

Kids' Health

Be healthy = Be happy

Contents

Wellness workshop!

How to make a healthy snack!

Ask Mr. Stress Out!

Who am I?!

Cool comics!!!

Quiz Time!!!

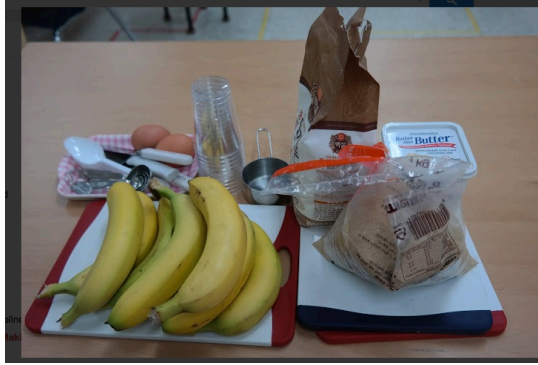


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- ◆ 8. Peer Pressure / Sleepy
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- ◆ 10. QUIZ TIME!!!



Frozen Banana and Strawberry

Milk with pancakes —Ingredients—

• **Strawberry**

Egg

Milk

• **Banana**

Flour

Brown

Sugar



Material

Knife (How many people are cutting)

• **Spoon (How many people are eating)**

• **Cup (How many people are eating)**

Instructions

- 1. Cut the bananas and the strawberries**
- 2. Pour the milk into the cup with the fruits**
- 3. Put sugar in the milk**
- 4. Mix everything in the cup**

Materials

- **Pan**

Instructions

- **Mix the egg, milk, flour, and some brown sugar**
- **Put butter on the pan**
- **Put the mixed ingredients on the pan**
- **Flip the pancake when you see the bubbles**
- **Put some topping if you want**



SPORTS

Do you want to get healthy?

Sports



Do Fun Sports !

Sports helps you build muscles and be happy. If you want to grow it would be good for you to play basketball, if you want to build muscles...you can do any sports! At least do sports 30 minutes a day. Burn enough fats and be HEATHY !!!!

Starting from this year.....

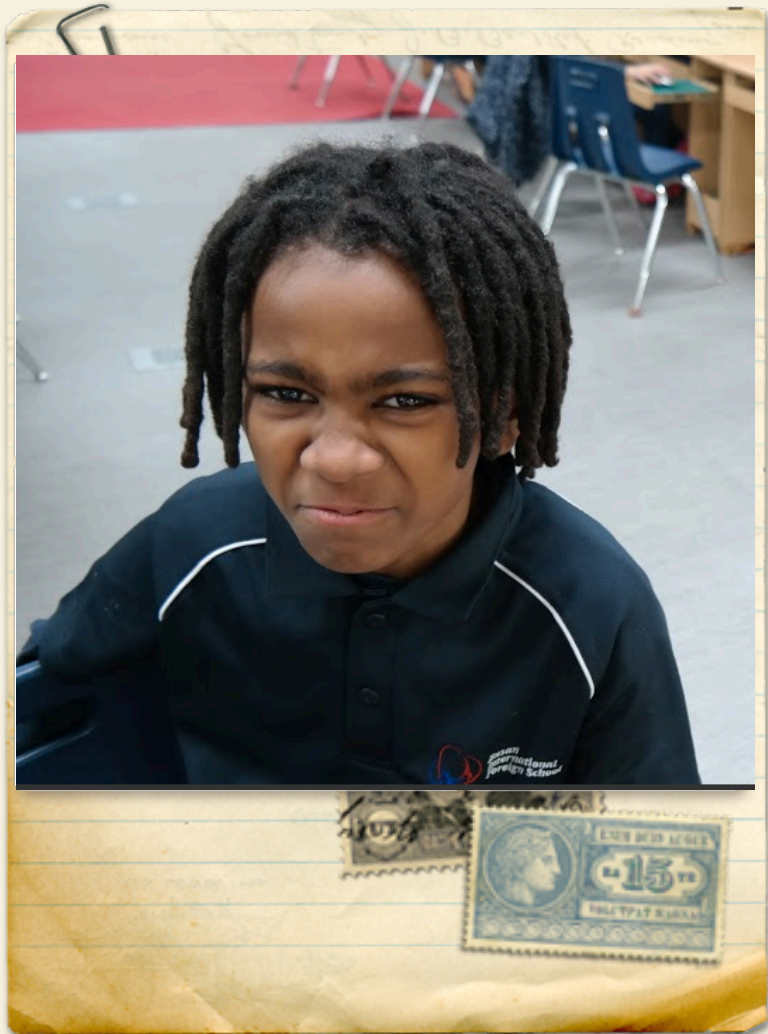
Be Healthy !

