

# Good habits to stop viruses

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## Our Body Worksheet

Circle good or bad for each habit.



|   |      |     |
|---|------|-----|
| Sneeze on a toy and then hand it to your friend                                   | Good | Bad |
| Go play outside   | Good | Bad |
| Touch your eyes, mouth or nose  | Good | Bad |
| Touch surfaces that many people use, such as tables, light switches and doorknobs | Good | Bad |
| Wash your hands regularly   | Good | Bad |
| Shake hands   | Good | Bad |
| Carry clean tissues to blow your nose   | Good | Bad |
| Stay a safe distance away from a sick person                                      | Good | Bad |
| Share a cup of orange juice with your friend                                      | Good | Bad |
| Eat fruit and vegetables every day  | Good | Bad |

# Good habits to stop viruses

## Our Body Worksheet

Circle good or bad for each habit.



Sneeze on a toy and then hand it to your friend

Good

**Bad**

Go play outside

**Good**

Bad

Touch your eyes, mouth or nose

Good

**Bad**

Touch surfaces that many people use, such as tables, light switches and doorknobs

Good

**Bad**

Wash your hands regularly

**Good**

Bad

Shake hands

Good

**Bad**

Carry clean tissues to blow your nose

**Good**

Bad

Stay a safe distance away from a sick person

**Good**

Bad

Share a cup of orange juice with your friend

Good

**Bad**

Eat fruit and vegetables every day

**Good**

Bad