

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# HEALTH AND WELLNESS

Choose check if the statement describes a healthy child and cross if it does not.

- Sisca feels irritable whenever her friends play with her.
- Noel is too small for his age.
- Christa doesn't like to join her group in doing their project.
- Jessie has difficulty focusing on his work.
- John's gums bleed whenever he brushes his teeth.
- Rio develops dandruff and dry skin.
- Maria develops good eyesight and fine skin.
- Jennie grows taller and bigger.
- Nana includes vegetables and fruits in her diet.
- Dona sleeps 8 to 10 hours every day.

Children self-care list: