

Brainstorm sheet

Attitude

Attitude is the ANSWER

Be kind to yourself and be kind to others

Keeping calm and positive is shown to help boost your immune system

Rest

Children 10 hours
Adults 8 hours

It refreshes your mind, body & emotions. Rest helps your body to grow, heal and learn.

Pets, hobbies, read, listen to music, walk, look at nature

Exercise

60 mins or 1-2 hours

Stretch, puff and do strengthening exercises every day

Exercise strengthens your heart muscle. It improves circulation & keeps you fit, happy and healthy.

Air

Decreases the size of your lungs, so less oxygen can flow into your lungs

Increases the size of your lungs, so maximum oxygen can flow into your lungs

Nose, mouth, wind pipe (trachea), lungs, diaphragm

Nutrition

Banana & apple
Potato, pumpkin, celery, spinach & onion

Cereal, meat, dairy, fruit & vegetables

A lot - fruit/veg/cereals

Some - meats & dairy

A little - treat foods

Chew your food slowly, thoroughly and with a grateful heart

Health Quiz Yr 3-4 ANSWER SHEET



Sunshine

Shade, hat, sunscreen, sunglasses, shirt, water, time of day

Makes us happy, strengthens bones, hair, teeth and nails

UV Index is the reading for ultraviolet sunrays. A high index indicates the ultraviolet sunrays can potentially harm our skin.

Water

1½-2 litres each day (6-8 cups)

Drink more when it is hot or you are exercising

When you have been in air-conditioned or heated rooms because they dehydrate your body