

Eat five portions of fruit or vegetables every day.



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Be active for at least an hour a day.



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Drink energy drinks, coffee or tea, which all contain caffeine, to help you stay awake in the day.



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Chew gum instead of cleaning your teeth.



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Have between eight and nine hours of sleep each night.



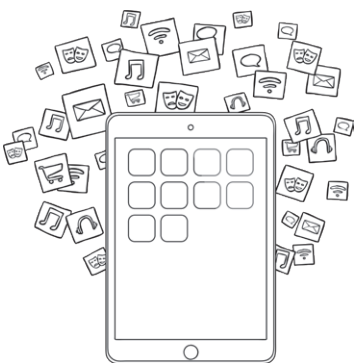
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Smoke tobacco.



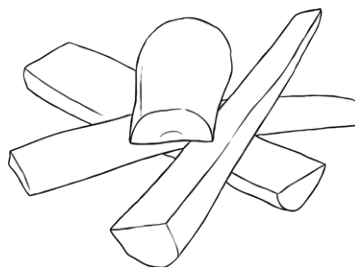
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Play on your phone or tablet in bed at night, before going to sleep.



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Swap crisps, biscuits and sweets for raw vegetables or fruit.



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Add salt to every meal to improve the flavour.



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Take up a new sport, such as swimming, cycling or karate.



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Play on your computer as soon as you get home from school until you go to bed.



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Follow social media a lot and see how many people 'liked' your selfie.



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Take ten minutes each day to think about everything you are grateful for.



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Spend time noticing nature – the leaves, the birdsong, a spider's web, the rain etc.



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Eat some sweet treats after every meal and between meals.



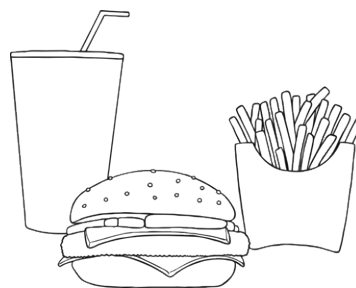
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Have a bath or a shower regularly and wash your hair.



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Eat fast food, such as pizzas, fried chicken or burgers and chips, every weekend.



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Brush your teeth for at least two minutes, twice a day.



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Keep your anxieties and your worries bottled up inside.



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Spend time with your family and your friends.



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Choose food from the same food group to eat for every meal.



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Drink alcoholic drinks.



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Drink plenty of water to prevent dehydration.



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Take a lot of painkillers for a mild headache.



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Try someone else's asthma inhaler to see what it does for you.



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Decide not to bother washing your hands after using the toilet.



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Start the day with a healthy breakfast to increase your energy levels.



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