

Healthy Habits with Lana Lou

for Girls Ages 3-6

10 Printable Coloring Pages

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10 Images

Eating a healthy breakfast
helps me grow!



Brushing my teeth keeps
my smile healthy!



Moving my body helps me
grow strong!



Talking about my feelings
helps me feel better!



By LanaLouBooks.com

Eating a healthy breakfast helps me grow!



**Drinking water helps
my body feel good!**



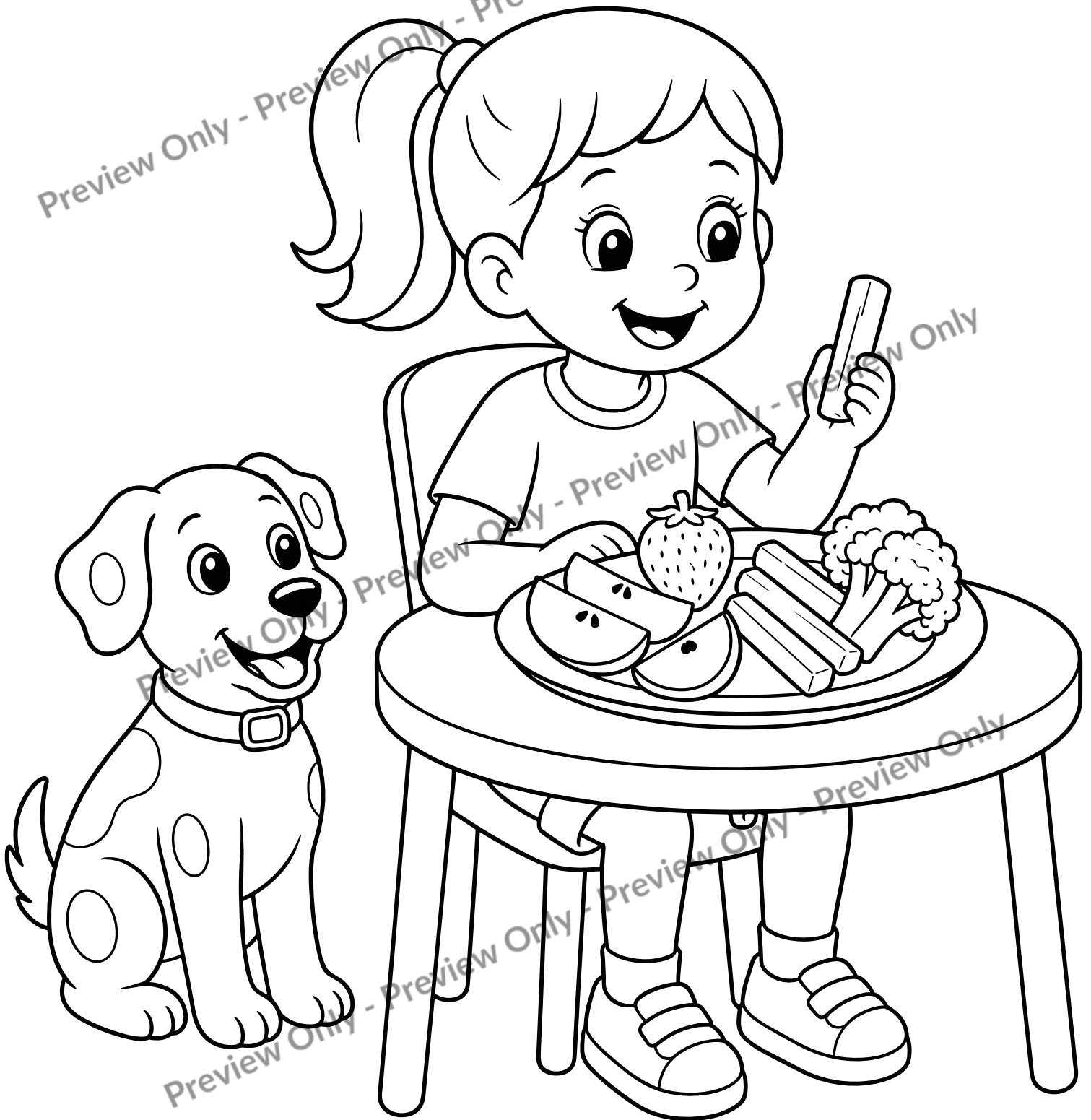
Brushing my teeth keeps
my smile healthy!



**Washing my hands helps
keep germs away!**



Eating colorful foods helps
my body stay healthy!



Moving my body helps me grow strong!



Quiet time helps my body rest!



**A good night's sleep helps
my body recharge!**



**Talking about my feelings
helps me feel better!**



**Putting my toys away
keeps my space safe!**

