



Healthy Habits

Premium Worksheets For Toddlers
For 2-3 Year Olds



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Content: Marwah & Sumitra



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Activity Name

Skills Acquired

Time For A Feast!

Sensory, Fine Motor, Creativity

All Things Healthy

Crativity, Curiosity, Thinking

Find The Path

Concentration, Visual Tracking, Fine Motor

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Creativity, Language, Pretend Play

Colour Groups

Sorting, Play, Colour Recognition

Match The Food

Observation, Logical Reasoning, Visual Tracking

Scrub-A-Dub-Dub!

Creativity, Sensory, Pretend Play

What Doesn't Belong?

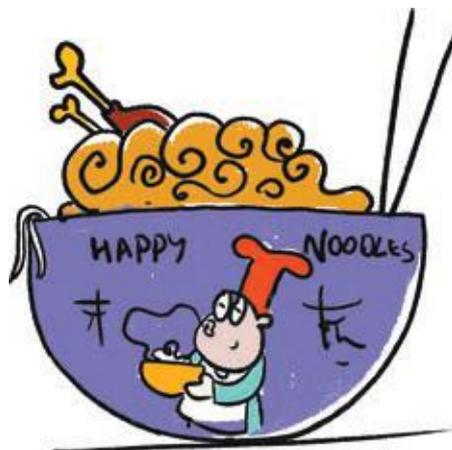
Observation, Logical Reasoning, Cognitive

Fruit Shapes

Shape Recognition, Cognitive, Language

Make Your Plates

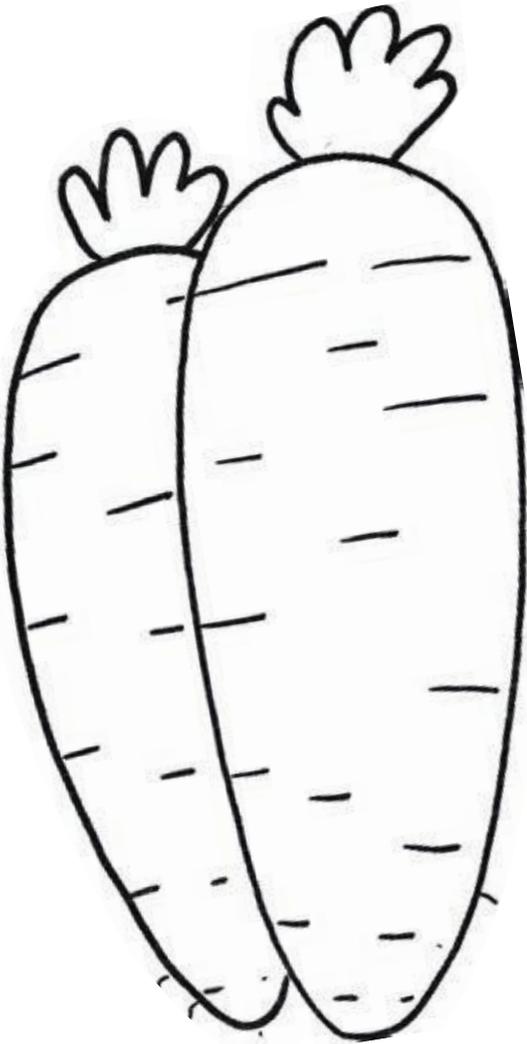
Pretend Play, Discovery, Coordination



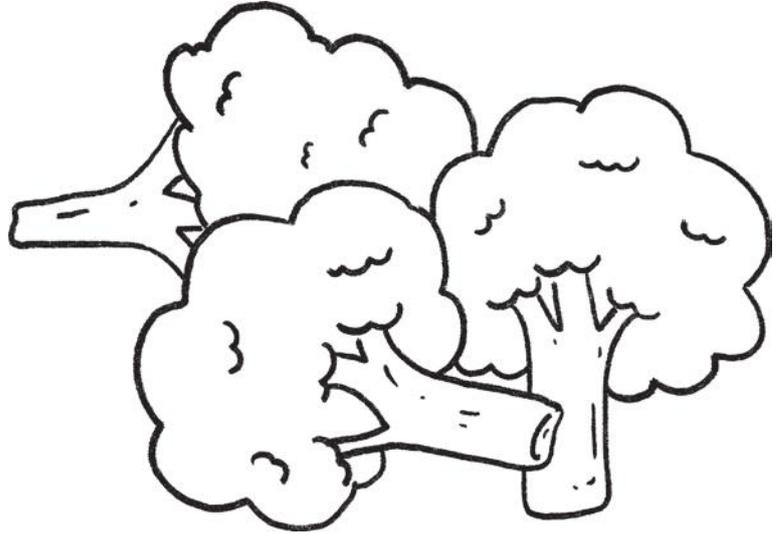
Time For A Feast!

Check out all the yummy food below! But hold on, some food items are missing their colours.

