

How to Keep Healthy and Happy

Eat _____ so that your body has everything it needs.

Drink water _____ so that you don't get a headache.

_____ brush your teeth every morning and evening.

Wash your hands _____ when you have been to the toilet.

When you have used a tissue, _____ put it in the bin then wash your hands.

_____ sing happy birthday twice whilst washing your hands.

Make sure you have plenty of time to play _____ with your friends and family.

If your hair is long, _____ tie it back to keep it clean.

You can choose from these words, or use -ly words of your own.

healthily	noisily	neatly	carefully	happily
easily	regularly	slowly	quickly	noisily
thoroughly	completely	energetically	bravely	messily