



Bert's Healthy Habits Day

Bert wakes up in the morning and has a healthy breakfast of _____ with a glass of _____. He goes for a walk with his family and they decide to play a game of _____. At 11am, they stop for a snack of _____. They then walk home. Before lunch, Bert washes his _____ and sits down at the table. They have a lunch of _____, with a drink of _____. In the afternoon, Bert does some colouring and plays a game of _____ with his sister. His dad calls them to have dinner. Bert and his sister wash their hands and sit down at the table. They have Bert's favourite dinner of _____. After dinner, Bert and his sister do their reading and have a snack of _____. Then it is time for bed.

Good night Bert!



Draw your Healthy Habits Day

This is a picture of me doing _____