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.

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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.

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:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
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 I M 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  Draw Pictures  Communicate  Learn Online
Play Games  Eat Healthy  Connect  Family Time
Connect  Take Care  Listen  Relax
Exercise  Read  Engage  Sleep

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

**FOR OUR BODIES**

<table>
<thead>
<tr>
<th>WASH HANDS</th>
<th>COVER OUR COUGHS</th>
<th>EAT HEALTHY FOODS</th>
<th>WEAR A PROTECTIVE MASK</th>
</tr>
</thead>
<tbody>
<tr>
<td>O</td>
<td>R</td>
<td>M</td>
<td>N</td>
</tr>
<tr>
<td>SOCIALY DISTANCE</td>
<td>SEE A DOCTOR</td>
<td>STAY HOME</td>
<td>WORK OUT</td>
</tr>
<tr>
<td>A</td>
<td>E</td>
<td>U</td>
<td>C</td>
</tr>
</tbody>
</table>

**FOR OUR FEELINGS**

<table>
<thead>
<tr>
<th>CHECK IN WITH OUR FRIENDS</th>
<th>TAKE A BREAK FROM UPSETTING NEWS</th>
<th>LEARN AT HOME</th>
<th>RELAX</th>
<th>EXERCISE REGULARLY</th>
<th>TALK</th>
<th>CONNECT AND ENGAGE WITH LOVED ONES</th>
<th>TAKE CARE OF OURSELVES AND OTHERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>T</td>
<td>L</td>
<td>Y</td>
<td>I</td>
<td>S</td>
<td>H</td>
<td>P</td>
<td>J</td>
</tr>
</tbody>
</table>

5 Letters

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