

Mental Health - Friendship & Social Connection Kit





**Today I learnt
about friendship
& social
connection.**





**Today I learnt
about how
sleep is
important.**



Mental Health - Sleep Kit





**Today I learnt
about everyday
and sometimes
foods.**

Healthy Eating - Food Choices Kit

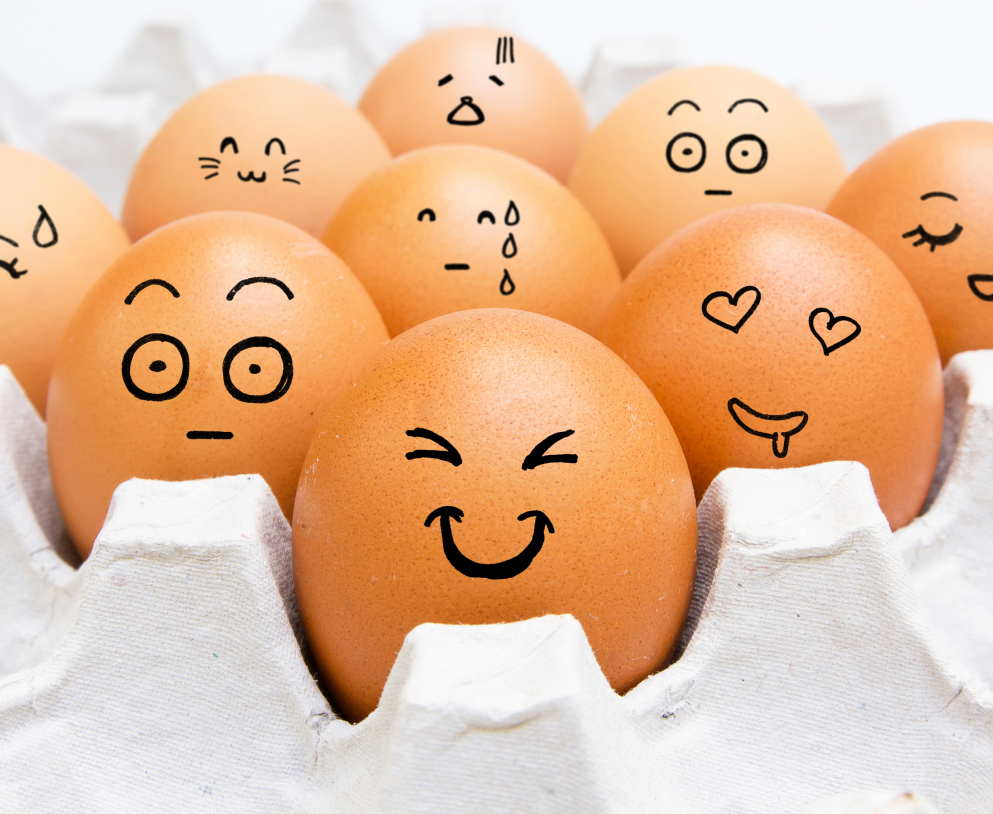




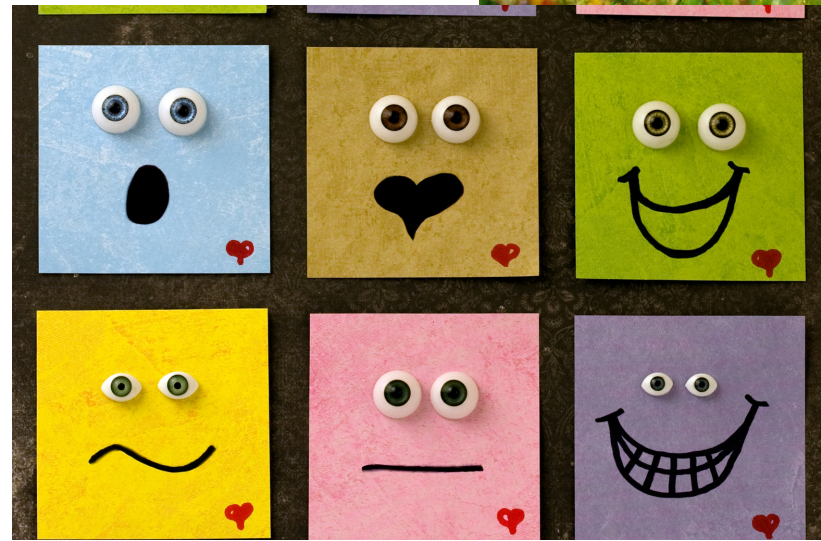
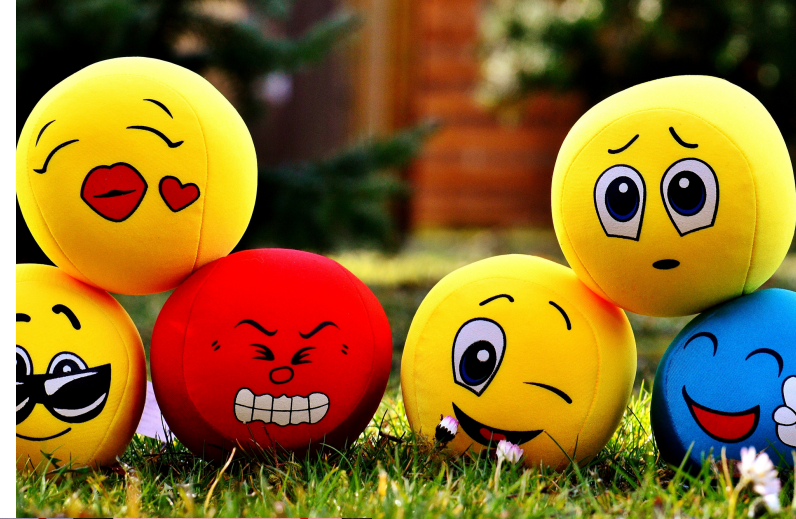
**Today I learnt
about cooking
healthy food at
home.**