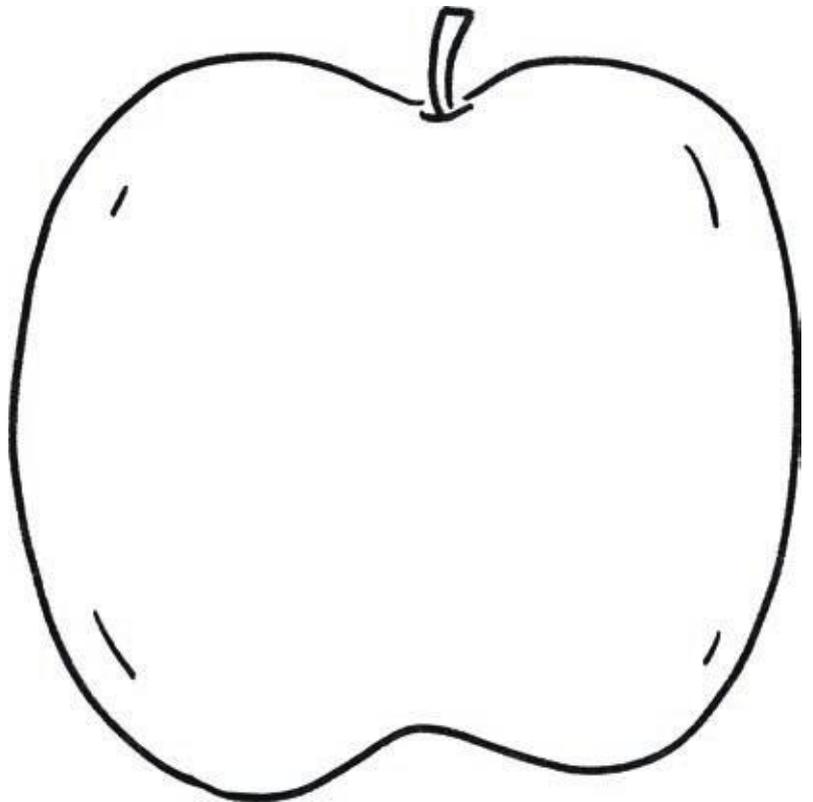
Help your toddler paint the yummy food by dipping cotton in child-friendly paint. With your child, talk about the various food items.



Carrots



Broccoli



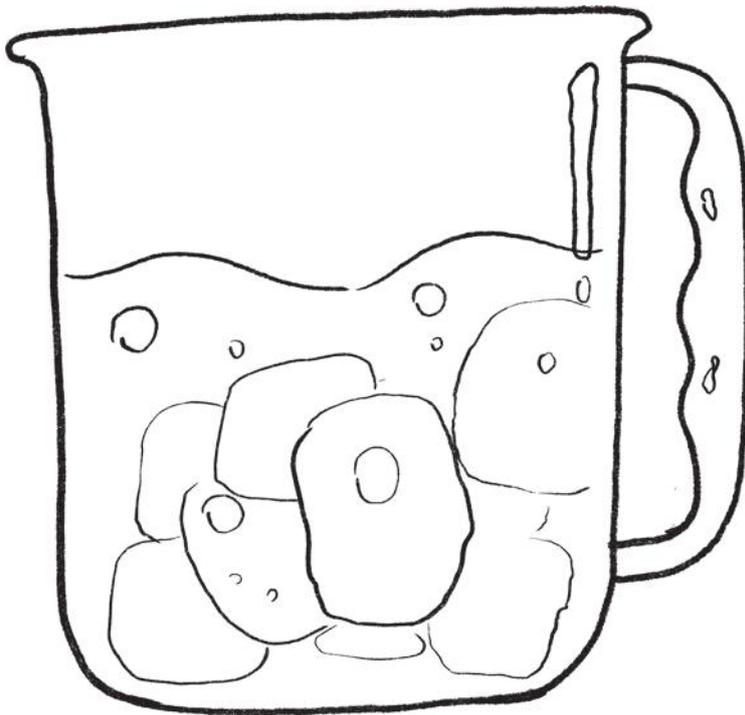
Apple

How this activity helps?

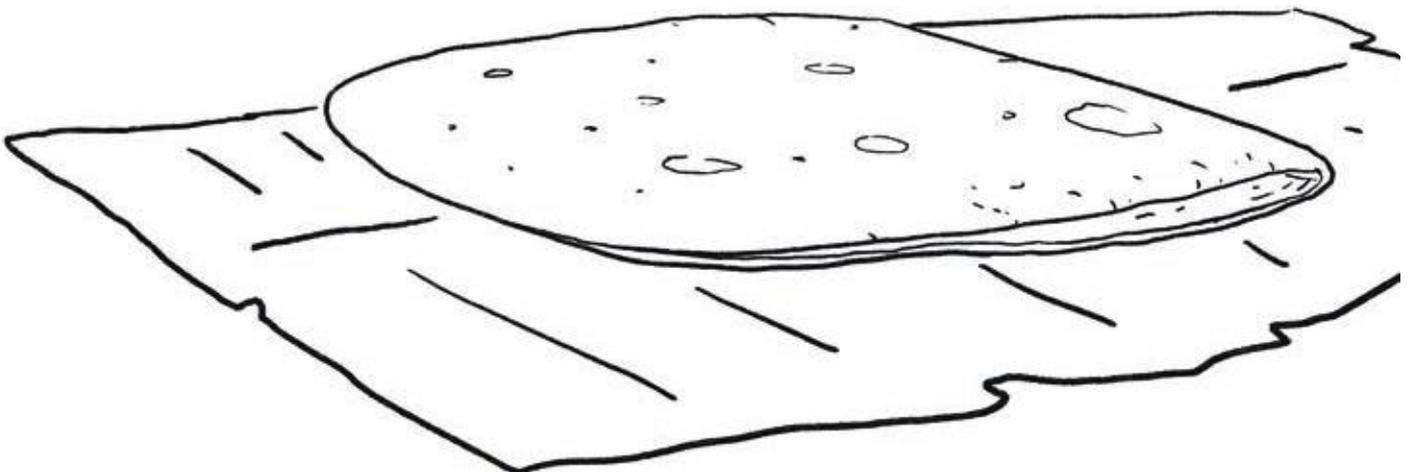
As your toddler grips the cotton to paint, they develop their wrist-finger coordination. This activity is a great way to introduce your little one to colours!



