

If you're happy and you know it...

- Eat some fruit (mime munching on an apple and say, "Crunch, crunch")
- Get some sleep (mime sleeping and snore loudly)
- Walk to school (walk on the spot and make puffing noises)
- Wash your hands (mime washing your hands and say, "Scrub, scrub")
- Drink some water (mime drinking and say, "Glug, glug")
- Do all five



Sleep: for children aged 5-6 years old, most will need about 11 hours' sleep.



Exercise: all children need to do at least 1 hour of physical activity every day.



Keeping clean: make sure you wash your hands after you have been to the toilet and before you eat; cough into your elbow, sneeze into a tissue, etc



Drinking water: our bodies love water and need to keep hydrated (not thirsty) so that they work properly.



Healthy



Unhealthy