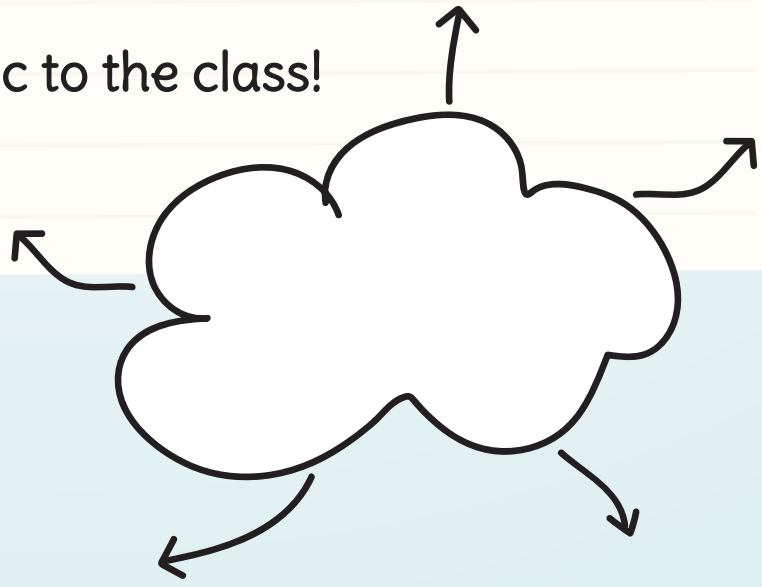
Caring for the Body

Mind Map:

- Split the class into 4 different groups and assign each group one of the following headings:
  1. Sleep
  2. Exercise
  3. Food
  4. Rest
- Give them a large sheet of paper to write down facts about their heading.
- If the students need subheadings you can use; why its important, types, how long, portions, what happens.
- Present each topic to the class!