



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.



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# 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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