

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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