



Healthy Habits

What Your Child is Learning

Hello parents! Your child is enjoying the 'Healthy Habits Project' in school. We are using fun, friendly ways to learn about:

Eating Healthy Foods



- What foods help our body grow?
- Why is water good for you?
- What happens when we only eat sweets?

Moving Our Bodies



- What fun games get us moving?
- Is sitting still good for our bodies?
- Why should we move and play?

Sleeping Well



- Why do we need to sleep?
- What helps us get ready for bed?



Looking After Ourselves



- Why do we brush our teeth?
- What happens if we don't wash our hands?
- What can we do to stay clean?

Feeling Good Inside

- What makes us feel happy?
- How can we feel better if we're sad?
- Talking about feelings is good!



This project is kind, positive, and lets your child share their ideas. We do not formally test or score children — we always focus on