Eat five portions of fruit or vegetables every day.

Be active for at least an hour a day.

Drink energy drinks, coffee or tea, which all contain caffeine, to help you stay awake in the day.

Chew gum instead of cleaning your teeth.

Have between eight and nine hours of sleep each night.

Smoke tobacco.

Play on your phone or tablet in bed at night, before going to sleep.

Swap crisps, biscuits and sweets for raw vegetables or fruit.

Add salt to every meal to improve the flavour.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association Programme of Study.

LIVEWORKSHEETS

Take up a new sport, such as swimming, cycling or karate.

Play on your computer as soon as you get home from school until you go to bed.

Follow social media a lot and see how many people 'liked' your selfie.

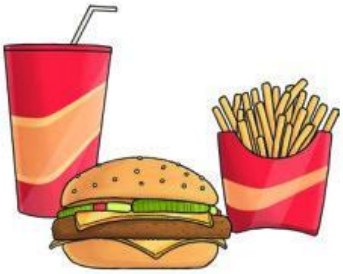
Take ten minutes each day to think about everything you are grateful for.

Spend time noticing nature – the leaves, the birdsong, a spider's web, the rain etc.

Eat some sweet treats after every meal and between meals.

Have a bath or a shower regularly and wash your hair.

Eat fast food, such as pizzas, fried chicken or burgers and chips, every weekend.



Brush your teeth for at least two minutes, twice a day.

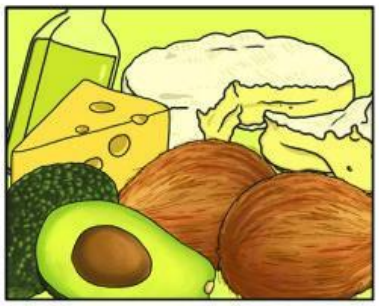
This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association Programme of Study.

LIVEWORKSHEETS

Keep your anxieties and your worries bottled up inside.

Spend time with your family and your friends.

Choose food from the same food group to eat for every meal.



Drink alcoholic drinks.

Drink plenty of water to prevent dehydration.

Take a lot of painkillers for a mild headache.

Try someone else's asthma inhaler to see what it does for you.

Decide not to bother washing your hands after using the toilet.

Start the day with a healthy breakfast to increase your energy levels.

LIVEWORKSHEETS