

How do you brush your teeth?

BASICS
by WELLNESS HUB



Apply toothpaste, brush all sides of your teeth, rinse your mouth, and clean your brush.

How do you comb your hair?

BASICS
by WELLNESS HUB



Start at the ends, work your way up, and make sure there are no tangles.

How do you get dressed in the morning?

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by WELLNESS HUB



Choose your clothes, put them on, and fasten buttons or zippers.

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by WELLNESS HUB

How do you pack your school bag?

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by WELLNESS HUB



Put books, notebooks, and supplies in your bag, and don't forget your lunchbox.

How do you tie your shoes?

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by WELLNESS HUB



Cross the laces, make a loop, wrap the lace around, and pull it tight.

How do you wash your hands?

BASICS
by WELLNESS HUB



Wet your hands, apply soap, scrub for 20 seconds, rinse, and dry with a towel.

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by WELLNESS HUB

How do you eat your breakfast?

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by WELLNESS HUB



Sit at the table, use your spoon or fork, and take small bites.

How do you take a shower?

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by WELLNESS HUB



Turn on the water, wet your body, use soap, rinse, and dry off with a towel.

How do you fold your clothes?

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by WELLNESS HUB



Lay them flat, fold the sleeves, and fold them into neat rectangles.

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How do you write your homework?

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by WELLNESS HUB



**Open your notebook,
read the instructions, and
complete the task neatly.**

How do you clear your plate after eating?

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by WELLNESS HUB



**Pick up your plate, carry it
to the sink, and rinse it.**

How do you take care of your pets in the morning?

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by WELLNESS HUB



**Give them food, fresh
water, and a quick cuddle.**

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How do you say goodbye before leaving for school?

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by WELLNESS HUB



**Hug or wave, say goodbye,
and head out.**

How do you get ready for bed?

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by WELLNESS HUB



**Brush your teeth, wash
your face, change into
pajamas, and get into
bed.**

How do you set your alarm for the next morning?

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by WELLNESS HUB

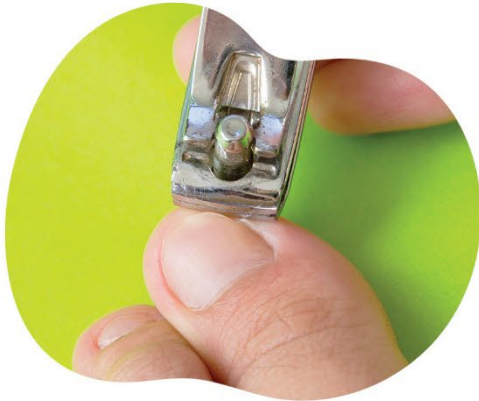


**Turn on the alarm, set the
time, and place it where
you can hear it.**

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by WELLNESS HUB

How do you trim your nails?

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by WELLNESS HUB



Use nail clippers, cut your nails carefully, and smooth the edges with a file.

How do you wash your face?

BASICS
by WELLNESS HUB



Wet your face, apply face wash or soap, scrub gently, rinse, and pat dry with a towel.

How do you blow your nose?

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Use a tissue, cover your nose, blow gently, and throw the tissue in the trash.

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How do you use hand sanitizer?

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by WELLNESS HUB



Squeeze a small amount onto your hands, rub them together until dry.

How do you clean your toothbrush?

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by WELLNESS HUB



Rinse it under running water and let it air dry.

How do you wash your clothes?

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by WELLNESS HUB



Sort them by color, put them in the washer, add detergent, and start the machine.

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How do you apply a bandage?

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by WELLNESS HUB



Clean the wound, open the bandage, place it over the cut, and press gently to stick.

How do you wipe your mouth after eating?

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by WELLNESS HUB



Use a napkin or tissue and wipe gently.

How do you wash your feet after playing outside?

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by WELLNESS HUB



Rinse with water, scrub with soap, and dry with a towel.

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How do you make a sandwich?

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by WELLNESS HUB



Take two slices of bread, spread butter or filling, and place them together.

How do you spread butter on bread?

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by WELLNESS HUB



Take a butter knife, scoop some butter, and spread it evenly on the bread.

