



HEALTHY HABITS FOR SUPERSTARS!

Be a superstar by taking part in these healthy habits every day.
Why not have a go at filling your night sky with stars!

WHAT YOU'LL NEED:

- Paper or card
- Scissors
- Colouring pencils
- Blue-tack

INSTRUCTIONS:

1. Print out pages 1 and 2, it's best to use card.
2. Carefully cut out each star (three have been left blank so you can add in your own healthy habits).
3. Colour in the night sky on page 2 and pop it on your fridge or your little one's bedroom wall.
4. Every time your little one completes one of the healthy habits, the corresponding star can be blue-tacked onto the night sky, making sure they're all on there by the end of the day.
5. Remove all stars from the night sky at the end of the day and start again tomorrow!



I'M A HEALTHY HABIT SUPERSTAR!

