

Create a set of Instructions on how to How to Live a Healthy Life. Include a title, list of materials and simple steps. Make it suitable for a pupil aged Six

Title: How to Live a Healthy Life

Materials:

- Water bottle
- Fruits and vegetables
- Comfortable shoes
- Sunscreen
- Toothbrush and toothpaste

Steps:

1. Drink water every day. Fill up your water bottle and drink it throughout the day to stay hydrated.
2. Eat fruits and vegetables. They are good for your body and help you grow strong. Try to eat a variety of colors every day.
3. Exercise every day. Put on your comfortable shoes and go for a walk, run, or play outside. It's important to move your body and get your heart pumping.
4. Protect your skin from the sun. Apply sunscreen before going outside to prevent sunburns and skin damage.
5. Brush your teeth twice a day. Use your toothbrush and toothpaste to keep your teeth clean and healthy.
6. Get enough sleep. Make sure you go to bed early and get enough rest so you can feel energized and ready for the day.

Remember, living a healthy life is important for your body and mind. By following these simple steps, you can stay healthy and happy!