



We look after our body and mind to stay **healthy**.

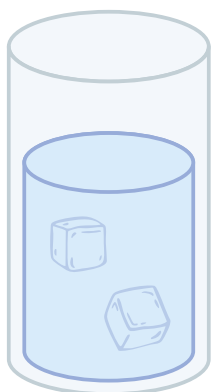
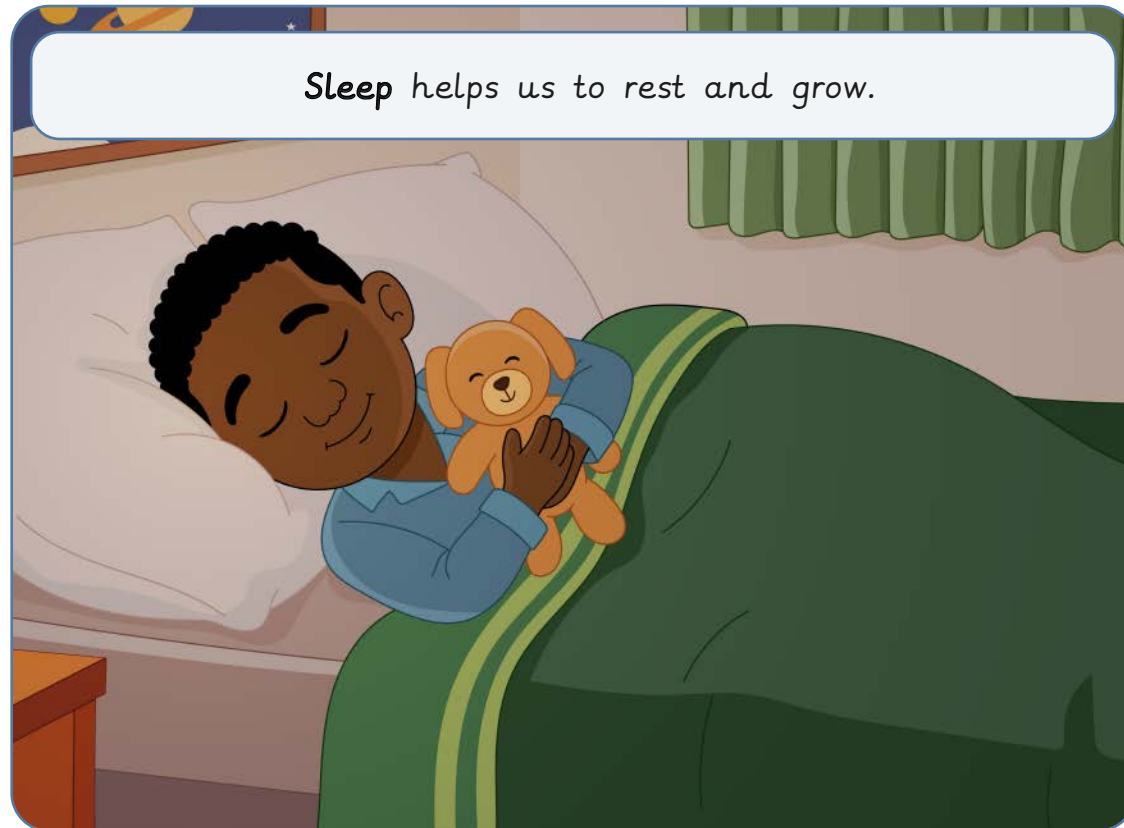


mind



body

Sleep helps us to rest and grow.



Water helps us feel
awake and well.

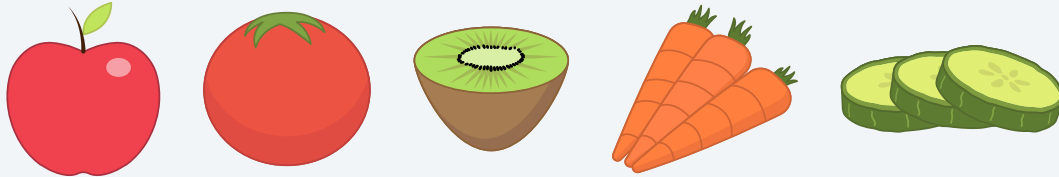
We can be **active** or **exercise** to move our body and stay fit and healthy.



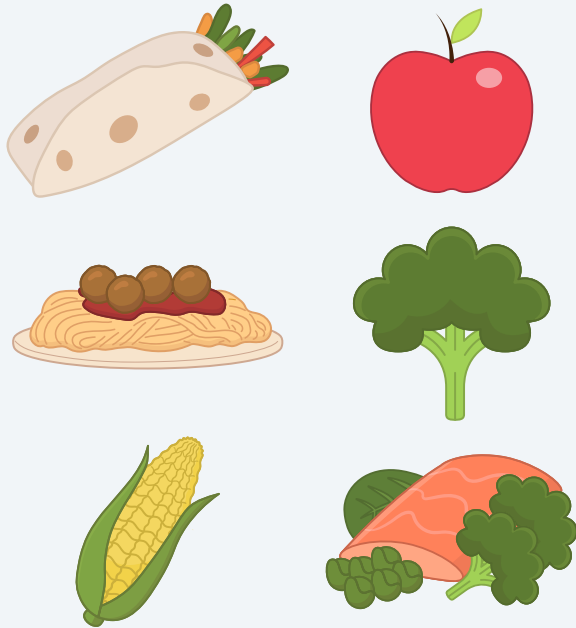


Five-a-day

Enjoy eating fruit and vegetables every day.



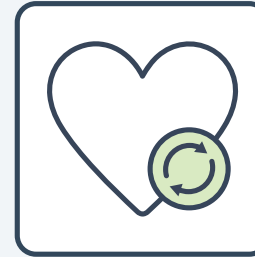
Eat often



Eat sometimes



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



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.