Idlis



Juice

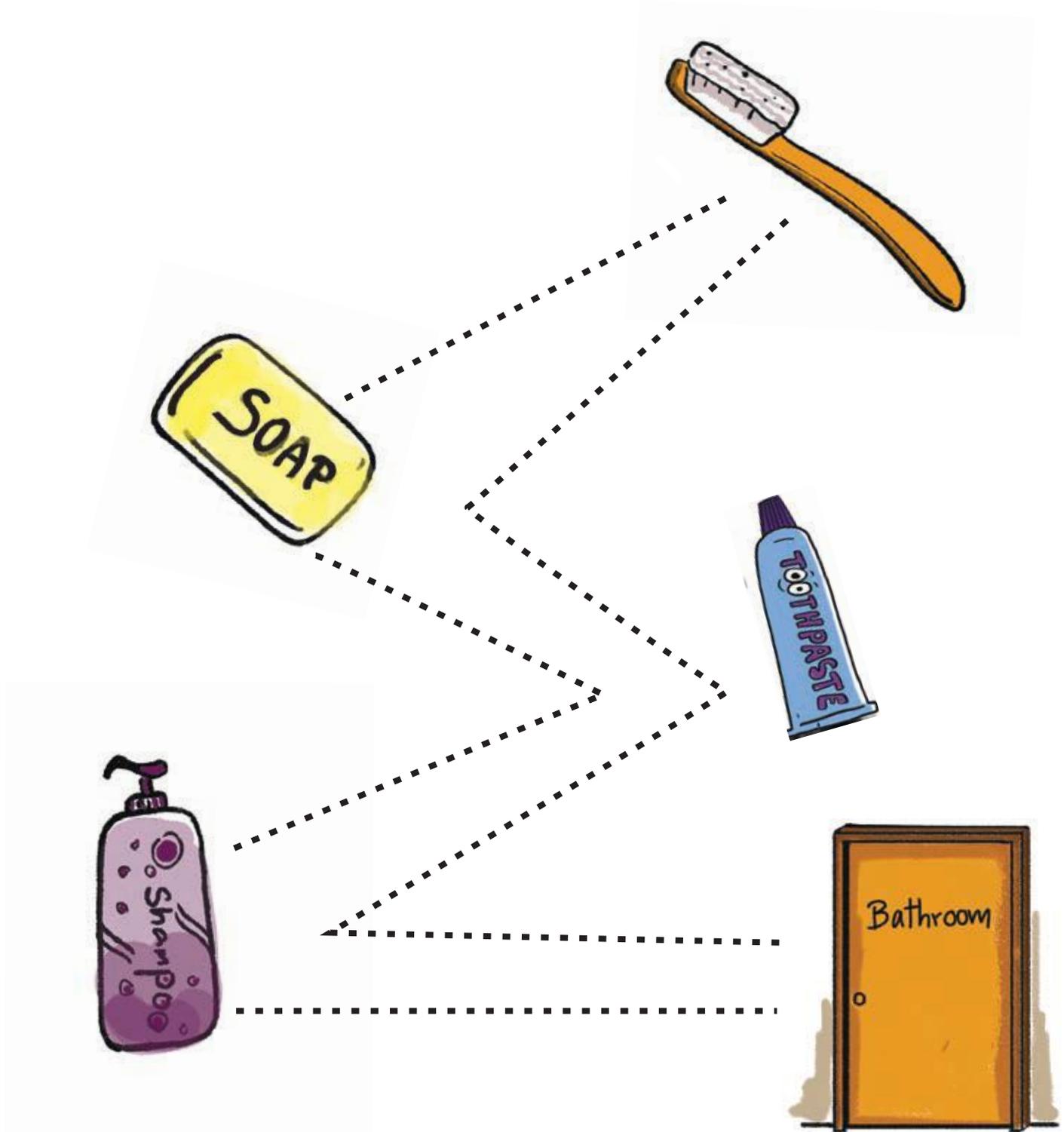


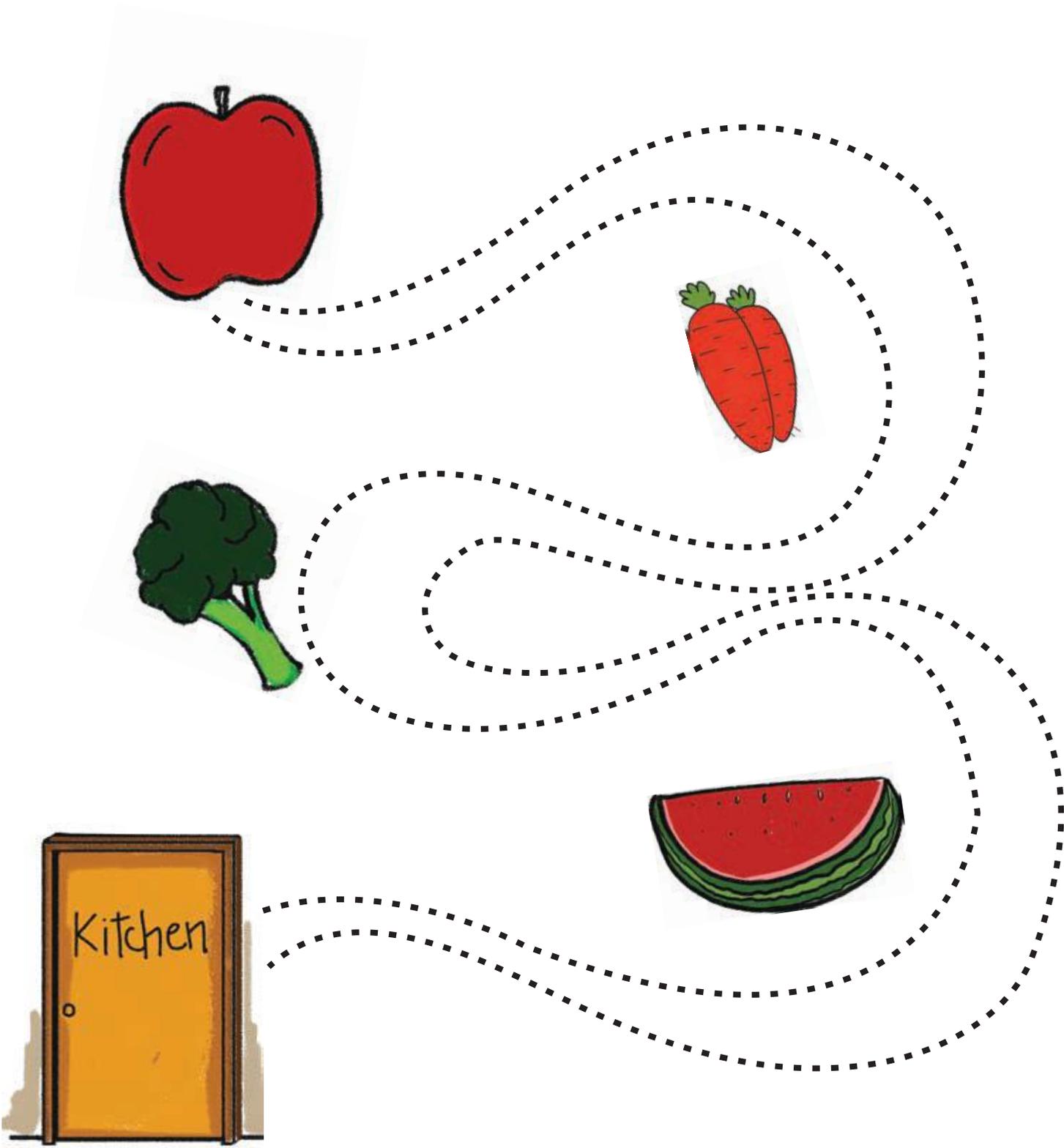
Chapatis

Find The Path

The toothbrush and the apple are lost! The toothbrush must reach the bathroom and the apple must reach the kitchen!

Help your toddler guide the toothbrush, first — to where it belongs — on the way collecting its friends. Then, do the same with the apple. Oh, there are healthy treats on its way to the kitchen. You can either use a crayon or encourage children to trace with their fingers.





How this activity helps?

Your toddler develops their coordination as they attempt to trace over the path using their finger. Encourage your child to identify the different elements on the path.

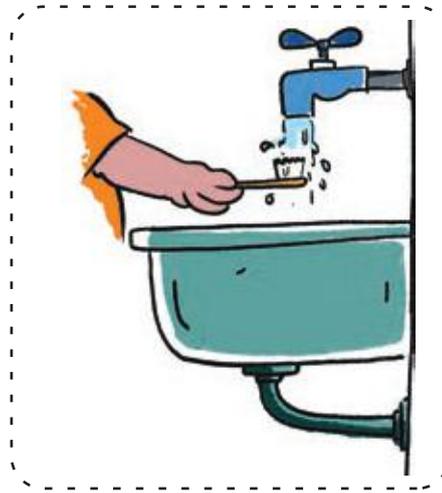
Brushing Time

Here are a few flashcards that show how to brush teeth. But, they're all mixed up!