STRESS

Advice /
Tip:

How to get of stress!

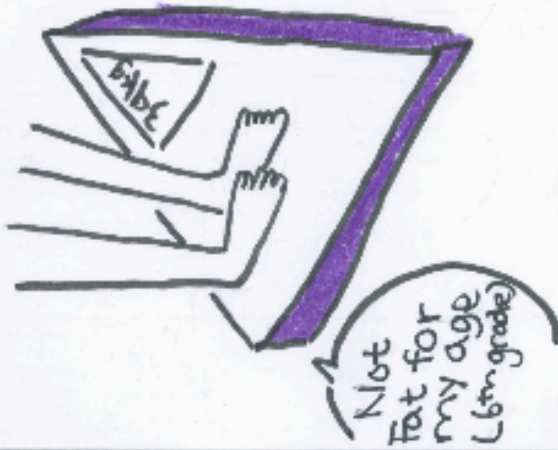
Stress. We all deal with it. Whether it be our jobs, family life, drama with friends, a relationship problem, or finances, stress is there. While a little stress is probably good for you, it's the excess that does the harm. Rather than letting your stress take over your life, try some methods of stress-management and you'll be relaxing in no time.



On January 1st



That Day....



The Same Day....



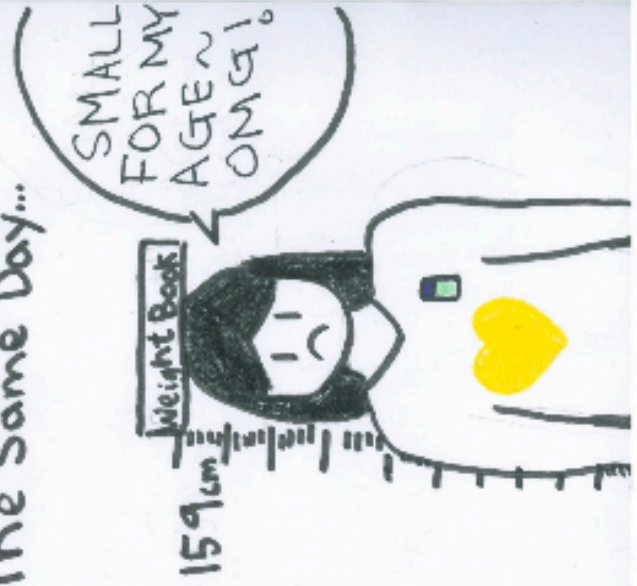
On December 21st



That Day....



The Same Day...



BFS
GOOD
SMELLING
DEODORANT!!!



:)
The good smelling
deodorant!!
They smell good, they don't make
you smell bad.

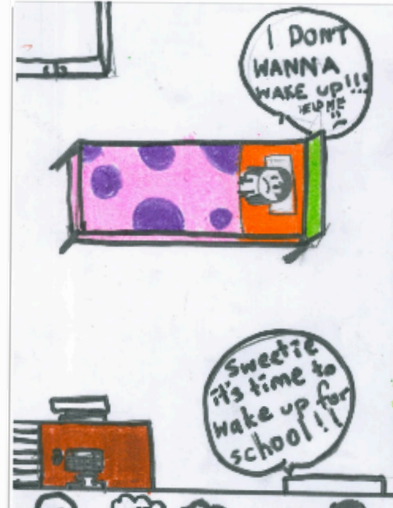
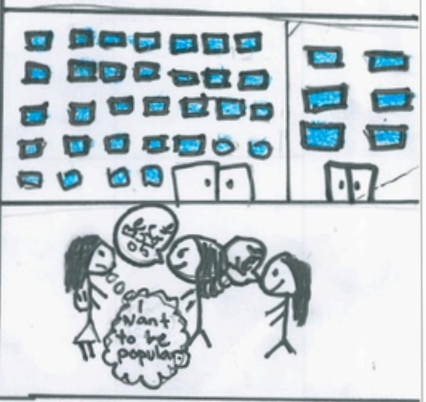
USE THEM

