

Directions: Make a circle around the activities that help us to keep healthy.



All kinds of fun, it's important. Your teacher will read you several sentences and should select "True or False." Please circle your answer. Use yellow crayon!

1. You need to go outside to stay healthy.

**True**      -      **False**

2. You need to sleep 8 - 10 hours at night to be healthy.

**True**      -      **False**