**Health & Well Being Placemat until September weekend**

**Try to choose 1 activity per week to focus on and feel free to tick them off as you go.**

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| Get myself dressed every morning. | Eat at least 1 piece of fruit every day. | Wash my hands with soap[ after going to the toilet. | In school remember to put my name on the correct lunch mat. |
| Do something active every day. | Drink water every day. | Tidy my room. | Help someone. |