

 Explore the importance of ..

Good Hygiene!




- Having good hygiene helps to protect against illnesses.
- Hygiene also helps boost self-respect and confidence.



- Tips for having good hygiene include using deodorant, trimming nails regularly, brushing and flossing daily, and washing hands after using the bathroom.
- Remember, the more you practice a routine, the easier it becomes!



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 Explore the importance of ..

Drinking Water!



- Drinking plenty of water helps to keep your body hydrated and healthy.
- It also helps to keep your skin clear and healthy.
- It also helps to keep your energy levels up.
- It also helps to keep your body temperature down.
- It also helps to keep your body healthy.



 Explore the importance of ..

Your Breathing!



- Breathing is an important part of life.
- It helps to keep your body healthy.
- It also helps to keep your energy levels up.
- It also helps to keep your body temperature down.
- It also helps to keep your body healthy.



 Explore the importance of ..

Better Sleep!



- Getting a good night's sleep is important for your health.
- It helps to keep your body healthy.
- It also helps to keep your energy levels up.
- It also helps to keep your body temperature down.
- It also helps to keep your body healthy.



 Explore the importance of ..

Self Esteem!



- Self-esteem is an important part of life.
- It helps to keep your body healthy.
- It also helps to keep your energy levels up.
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| | | | |
|----------------------------|---------------------------|------------------------|--------------------------|
| Try something new | Find a creative outlet | Take a walk outside | Hike to a new place |
| Learn to bake | Take a class in your area | Go to bed early | Cook a healthy meal |
| Start a journal | Meditate | Call a friend | Play a game with friends |
| Eat a nutritious breakfast | Volunteer with youth | Volunteer at a shelter | Drink plenty of water |

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