



Healthy Living

How Can I Help Myself?



I get out of breath when I run, and my chest hurts.

What can I do to help myself?



You could try walking to school, making sure you eat healthily and do things that make you happy. Regular exercise will help enormously.

I'm tired all the time and find it hard to concentrate.

What can I do to help myself?



Make sure you get 8 hours of sleep and eat healthily so that you are not lacking in any important nutrients! Also, drink plenty of water as dehydration can make it hard to concentrate!

I've got a runny nose and cough.
What can I do to help myself?



Make sure you put your hand over your mouth whenever you cough or sneeze and wash your hands afterwards. Using tissues and binning them afterwards will also help!

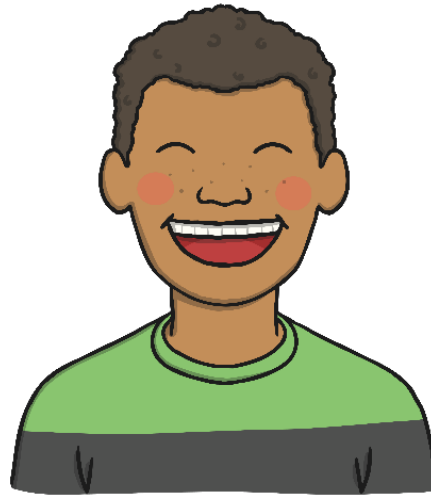
I've got an upset tummy.
What can I do to help myself?



Make sure you wash your hands after going to the toilet, before meal times and after touching animals. Your hands carry a lot of germs, even though most are harmless.

I went to the dentist and I have to have a filling.

What can I do to help myself?



Try eating less sugary foods, brushing your teeth before bedtime and making sure you eat plenty of calcium rich foods such as cheese, milk and yoghurt.



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