

Healthy Habits At Home

Kids, and even parents, let's start developing some healthy habits from home. You all will be at home learning until at least May, so it is important to get some daily exercise and develop some super simple habits that will guarantee you are being healthier!

Your task: Make up 3 simple habits you can start today, and keep doing them every single day!

Make your habit so easy, that even if you don't feel like doing it, you still will! If you are doing your habit and you want to do extra, keep going. Here are some ideas/examples:

Do 3 push-ups right before you turn on the TV/Computer.

Once you are on the ground doing them, if you want to do more, keep going. Three is so simple, even if you don't feel like doing them, you can! This will keep you strong.

Take one sip of water right when you wake up.

Once you take your sip, I wouldn't be surprised if you drink the whole glass! Having water throughout the day will keep you hydrated.

Do 5 Jumping Jacks every time you finish an assignment.

Doing 5 jumping jacks only takes like 5 seconds, you can certainly do that. Doesn't it feel good to finish that homework assignment, you may as well do 10, 25, or even 50? Doing exercise will help keep your heart healthy.

On the following page, list out your own ideas.

MY HEALTHY HABITS AT HOME

1.

2.

3.

Good luck, keep those habits going to stay healthy. If you'd like to share your super simple habits that will help keep you healthy, please share. Email Mr. Thoreson at tthoreson@allsaintschurch.com I will post some of my favorites.