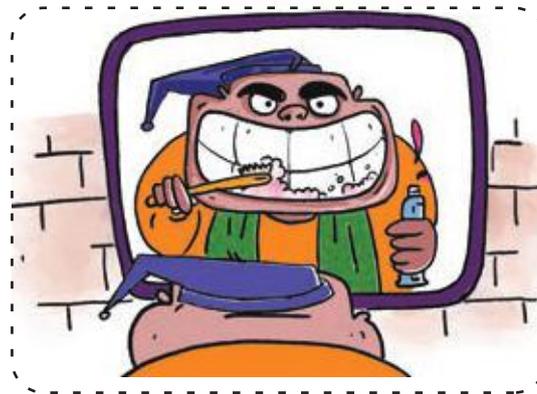
Help your toddler cut and sequence the cards. Show your child the different techniques of brushing teeth — up and down, side to side, and round and round!



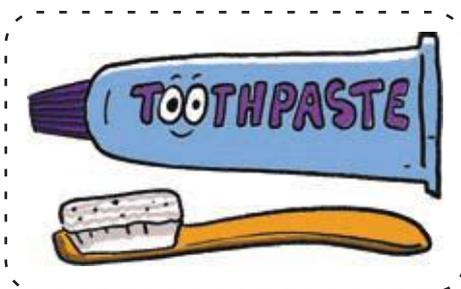
Gargle your mouth



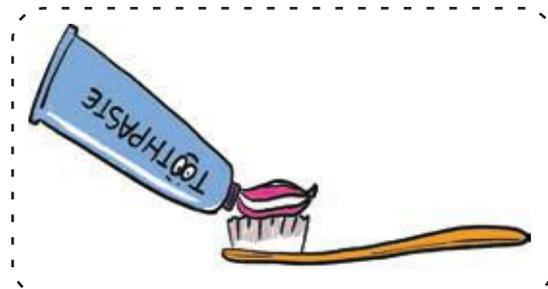
Wash the brush



Brush!



Pick out your toothbrush and toothpaste.



Squeeze toothpaste on toothbrush

How this activity helps?

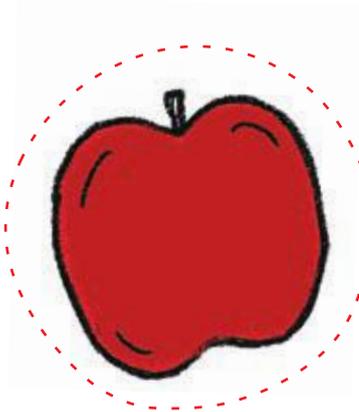
This activity helps your toddler learn how to brush their teeth.

You can stick the flash cards in the bathroom and use them as a guide every morning and night!

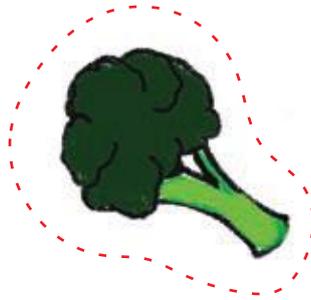
Colour Groups

Sort the different items by colours — blue: bathroom supplies, green: green vegetables, and red: fruits.

