

Guidelines for Healthy Habits

STANDARD: ASCA standard - Mindset standard 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.



GRADE 2 ACTIVITY - Healthy Habits Word Search

OBJECTIVE: Students will identify some habits of a healthy lifestyle.

DIRECTIONS: Before giving this activity to the students you should spend some time reading the words and discussing how they relate to a healthy lifestyle.

In the first part of the activity the student will identify the word that does not belong in the category named.

In the second part of the activity student will find the words about healthy habits and circle them in the word search.

POSSIBLE PROMPTS:

Where do you feel accepted?

Why do you think learning is a healthy habit?

Why do you think it is important to have fun and enjoy pastimes?

How does cleanliness keep you healthy?

If you or your child need support with mental health, reach out to a mental health professional.

You can find resources and assistance at FastTrackerMN.org.



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Keywords and Definitions

Mental Health:

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Physical Health:

Has to do with how your body grows, feels and moves, how you care for it, and what you put into it.

Habits:

Our usual way of behaving. Things we do regularly and often.

Lifestyle:

A typical way of living as decided by the person or group.

Acceptance:

The act of recognizing a person's strength and weaknesses and allowing them to be part of a group without having to change.

Pastimes:

A hobby or activity you do in your free time.

Cleanliness:

Keeping your body and your surroundings clean.

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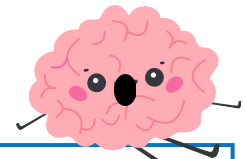
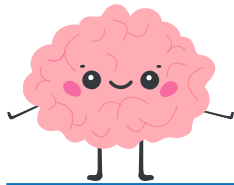
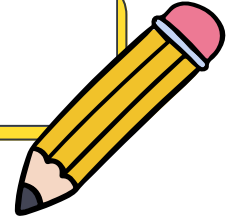
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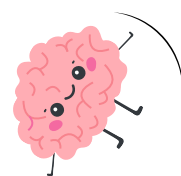
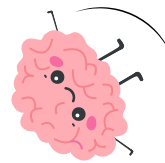
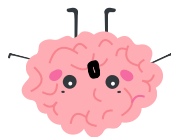
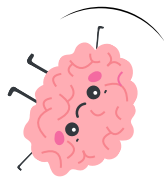
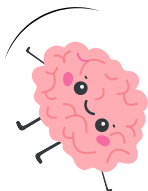
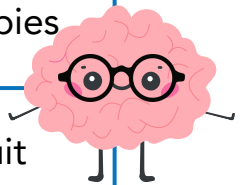
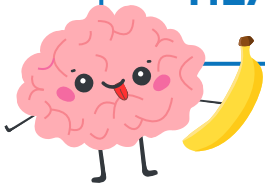
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DIRECTIONS:

In each group circle the word that doesn't belong there.



MENTAL HEALTH	feelings	chairs	brain
PHYSICAL HEALTH	sleep	exercise	dirt
ENJOYMENT	fun	homework	hobbies
HEALTHY FOODS	cake	vegetables	fruit



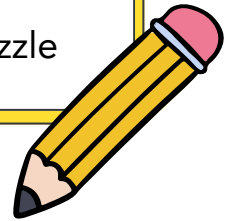


Name _____

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DIRECTIONS:

Find the words hidden in the puzzle



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

EXERCISE

FRIENDS

LOVE

PLAY

VEGETABLES

FAMILY

ACCEPTANCE

CLEANLINESS

SLEEP

LEARNING

HOBBIES

FUN

