

EATING



I eat healthy food that gives me energy to grow and play!

WAKING UP



I wake up early, stretch and smile, ready for a wonderful day!

GOING TO SCHOOL



I go to school to learn new things and make great friends!

PLAYING



I play and laugh and have fun, my body strong and my heart full!

SLEEPING



I sleep well at night, my body rests and tomorrow I'll shine bright!

PLAYING IN THE MORNING



In the morning, bright and new,
I play outside, just for you!
The sun is up, the day has begun,
Playing in the morning is so much fun!



PLAYING AT NIGHT



At night, the stars come out to play,
I have fun in a cool, calm way.
The moon is bright, the world is still,
Playing at night gives me a thrill!





WAKE UP IN THE MORNING



The sun is up, the sky is bright,
I open my eyes, what a sight!
I stretch and smile, I'm ready to go,
A brand new day has started, you know!



SLEEP AT NIGHT



The moon is out, the stars so bright,
I close my eyes, it's time for night.
I rest my head, my worries fade,
Good night, sleep tight, in dreams I'm laid.



DO YOU PLAY? ★

✓ YES



Yes, I play!
Playing is fun!



✗ NO



No, I don't play now.
Maybe later!



DO YOU EAT? ★

✓ YES



Yes, I eat!
Eating keeps me
strong and healthy.



✗ NO



No, I don't eat.
I might eat
something later.



★ DO YOU SLEEP AT NIGHT? ★

✓ YES



Yes, I sleep at night.
I rest my body and mind.
I wake up fresh and ready
for a brand new day!



✗ NO



No, I don't sleep at night.
I feel tired and cranky.
I should sleep well
to feel my very best!

