

NAME: _____ CLASS III: _____ DATE: 29.04.2020

For keeping your body and mind healthy you must follow certain rules that will help you achieve your goal. Besides, there are certain measures that will help you to stay healthy.



We all have habits. Big or small, healthy or unhealthy, our habits combine to form routines that play out every day for us. Most of this is done without us even having to think. That's why even though we understand the importance of having good habits, sometimes it's tough to stick to a healthy daily routine.

Activity: Write a paragraph on your daily routine which helps you to stay healthy.



Wordly Wise

Use the following words to make meaningful sentences on your own.

rescue

generous

ashore

caution

uncomfortable