Healthy Eating - Cooking Kit

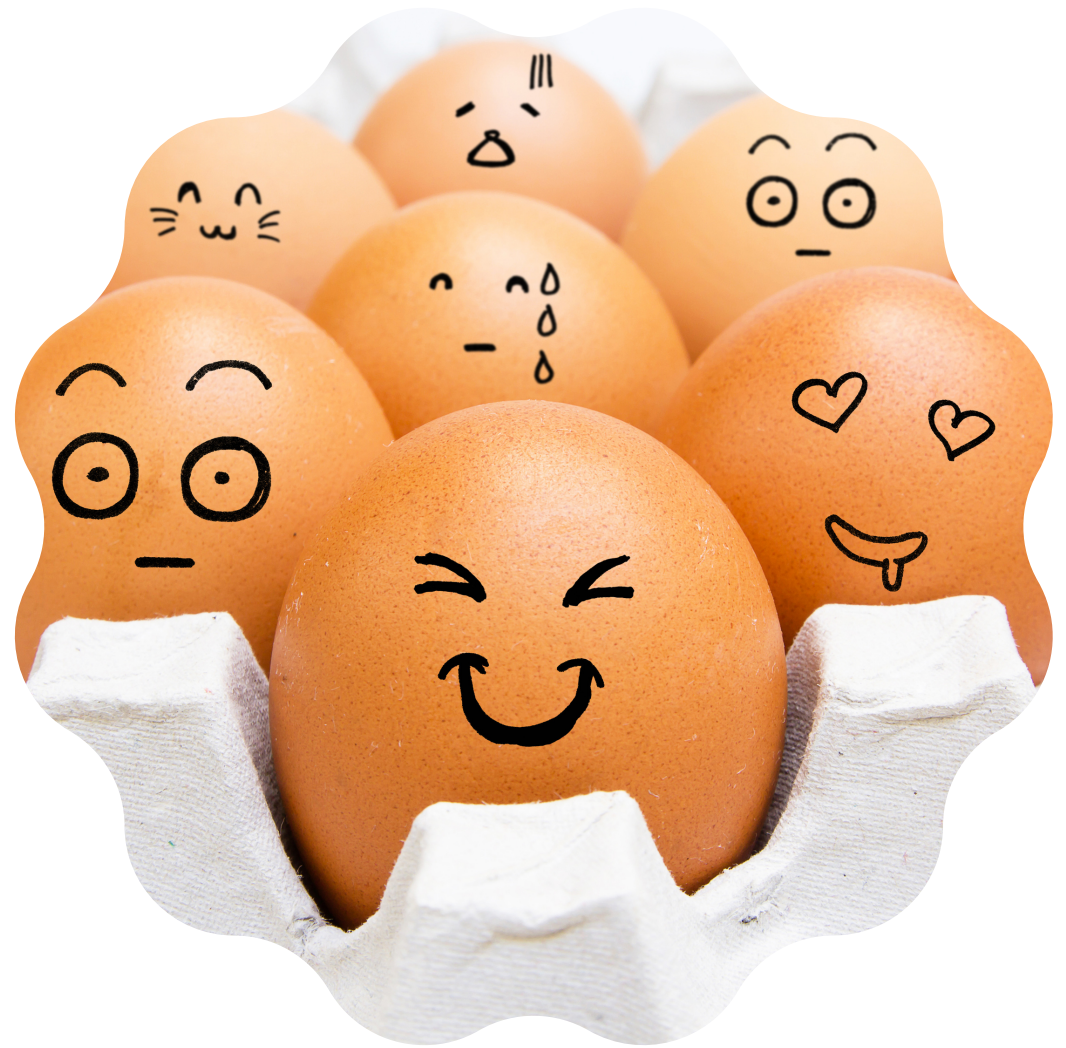




**Today I learnt
about
different
feelings.**



Mental Health - Emotions Kit





**Today I learnt
about being
active.**



Mental Health - Physical Activity Kit





**Today I learnt
about the
importance of what
and how much I
drink.**



Healthy Eating - Water & Sugary Drinks Kit





**Today I learnt
about growing
healthy food at
home.**



Healthy Eating - Growing Food Kit

