



LIVE A HEALTHY LIFE!



Health can mean different things to different people. In this lesson we talked about healthy stuff that's not about food. Why? To have a healthy life, you need to have certain habits and routines that you follow each and every day.

A healthy life is like a puzzle that you've put together. All the pieces are connected, and when one piece is missing, the puzzle is not complete. For a healthy life, you do need to eat well, but there are other pieces of that puzzle that need to come together too.

AT HOME ACTIVITY



Create a family bedtime ritual that you can do every night. (Have a routine that everyone in the family can agree on.) Write it down, and every night, check off the things you have done.

Try these ideas:

- Write down the time you go to bed every night, and when you wake up in the morning, add up the hours of sleep you got.
- Before every meal, do a family check on each other to make sure everyone has washed hands.
- Do a family check to make sure everyone has brushed teeth in the morning and before bed.

TAKE TIME FOR YOU

Chill out!

Make sure you take time every day, if possible, to do something that makes you feel good and helps you relax: Read, take a walk, listen to music, play music, talk to a friend, whatever!

An important part of taking good care of your children is taking good care of yourself.

