

Be a    And  
**HEALTHY**  
  **HAPPY PERSON** 



You can be a healthy and happy person like Yan Yan. Always maintain a balanced diet; do regular exercise and have adequate sleep; get along well with people and be ready to help others. If you meet any problem, ask your parents and teachers for help.

*Be a healthy and happy person, stay relaxed and*

# Yan Yan's Day

**Neat and clean appearance makes one look energetic**



I've washed my face and brushed my teeth. How refreshing!

What a nutritious breakfast!



**Regular and balanced meals give me energy**

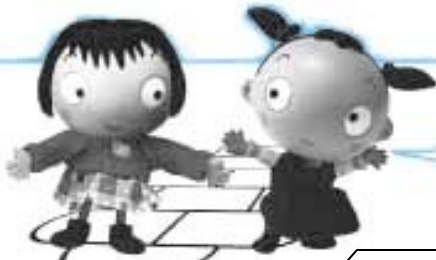


**Be polite to others. Respect teachers and elders.**

Good morning, Sir. Good morning, Lok Lok.

Sir, why is it healthy to eat more vegetables?

**Be an active learner, ask questions**



Mei Mei, shall we play hopscotch together?

**Get along well with others**

**Care about other people and help each other**

Lok Lok, let me take you to the school nurse who will clean your wound.



I like swimming, painting and reading.

**Take part in leisure activities, keep happy and relaxed**

Let me finish my homework first, and then I will play Chinese checkers with my sister.

**Plan my time well**



Daddy, I did lots of things at school today...

**Talk with your family**

Mommy, John drew on my Chinese textbook this morning. I'm so unhappy.

Really? Let's talk about it...

**Share my daily experience with my family**

