



Taking Care of Yourself

Sleep

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



Teeth

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



Nails

Trim nails
weekly.
Keep nails
short and
clean.



Hair

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



Exercise

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



Hygiene

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



Homework

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



Diet

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