THEY ARE GOOD FOR YOU

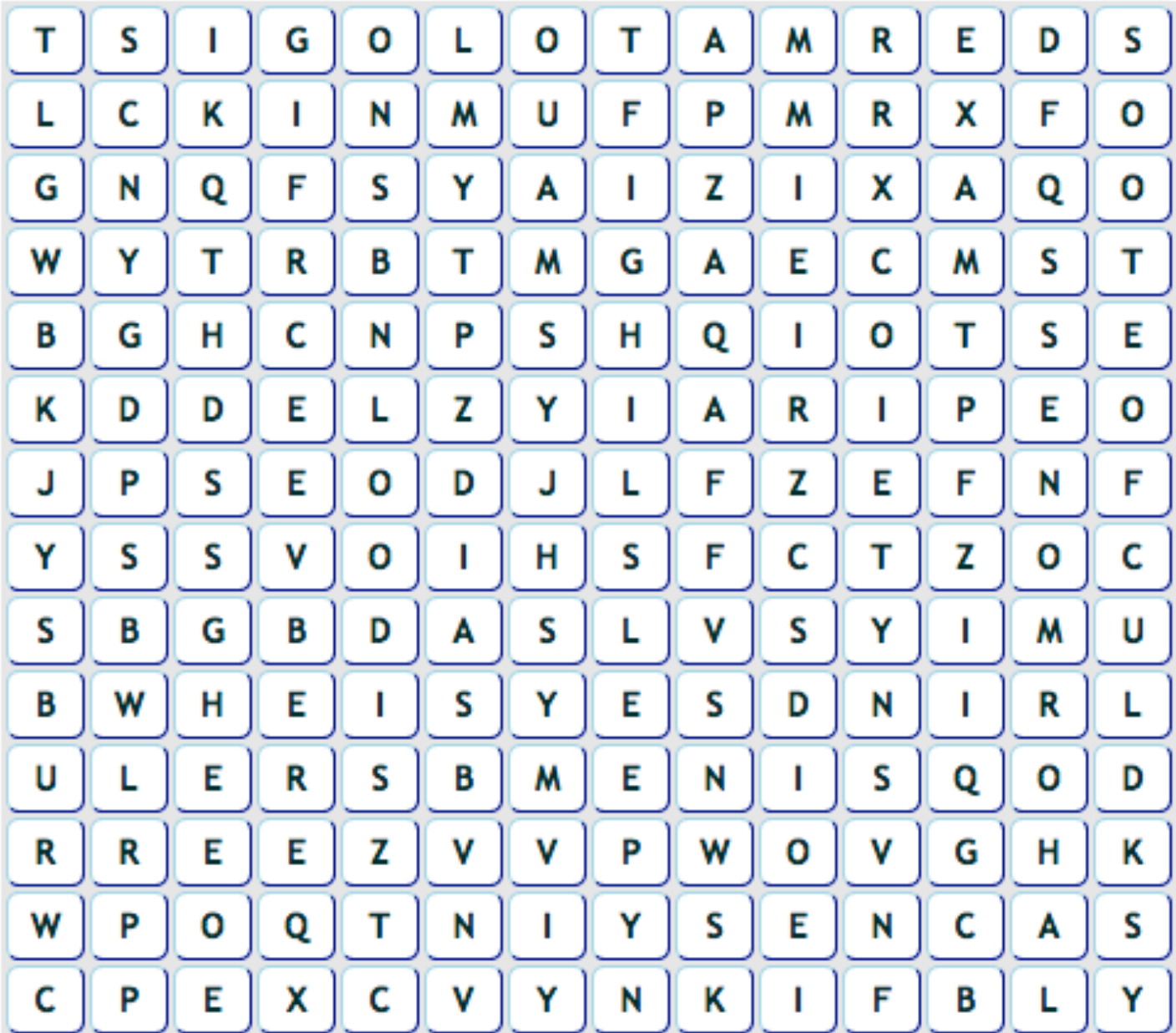
Going to school



At school



'How do I look Like?' by Christine, Miffy, Miryu



ACNES

FACIALHAIR

SLEEPY

PIMPLES

SWEET

HORMONES

BODYHAIR

ZITS

FATNESS

DERMATOLOGIST