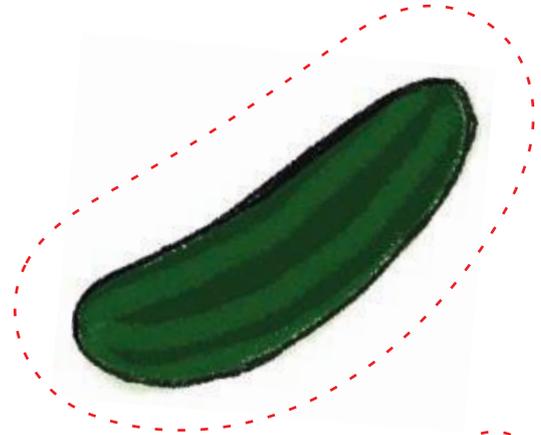
Cut out the different items shown below and help your toddler sort them by colour. As you sort the items, introduce them to the names and what are they for.



Apple



Broccoli



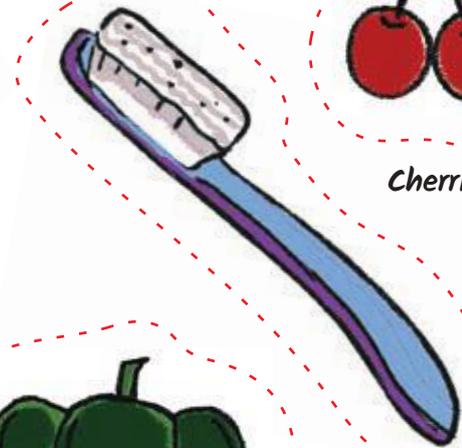
Cucumber



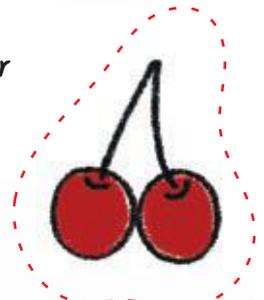
Toothpaste



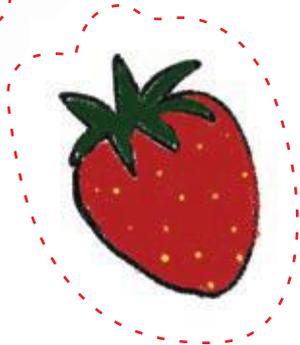
Soap



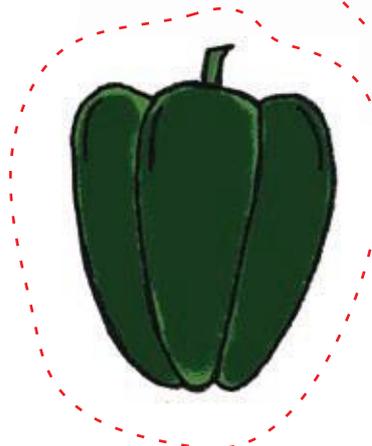
Toothbrush



Cherries



Strawberry



Capicum

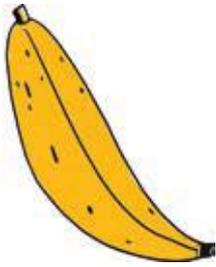
How this activity helps?

This activity helps your toddler develop their colour recognition. Sorting helps improve your child's cognition.

Match The Food

Look at all the food items here. Looks like there's two of each! Can you identify all the food items?

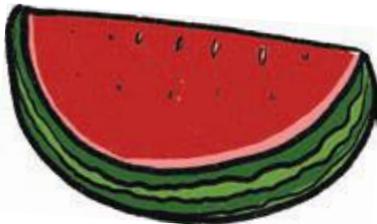
Help your toddler match the food items with their shadows. Once they're all matched up, introduce them to the name of each food item.



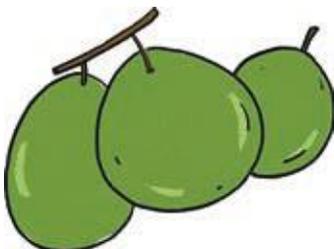
Banana



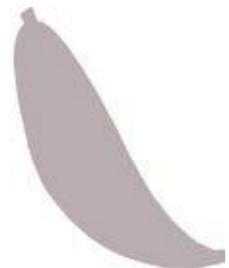
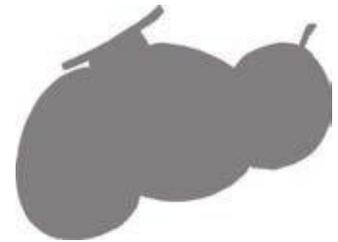
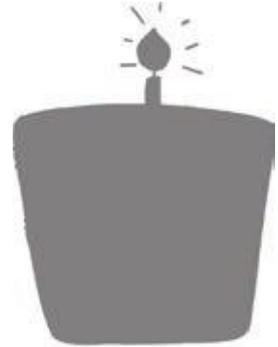
Cake



Watermelon



Grapes



How this activity helps?

Your toddler's visual tracking and observation skills improve. Talk about the taste and textures of each of the food items depicted.

Scrub-A-Dub-Dub!

Below are a few of the bathtime essentials you use everyday. Make it a fun finger-painting activity! Perfect for getting messy! And you know what follows messiness? A bath!

Help your toddler dip their fingers in child-friendly paint and colour the illustration below.



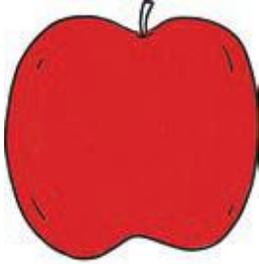
How this activity helps?

This finger-painting activity helps your toddler improve their tactility. While your child paints, talk about the uses of each bathroom product.

What Doesn't Belong?

Looks like there's one item that doesn't fit in with the rest!

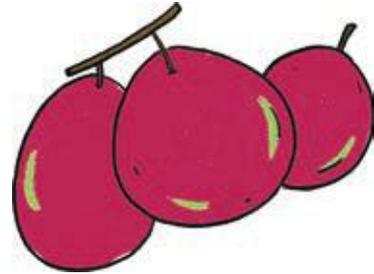
Help your toddler identify the many elements below and spot the odd one out.



