



Dofinansowane przez
Unię Europejską



A healthy lifestyle



HEALTHY HABITS BINGO

Healthy Habits	Name
1. I eat vegetables every day.	
2. I drink 8 glasses of water a day.	
3. I exercise for at least 30 minutes each day.	
4. I get 8 hours of sleep every night.	
5. I eat breakfast every morning.	
6. I limit screen time to less than 2 hours a day.	
7. I choose healthy snacks like nuts, fruit, or yogurt.	
8. I take time to relax and de-stress.	

<https://youtube.com/watch?v=QNeiwTFqx4w&feature=shared>

What you eat is important!

The food experiment

HEALTHY EATING CHALLENGE

Sort the pictures into healthy and unhealthy categories:

- **HEALTHY**

- **UNHEALTHY**

EXERCISE STATION

1. I need a ... voluntary
2. Give examples of simple sports activities that you can practice at home to help maintain your physical condition.



MINDFULNESS PRACTICE

1. Look carefully at the image.
2. Close your eyes.
3. Imagine that you are under that blooming tree.
4. Take a deep breath and think of something nice.
5. How do you feel now?



Let`s end with a reflection:

**WRITE DOWN A NEW HEALTHY
HABIT YOU WANT TO TRY!**

Thank you!

And don't forget...Choose a healthy
lifestyle!



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