

# 10 Healthy Habits for Kids



Be Active



Limit Screen Use



Prioritize Sleep



Read Daily



Eat lots of  
veggies/fruits



Take daily walks



Limit highly  
processed  
foods/drinks

✔ Yes to Water  
⊘ No to soda



Practice having a  
growth Mindset



Practice good oral  
hygiene

# Safe Kids Healthy Kids

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