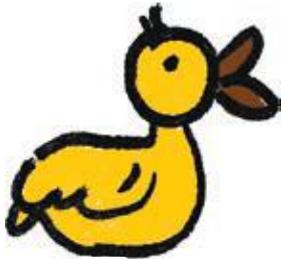
Apple



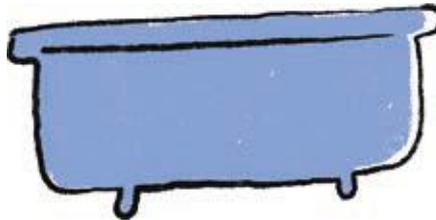
T-Shirt



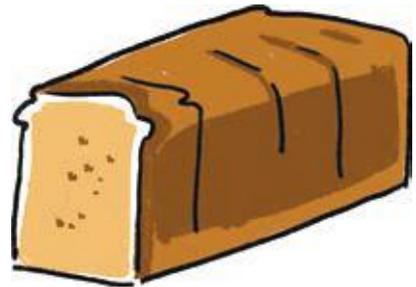
Grapes



Duck



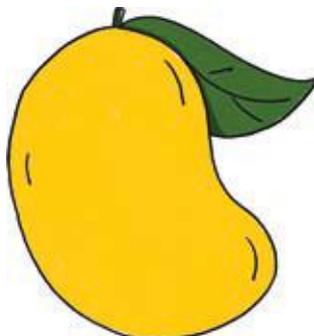
Tub



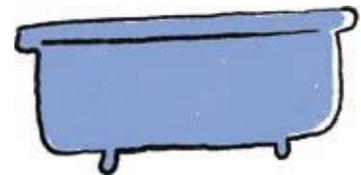
Bread



Tap



Mango



Tub

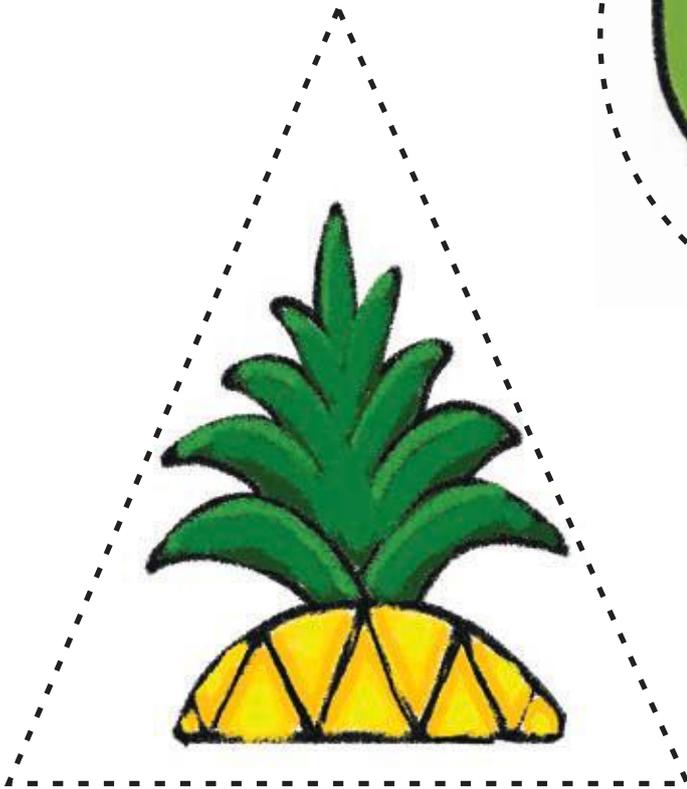
How this activity helps?

This activity helps the logical reasoning and observation skills of your toddler. While you do this, you can talk to your toddler about all the elements shown and why that particular object is different from the others.

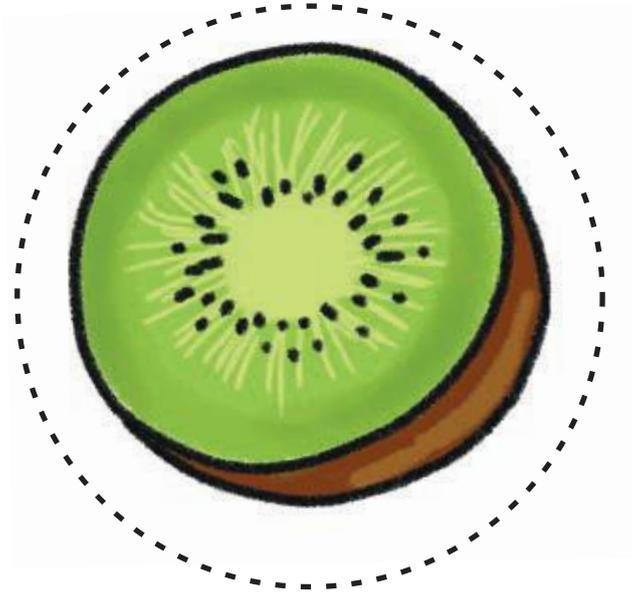
Fruit Shapes

This shape, that shape. Fruits are in different shapes.

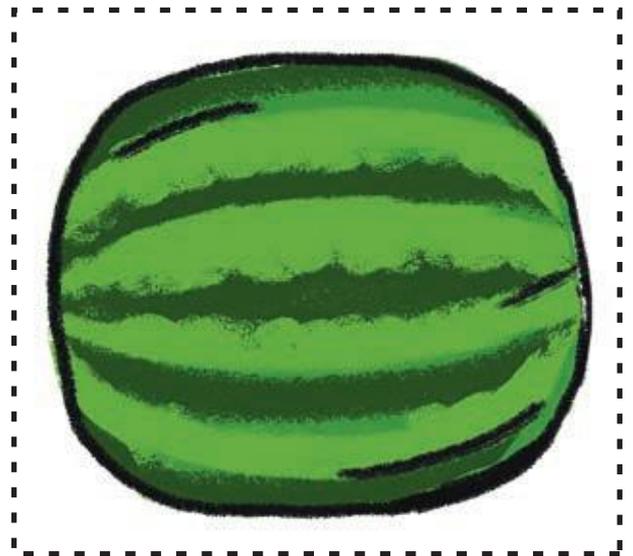
Help your toddler identify the different fruit shapes below. Encourage them trace along the outlines of the shapes. Introduce them to the names of the shapes.



