

TAKING CARE OF YOURSELF

Sleep

Early to bed,
early to rise
Plenty of sleep
helps you
concentrate.



Nails

Trim nails weekly.
Keep nails
short
and
clean.



Exercise

Play outside
as much as
possible. Don't
sit and play on
the computer or
watch TV too often.



Homework

Take care
with homework
and always
do it before
going out
to play.



Teeth

Brush teeth every morning
and night to keep them
shining and
bright.
Visit your dentist
regularly.



Hair

Wash your
hair often.
Keep it neat
by styling
and brushing.



Hygiene

Bath or shower
and change underwear
daily. Wash hands
after visiting
the toilet and
before eating.



Diet

Eat a healthy and
balanced diet. Choose
healthy snacks such as
fruit instead of sweets.
Avoid sweet, fizzy drinks.
Drink water, milk or fresh juice.

