

Which Habits Are Healthy and Unhealthy?

Can you read the following habits and decide which you think are healthy and which ones are unhealthy? Please write them in the correct column of the table.



Healthy Habit	Unhealthy Habit	Don't Know

Healthy Habit	Unhealthy Habit	Don't Know

Healthy Habit	Unhealthy Habit	Don't Know

Healthy Habit	Unhealthy Habit	Don't Know

Healthy Habit	Unhealthy Habit	Don't Know

using manners

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bullying

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asking for help

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**thinking you can't
do something**

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trying your best

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**being proud
of yourself**

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being kind

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**hiding how you feel
from others**

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sharing with others

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**thinking about other
people's feelings**

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**using a can-do
attitude**

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ignoring rules

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**eating food
that is good
for your body**

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exercising

twinkl.com

**getting enough
sleep**

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**not letting
anyone help you**

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**listening to
your parents/carers
when they are
helping you**

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self-doubting

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being kind to yourself

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having a good self-care routine

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challenging yourself

twinkl.com

not drinking enough water

twinkl.com

practising a new skill

twinkl.com

dealing with failure

twinkl.com

managing change

twinkl.com

worrying

twinkl.com

moaning about something

twinkl.com

**risk assessing
before you act**

twinkl.com

**feeling stressed a lot
of the time**

twinkl.com

**accepting
your mistakes**

twinkl.com

**avoiding
difficult things**

twinkl.com

staying calm

twinkl.com

**finding a solution to
your problem**

twinkl.com

forgiving yourself

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