Pineapple



Kiwi



Watermelon

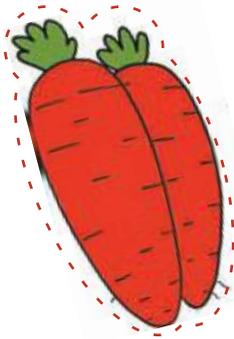
How this activity helps?

Introduce your toddler to the different shapes. As they identify the shapes, direct their attention to the different fruits within each shape!

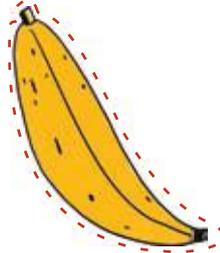
Make Your Plates

It's time to eat! We're going to need the help of your toddler to fix the plate this time!

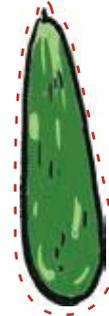
Help your toddler cut out the illustrations below and help stick all the yummy food on the plate. A plate for you and a plate for them!



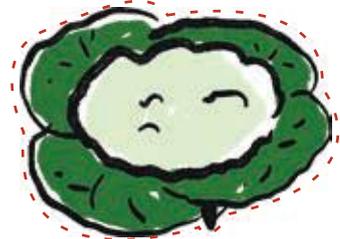
Carrots



Banana



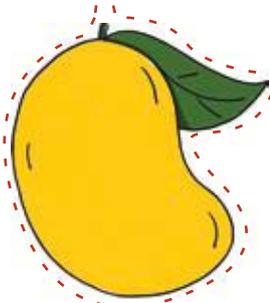
Cucumber



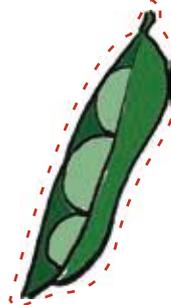
Cauliflower



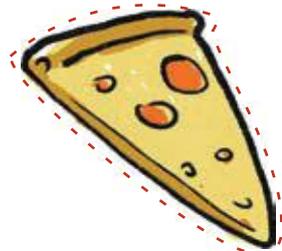
Corn



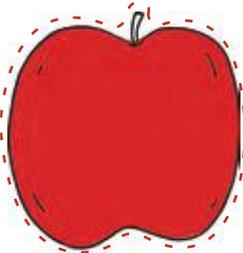
Mango



