

worksheet

PERSONAL HEALTH

- TO STAY HEALTHY WE MUST FOLLOW GOOD HABITS.
- FOCUSING IN A TASK & FINISHING BEFORE MOVING ON TO THE NEXT TASK OR SUBJECT WHEN WE ARE ON IT ARE.
- WE MUST EAT HEALTHY FOOD. WE SHOULD DRINK CLEAN WATER FULL SLEEPING AND GETTING UP ON TIME. WEY TEACHERS HAVE GIVEN WHICH CAN MAKE US ILL.
- WE MUST WEAR CLEAN CLOTHES EVERYDAY.
- WE MUST TAKE A BATH DAILY.
- WE MUST BRUSH OUR TEETH TWICE EVERYDAY.
- WE MUST CUT OUR NAILS REGULARLY.
- WE MUST DO EXERCISE TO STRENGTHEN OUR BODY AND HEALTH.

SAFETY RULES

- WE SHOULD NOT GO TO THE CITY OR A MONUMENTS.
- WE SHOULD ALWAYS WEAR OUR SEAT BELT.
- WE SHOULD STAY ON THE SIDE AT THE BUS & CROSSING POINT.
- WE SHOULD NOT PLAY ON THE ROADS.
- WE SHOULD NOT PLAY WITH TOYS, KNIVES AND OTHER SHARP OBJECTS.