Healthy Habits

Collect 12 stamps on your learning journey

EXPLORER'S NAME

AGE / GROUP

MY ADVENTURE CHECKPOINTS

01 Wash hands
Date: _____ STAMP

02 Brush teeth
Date: _____ STAMP

03 Drink water
Date: _____ STAMP

04 Eat a fruit
Date: _____ STAMP

05 Try a vegetable
Date: _____ STAMP

06 Move your body
Date: _____ STAMP

07 Rest quietly
Date: _____ STAMP

08 Follow bedtime steps
Date: _____ STAMP

09 Stretch
Date: _____ STAMP

10 Take a deep breath
Date: _____ STAMP

11 Play outside
Date: _____ STAMP

12 Earn healthy badge
Date: _____ STAMP

All 12 complete? Celebrate your achievement!

Stamp, sticker or color one checkpoint after each activity.