

worksheet

PERSONAL HEALTH

- TO STAY HEALTHY WE MUST FOLLOW GOOD HABITS.
- POSITIVE IN A WAY A PERSON SHOULD ENJOY THEM SHOULD WE MUST
KEEP OUR EMOTIONAL POINT WHEN WE ARE ON STAGE.
- WE MUST EAT HEALTHY FOOD. WE SHOULD BE AWARE OF SEASONS
WELL BEHIND AND AFTER FOOD. SHEET'S TEACHER HAVE GROWN
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 US AND HEALTHY.

SAFETY RULES

- WE SHOULD NOT GO TO THE CITY OF A MONUMENTS.
- WE SHOULD ALWAYS WEAR OUR SEAT BELT.
- WE SHOULD STAY AWAY FROM THE ROAD AT THE TIME OF CONSTRUCTION.
- WE SHOULD NOT PLAY ON THE ROAD.
- WE SHOULD NOT PLAY WITH THE BALL, STONES AND OTHER HEAVY
OBJECTS.