

We're fit

Doing exercise is very healthy: It helps to strengthen your muscles, makes your heart work like a clock and it also puts you in a good mood!

A trip to the park to take some exercise is always good fun. And there are so many different ways to take exercise!

"Let's have a race!" Encourages Lee as he does a twirl with the skateboard.

"We have to go to the fountain and back," points Rose.

Sam gets into position and pulls a concentrated face: He is determined to win!



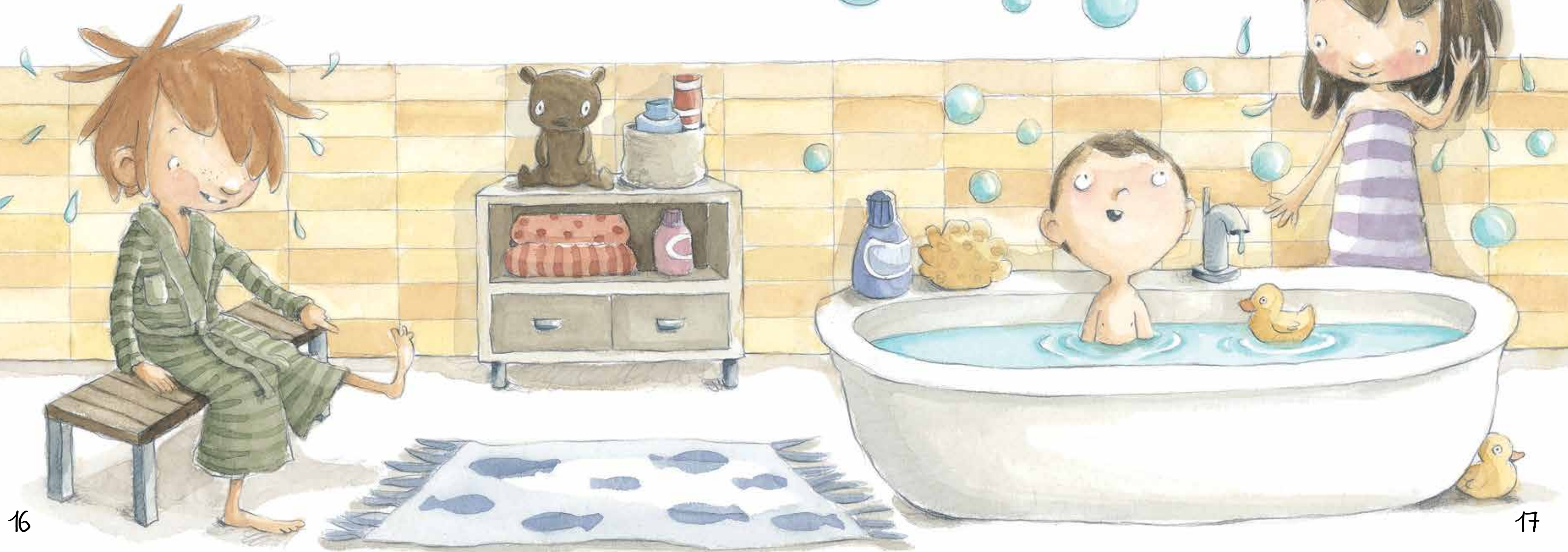
A good bath

After a day full of games and activities, a good bath cleans and relaxes your whole body.

"Sam, you also have to rub behind your ears and between your toes," Lee reminds him.

"And shampoo your hair well," adds Rose.

"Bubble!" points Sam, without taking much notice of what they are saying to him.



Clean clothes, dirty clothes

You have to be organized and help out at home. You shouldn't leave clothes thrown on the floor. When you get up, you must get dressed with clean clothes and what is dirty from the day before goes in the basket!

"Lee, you've dropped a sock!" Informs Rose as she picks it up.

"Thank you! I'm going to put all the dirty clothes in the basket. I'm ready now. Sam, Shall I help you with your slippers?"

