



Wash your hands!



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Eat healthy foods!



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Get plenty of sleep!



Get plenty of sleep!



Brush your teeth!



Brush your teeth!



Move and play everyday!



Move and play everyday!



Stay Healthy Matching Game

Cut out squares. Discuss with the children how each picture relates to health. For younger children, randomly lay out the squares face up and ask them to find matching squares. For older children, turn squares face down and have them attempt to find matches by remembering where pictures were located.