

Key Questions

What is health?

- Health isn't just about not being sick.
- It's about feeling good physically, mentally, and emotionally.
- It includes taking care of your body, mind, and feelings.

Why is staying healthy important?

- You have more energy to do the things you enjoy.
- You can concentrate better in school.
- You feel happier and more confident.
- You're less likely to get sick.
- It sets you up for a healthy life in the future.

The Healthy Body

Food and Drink:

- Eat a balanced diet with plenty of fruits, vegetables, and whole grains.
- Limit sugary drinks and unhealthy snacks.
- Stay hydrated by drinking plenty of water.

Exercise:

- Aim for at least 60 minutes of moderate-intensity exercise most days of the week.
- Find activities you enjoy, like sports, dancing, or playing outside.
- Get enough sleep (around 8-10 hours for your age).

Hygiene:

- Wash your hands regularly with soap and water.
- Shower or bathe regularly.
- Brush your teeth twice a day.

The Healthy Mind

Relaxation:

- Find healthy ways to manage stress (listening to music, spending time in nature, or talking to a friend).
- Get enough sleep to feel rested and focused.

Positive Thinking:

- Focus on the good things in your life.
- Surround yourself with positive people.
- Challenge negative thoughts.

Problem-Solving:

- Learn how to solve problems and overcome challenges in a healthy way.
- Talk to a trusted adult if you're feeling overwhelmed.