

Can you write down some examples of healthy habits that might be completed at different points in the day? Some examples might be having different healthy meals, different forms of exercise or ways to look after wellbeing.

<u>Time</u>	<u>Healthy habits</u>
Morning	
Midday	
Afternoon	
Evening	
Night-time	

Extension task: Can you create a poster advising younger pupils on ways to look after their mental and physical health?