

Watch the PING and PONG story

¡QUE NECESITAMOS PARA MANTENERNOS SANOS Y SANAS?

eat well	drink water	do exercise	play	sleep well	wash
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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.