



## 1 Start your day right



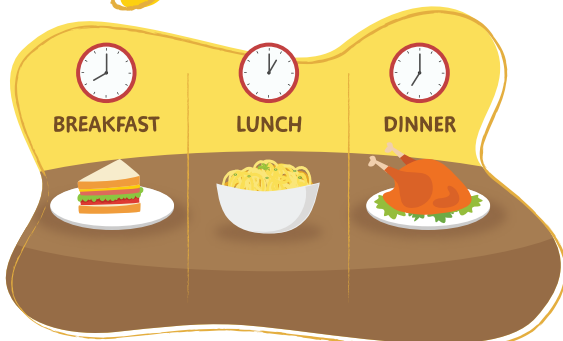
Begin your day with your favourite activity. It can be singing, dancing, or having a chat with mommy and daddy.

## 2 Wash your hands



Wash your hands with soap regularly, especially before having your meals.

## 3 Mealtime



Have all 3 meals on time. If you want some snacks, ask mommy and daddy for fruits that will fill your tummy!

## 4 Sleep early



Go to bed on time to get 8 hours of sleep. If you can't sleep, ask mummy and daddy to read your favourite book!