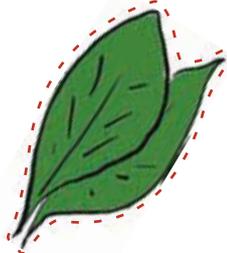
Peas



Pizza



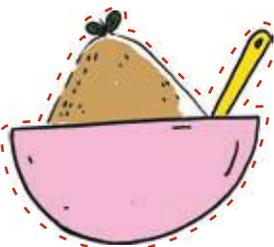
Apple



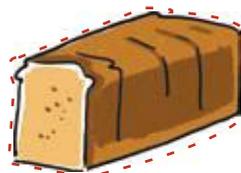
Spinach



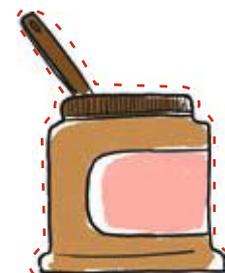
Noodles



Rice



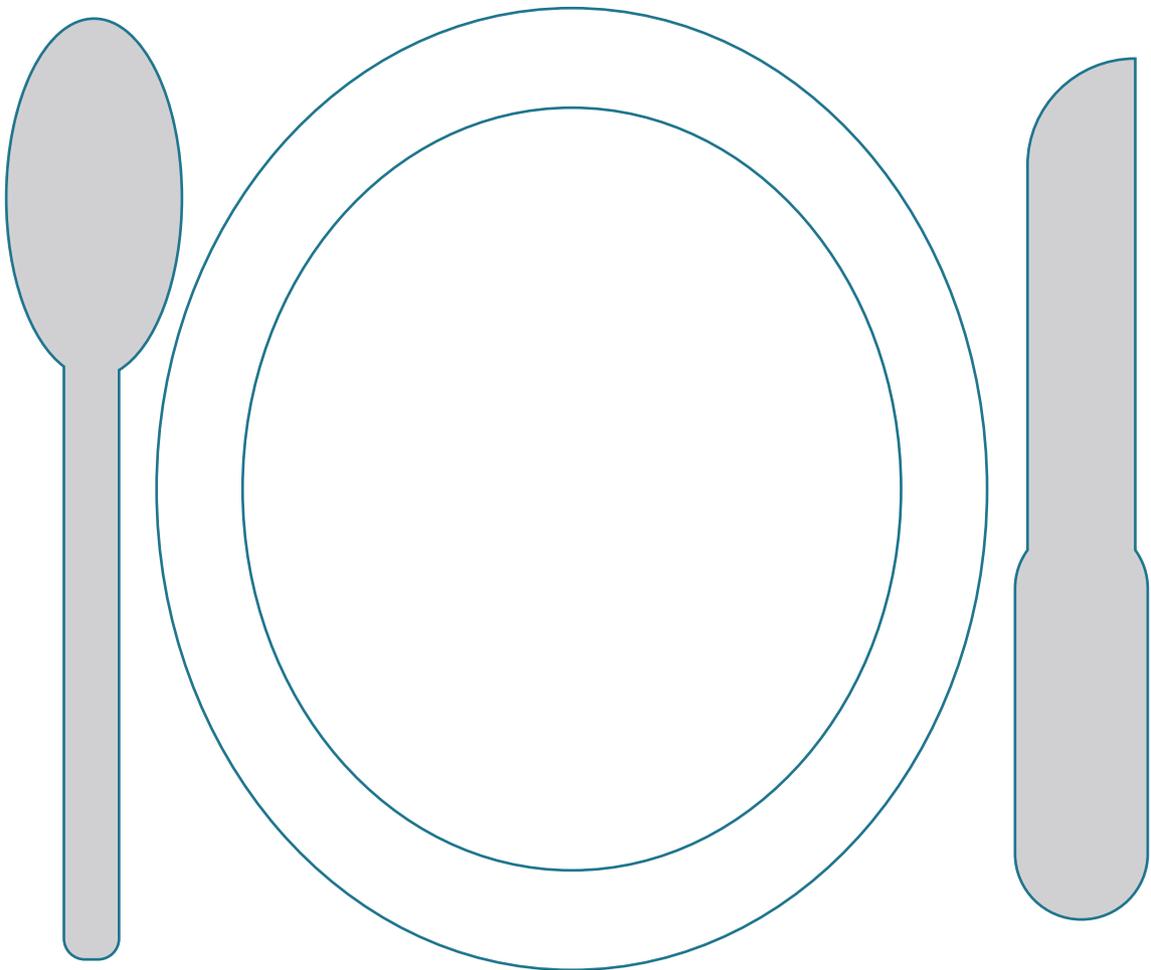
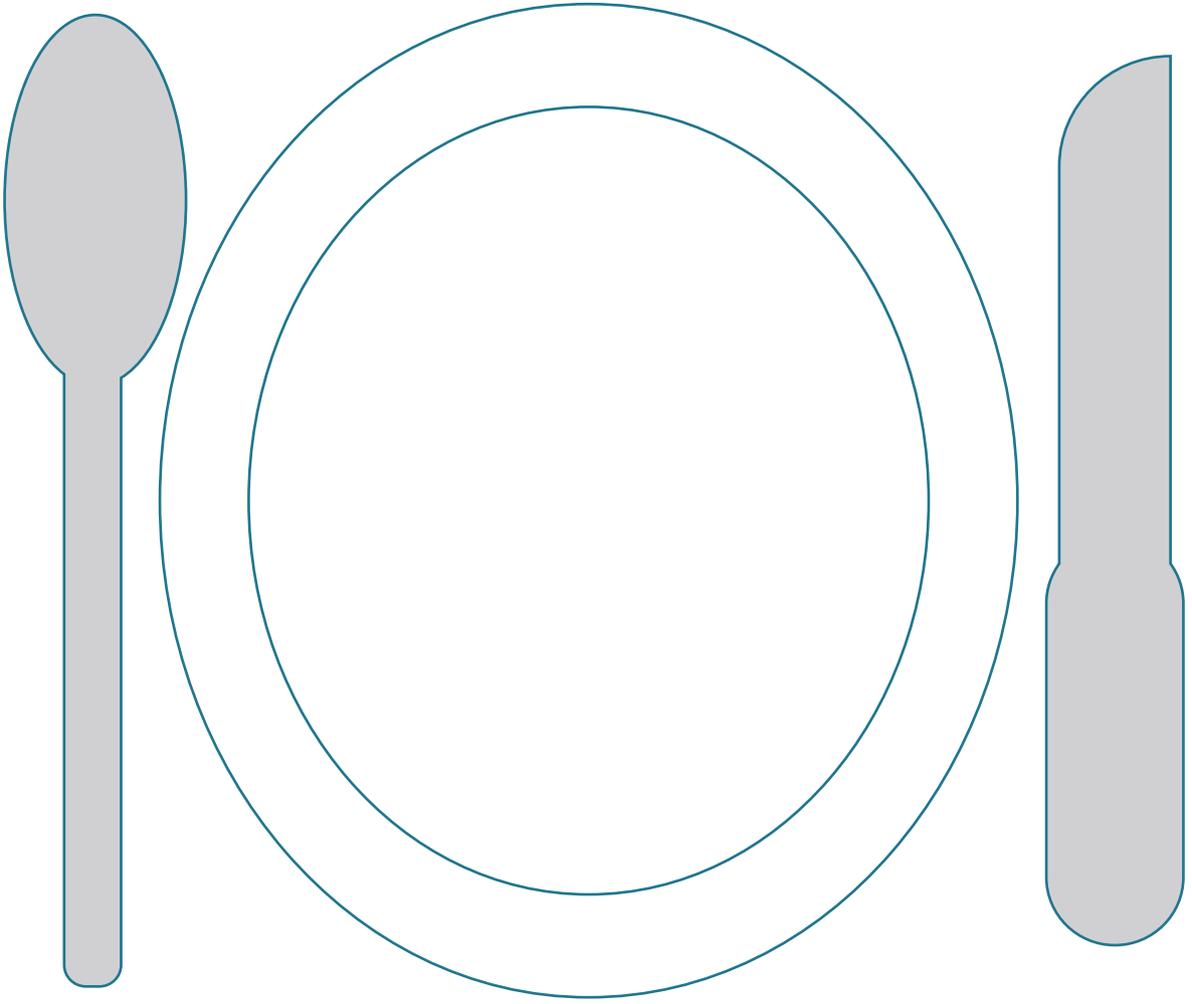
Bread



Peanut Butter

How this activity helps?

This activity helps your toddler express themselves by picking out the foods they recognize. You can make this a fun pretend play activity



Take a look at our super exciting Flintobox themes!



Automobile Adventure



Garden Explorer



Amazing Animals



Beautiful Birds



Colour Carnival



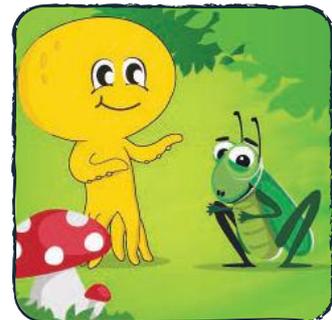
Undersea Adventure



House Explorer



Healthy Habits



Magical Insects

Don't forget to get these boxes for your child!

For renewals, call: 91-7695857799