



HEALTHY MIND  
HEALTHY BODY

# PRACTISE MEDITATION TO ACHIEVE PIECE OF MIND

**Where is he?  
How does he feel?**



**How do you achieve  
peace of mind?**



# MAKE ETHICAL CHOICE HOW DO YOU THINK WHAT ARE THEY GOSSIPING ABOUT?



GET THE SLEEP YOU NEED  
DO THEY FEEL TIRED?  
HOW MANY HOURS DO YOU SLEEP?  
DO YOU GET THE SLEEP YOU NEED?



# EXERCISE REGULARLY HOW DO YOU FEEL AFTER THE TRAINING?

**Do they feel  
healthy?**



**Does he feel energetic?**



# SOLVE CROSSWORDS AND EXERCISE YOUR MIND

## HOW DO YOU EXERCISE YOUR MIND?



# MANAGE YOUR STRESS

## HOW DO YOU MANAGE YOUR STRESS?

**Does he feel  
upset?**



**Does he feel tired?**



WHICH OF THESE ACTIVITIES CAN HELP YOU HAVE A  
HEALTHY BODY? A HEALTHY MIND





# MODERN MARVELS OR NEW NASTIES? WHAT GADGETS DO YOU HAVE? HOW OFTEN DO USE THEM?



# HOW CAN THE PROBLEMS BE RELATED TO THE GADGETS?

- You can get shoulder strain from playing for too long on a games console
- You can get hearing loss from
- You can get thumb arthritis from
- You can get a skin infection from
- You can get eye strain