



yay! Let's Play!

HEALTHY START! HEALTHY DAY!

1.



FILL YOUR TUMMY

A healthy, wholesome breakfast fuels your body for the day ahead!

2.



KEEP YOUR TEETH HEALTHY

Give them a good brush after breakfast so you can go to school feeling fresh!

3.



Let's GET DRESSED

Start with clean underwear and socks. Then try to put on your clothes all by yourself. For tricky items, ask a grown up to help.

4.



KEEP THEM ALL TOGETHER

Now it's time to gather all your things. Keep them in a special spot each day to make them easy to find!

5.



TIME FOR SCHOOL!

Check you've got everything you need... don't forget your smile and be kind to those around you!

