

# MATCHING GAME



Draw a line to match the picture to the word!

1.



**Get Outside**

Stretch it out or go for a short walk

2.



**Pen It Down**

Write your feelings in a diary

3.



**Stay Connected**

Hang out with your friends, even if it's just online

4.



**Eat Right**

Have fruits and vegetables with your meals and avoid junk food

5.



**Take A Break**

Play games, sing or dance for 15 minutes

6.



**Sleep Tight**

Get at least 9 hours of sleep

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IN PARTNERSHIP WITH:



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