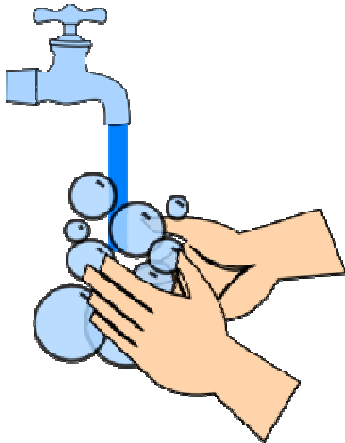




# Keep clean





Wash your hands



Wash your face



Brush your teeth



Comb your hair



Have a bath



Have a shower

# Do exercise



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Play football



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Play basketball



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run



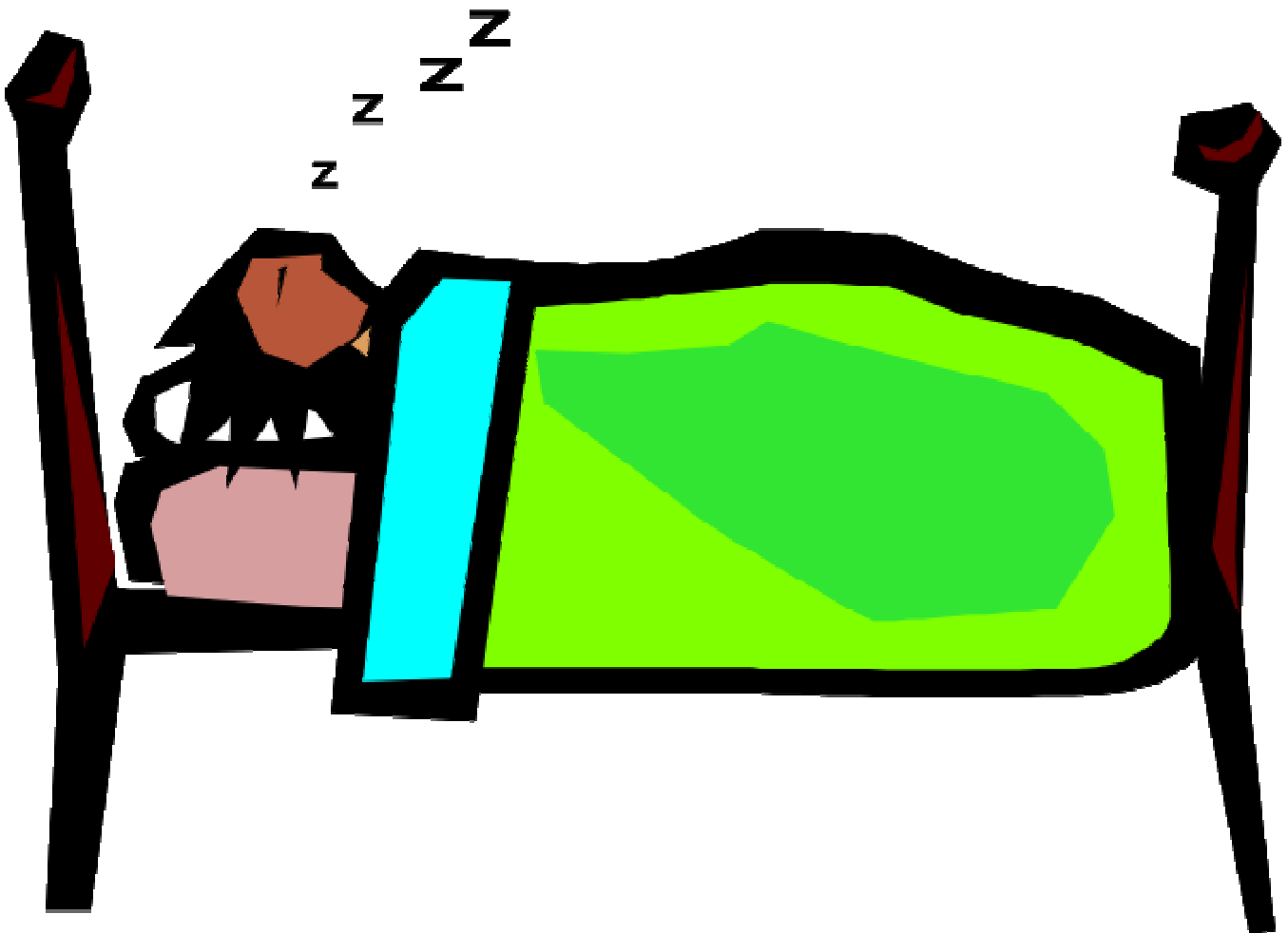
swim



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Play tennis

# Sleep well



**Eat**  
**Healthy**  
**Food**