How do you cut a fruit like an apple?

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by WELLNESS HUB



Wash the apple, place it on a cutting board, and cut it into slices with a knife.

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How do you bake cookies?

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by WELLNESS HUB



Mix the dough, shape it into cookies, place them on a tray, and bake in the oven.

How do you mix a salad?

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by WELLNESS HUB



Wash the vegetables, chop them, place them in a bowl, and toss with dressing.

How do you peel a banana?

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by WELLNESS HUB



Hold the top, pull down the peel, and remove it completely.

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How do you make pancakes?

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by WELLNESS HUB



Mix the batter, pour it onto a hot pan, flip it, and cook both sides.

How do you cut a slice of cake?

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by WELLNESS HUB



Use a knife to cut a slice and place it on a plate with a spatula.

How do you make toast?

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by WELLNESS HUB



Place bread in a toaster, wait for it to pop up, and spread butter or jam.

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How do you organize your school bag?

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by WELLNESS HUB



Place books, notebooks, and supplies in their designated spots and check for essentials.

How do you sharpen a pencil?

BASICS
by WELLNESS HUB



Insert the pencil into a sharpener, turn it gently, and check if it's sharp enough.

How do you raise your hand in class?

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by WELLNESS HUB



Sit straight, lift your hand high, and wait for the teacher to call on you.

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How do you read a book in the library?

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by WELLNESS HUB



Choose a book, find a quiet spot, and read quietly without disturbing others.

How do you prepare for a test?

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by WELLNESS HUB



Review your notes, practice problems, and ask questions about anything unclear.

How do you draw a picture for a class project?

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by WELLNESS HUB



Plan your drawing, sketch it lightly, and color it neatly.

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How do you participate in a group discussion?

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by WELLNESS HUB



Listen to others, share your ideas, and wait for your turn to speak.

How do you memorize a poem or speech?

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by WELLNESS HUB



Read it multiple times, practice saying it out loud, and break it into parts.

How do you draw a picture of a house?

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by WELLNESS HUB



Start with a square for the base, add a triangle for the roof, and draw windows and doors.

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How do you make a paper airplane?

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by WELLNESS HUB



Fold a piece of paper in half, shape the nose, and fold the wings evenly.

How do you make a greeting card?

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by WELLNESS HUB



Fold a piece of paper, decorate the front, and write a message inside.

How do you make a clay model?

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by WELLNESS HUB



Shape the clay with your hands, use tools for details, and let it dry or bake as needed.

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by WELLNESS HUB

How do you make a paper flower?

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by WELLNESS HUB



Cut out petals, fold or shape them, and attach them to a stem made of a stick or rolled paper.

How do you make a paper mask?

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by WELLNESS HUB



Cut out a face shape, add holes for the eyes, and decorate it with colors and patterns.

How do you make a handprint painting?

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Paint your hand, press it onto paper, and decorate the print.

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by WELLNESS HUB

How do you make a new friend?

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by WELLNESS HUB



Say hello, introduce yourself, ask their name, and start a conversation.

How do you share your toys with others?

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by WELLNESS HUB



Offer the toy, take turns using it, and play together.

How do you say thank you?

BASICS
by WELLNESS HUB



Look at the person, smile, and say "Thank you" clearly.

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by WELLNESS HUB

How do you show respect when someone is speaking?

BASICS
by WELLNESS HUB



**Look at them, stay quiet,
and listen carefully.**

How do you apologize when you make a mistake?

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by WELLNESS HUB



**Say "I'm sorry," explain
what happened, and
promise to do better.**

How do you say goodbye to a friend?

BASICS
by WELLNESS HUB



**Smile, wave, and say,
"Goodbye, see you later!"**

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How do you show empathy to a friend who is upset?

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Listen to them, say "I understand how you feel," and offer support.

How do you play basketball?

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by WELLNESS HUB



Dribble the ball, pass it to teammates, and shoot it into the hoop to score points.

How do you play hide and seek?

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by WELLNESS HUB



One person counts to a number while others hide, and the seeker looks for them.

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How do you play chess?

