



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.