



HEALTHY HABITS



ESCUCHA, LEE Y ESTUDIA LAS MANERAS DE TENER UNA VIDA SALUDABLE.
Listen, read and study the ways to have a healthy life.



I DO EXERCISE
EVERY DAY



I BRUSH MY TEETH
EVERY DAY



I SLEEP WELL
EVERY DAY



I DRINK WATER
EVERY DAY



I WASH MY HANDS
EVERY DAY



I CONTROL MY
SCREEN TIME
EVERY DAY



I HAVE A SHOWER
EVERY DAY



I EAT HEALTHY
FOOD EVERY DAY



