

Keeping Safe and Healthy

We all want to be happy and enjoy every day to the fullest. To do this, it's very important to keep ourselves **safe** and **healthy**. But what do these words mean?

Safe means protecting ourselves from harm, injuries, or anything that can hurt us.

Healthy means feeling good in our body and mind, free from sickness or pain.

How Can We Keep Safe?

Here are some simple ways we can keep ourselves safe every day:

- Always **look both ways** before crossing the road.
- Wear a **helmet** when riding a bicycle or a scooter.
- Do not play with sharp or dangerous objects like knives or matches.
- Tell a trusted adult if you feel unsafe or notice something wrong.

How Can We Stay Healthy?

Staying healthy helps our bodies grow strong and our minds stay happy. Some ways to do this include:

- **Eat healthy foods** like fruits, vegetables, and grains.
- **Drink plenty of water** every day to stay hydrated.
- **Exercise or play outside** for at least an hour daily.
- **Wash your hands** before meals and after using the washroom to keep germs away.
- Get enough sleep so your body can rest and grow.

***Remember:** Keeping safe and healthy helps you have fun, learn better, and grow up strong!*

Activity Time

Let's Practice:

1. Draw a picture showing one way you can keep safe at home or outside.
2. Make a list of your favorite healthy foods and share it with your family.
3. Try washing your hands with soap for 20 seconds – can you sing the “Happy Birthday” song twice while washing?

