELVES AND OTHERS J

5 Letters

9 8 14 15 10 19 21 16 27 4 10 16 27 21 4 5 17 28 8 17 21 16 17

5 15 29 9 14 21 16 19 21 16 17 9 8 14 29 4 11 17 5 7 16 27 4 10 16 27 21 4