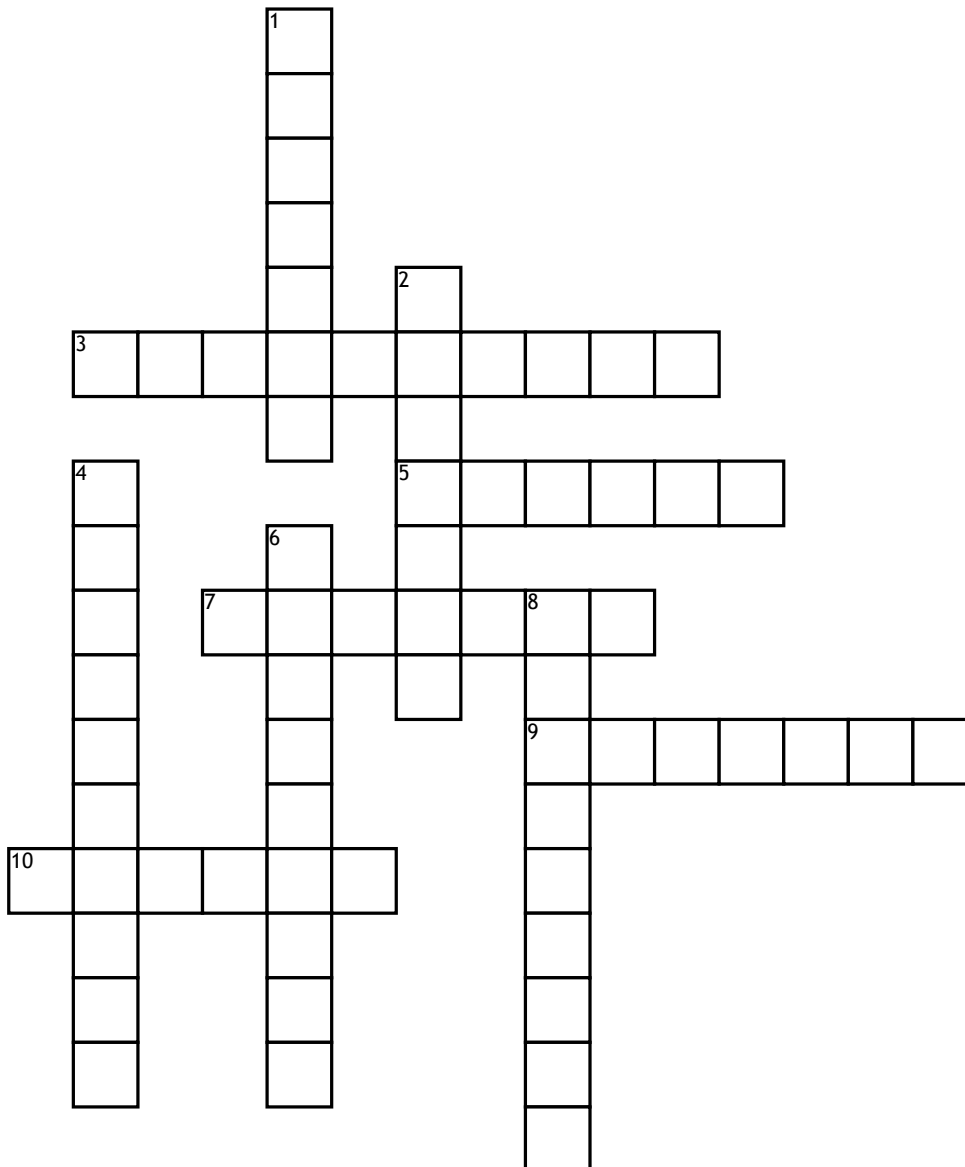


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Healthy Habits



## Across

3. A tool that you can use to relax and calm down.
5. After you eat something, it begins to ...
7. What kind of habits should you try to have?
9. A drink that isn't good for you and adults drink it.
10. A fun ball game where you score goals.

## Down

1. Different foods are categorized on the food .....
2. What we coloured in for our mindfulness session.
4. Eating unhealthy, drinking alcohol and using drugs are examples of negative .....
6. Something you look after through healthy habits.
8. What we measured during our game of soccer.