

We look after our body and mind to stay healthy.



mind



body

Sleep helps us to rest and grow.



Water helps us feel awake and well.

We can be active or exercise to move our body and stay fit and healthy.



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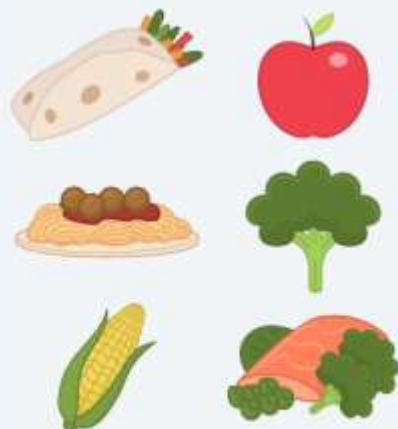
Five-a-day
Enjoy eating fruit and vegetables every day.



It is important to brush your teeth twice a day for two minutes.

Eat often

Eat sometimes



Healthy habits

To keep your mind and body healthy:

- Be active
- Drink water
- Eat fruit and veg
- Brush your teeth
- Sleep well



A trusted adult can help you look after your body and mind.

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