Miss Farah's Happy Healthy Checklist

• Brush your teeth.
  This is important cause we need to keep our teeth healthy.

• Drink 1 cup of water in the morning.
  Our bodies need water and after sleeping for so long its important to hydrate your body.

• Make your bed.
  It’ll make your room look nice which will make your parents happy.

• Stretch your body.
  Whether you’re going to school or staying home, no matter what your day has in store for you we need to make sure our body is ready for the day!

• Help clean up your toys.
  An easy way to help around the house and it counts as exercise!

• Eat fruits and veggies.
  So many ways you can have a banana or carrots, there’s banana ice cream and carrot muffins. Find a fun way to get your daily dose of fruits and veggies!

• Get up and move around if you sit down for too long.
  Sometimes sitting down for 10 minutes your ipad can turn into an hour, it’s important to move your body during the day.
  • Look in the mirror and give yourself a compliment.
    You should always be nice to yourself!

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