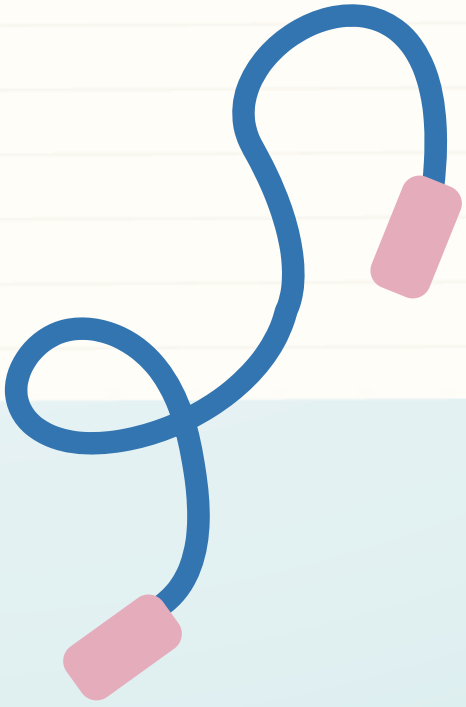
Caring for Ourselves

Can you explain these different areas and the importance of them in looking after our bodies!



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Enough Sleep

Why is our sleep important?

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Balanced Diet

Why is a balanced diet important?

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Regular Exercise

Why is regular exercise important?

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Playtime

Why is playtime important?

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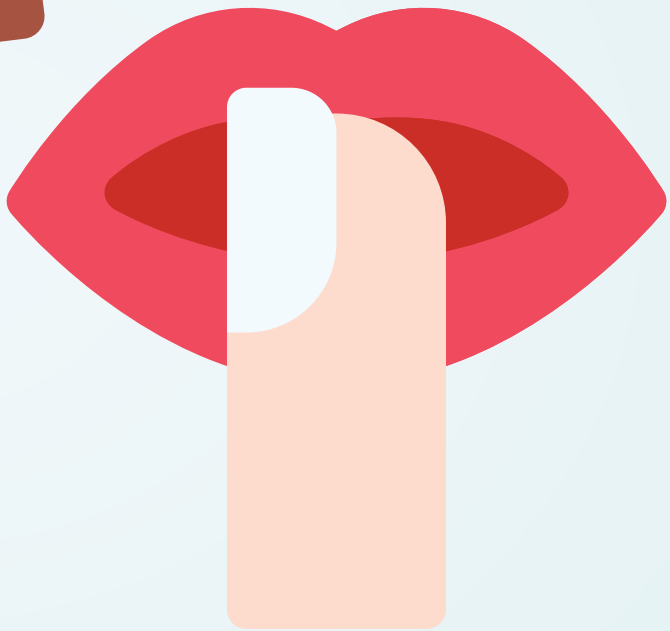
Quiet Time



Why is quiet time important?

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