

Good health and hygiene

Wash your hands before
every meal



Colour me



Good health and hygiene

Cover your face while
sneezing



Colour me



Good health and hygiene

**Brush your teeth twice
regularly**



Colour me



Good health and hygiene

Comb your hair

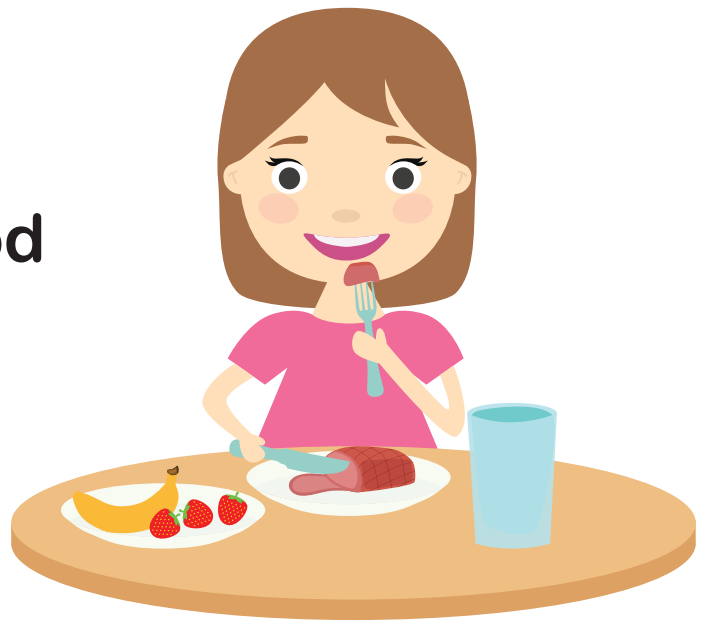


Colour me



Good health and hygiene

Eat healthy food



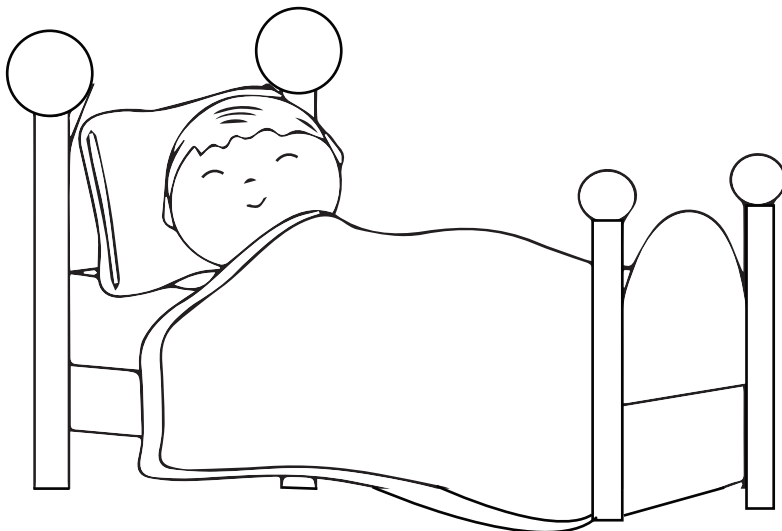
Colour me

Good health and hygiene

**Go to bed
early**



Colour me



Good health and hygiene

Wake up early



Colour me



Good health and hygiene

Take a bath



Colour me

