

# 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

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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