



HEALTH GRADE 1

SEATWORK

Name: _____

Grade/Section: _____

Click **Lazada** if the statement is correct and **Shopee** if not.

1.) Healthy sleep also helps the body remain healthy.

2.) Regular sleep is not an important health habit.

3.) Our minds need to rest and relax.

4.) Lack of sleep causes tiredness and yawning.

5.) Lack of sleep causes good temper.

6.) Lack of sleep causes liveliness.

7.) Sleep is an essential function that allows your body and mind to recharge.

8.) Our bodies need time to repair after a hard day of work and play.

9.) Children need six hours of sleep each day.

10.) Lack of sleep causes trouble with school work.

11.) Without enough sleep, the brain can still function properly.

12.) Lack of sleep causes your body systems don't work so well.