

Watch the PING and PONG story

¿QUE NECESITAMOS PARA MANTENERNOS SANOS Y SANAS?

eat well drink water do exercise play sleep well wash

To keep healthy, you need to  _____ every day.
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 To keep healthy, you need to  _____ every day.

Choose the activities you do every day to keep healthy:



Example: I dance every day and I go to bed early every day.