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by WELLNESS HUB



Move pieces according to their rules, and try to capture the opponent's king.

How do you play frisbee?

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by WELLNESS HUB



Throw the frisbee to a partner, and they catch it and throw it back.

How do you play tug-of-war?

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by WELLNESS HUB



Hold onto a rope, pull in your direction, and try to bring the other team over the line.

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by WELLNESS HUB

How do you plant a seed?

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by WELLNESS HUB



Dig a small hole, place the seed inside, cover it with soil, and water it.

How do you water a garden?

BASICS
by WELLNESS HUB



Use a watering can or hose, and gently pour water over the soil around the plants.

How do you catch a butterfly?

BASICS
by WELLNESS HUB



Use a butterfly net gently and release it carefully after observing.

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by WELLNESS HUB

How do you build a sandcastle?

BASICS
by WELLNESS HUB



Wet the sand, scoop it into shapes, and stack and decorate it.

How do you start a campfire (with adult supervision)?

BASICS
by WELLNESS HUB



Gather dry sticks, arrange them in a pile, and light it carefully with a match.

How do you catch fish?

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by WELLNESS HUB



Bait the hook, cast the line, and reel in the fish carefully.

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How do you solve a puzzle?

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by WELLNESS HUB



Look at the picture on the box, find the corner pieces, and fit similar shapes together.

How do you fix a toy that isn't working?

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by WELLNESS HUB



Check if it needs new batteries or if something is stuck, and ask for help if needed.

How do you build a tower with blocks?

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by WELLNESS HUB



Start with a strong base, stack blocks carefully, and balance the structure.

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How do you decide what to wear for the day?

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by WELLNESS HUB



Check the weather, think about the occasion, and pick clothes that match.

How do you work together in a group project?

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by WELLNESS HUB



Divide tasks fairly, share ideas, and listen to everyone in the group.

How do you follow instructions for a new activity?

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by WELLNESS HUB



Read or listen carefully, and follow each step in order.

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How do you solve a riddle?

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by WELLNESS HUB



Think about the clues, consider different meanings, and try to figure out the answer.

How do you untangle a knot in a string?

BASICS
by WELLNESS HUB



Look for the loosest part, pull gently, and work step by step to untie it.

How do you organize your toys or books?

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by WELLNESS HUB



Sort them by type or size, and place them neatly on shelves or in boxes.

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by WELLNESS HUB

How do you pack a bag for a trip?

BASICS
by WELLNESS HUB



Make a list, gather your items, fold your clothes, and pack them neatly.

How do you find your seat on a plane?

BASICS
by WELLNESS HUB



Look at your boarding pass, check the seat number, and follow the row numbers.

How do you read a map?

BASICS
by WELLNESS HUB



Find your location, look for landmarks, and follow the directions to your destination.

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by WELLNESS HUB

How do you check in at an airport?

BASICS
by WELLNESS HUB



Show your ticket and ID at the counter, check your luggage, and get your boarding pass.

How do you fasten a seatbelt?

BASICS
by WELLNESS HUB



Pull the strap across your lap, click it into the buckle, and adjust it snugly.

How do you prepare for a long flight?

BASICS
by WELLNESS HUB



Pack snacks, entertainment, and a travel pillow, and wear comfortable clothes.

BASICS
by WELLNESS HUB

How do you follow traffic signals?

BASICS
by WELLNESS HUB



Watch the lights, stop at red, go at green, and slow down at yellow.

How do you travel safely on a boat?

BASICS
by WELLNESS HUB



Wear a life jacket, hold onto the railings, and listen to the captain's instructions.

How do you cross the street safely?

BASICS
by WELLNESS HUB



Look both ways, wait for the signal, and use a crosswalk.

BASICS
by WELLNESS HUB

How do you use a fire extinguisher?

BASICS
by WELLNESS HUB



Pull the pin, aim at the base of the fire, squeeze the handle, and sweep side to side.

How do you stay safe near water?

BASICS
by WELLNESS HUB



Wear a life jacket, hold onto the railings, and listen to the captain's instructions.

How do you perform basic first aid for a cut?

BASICS
by WELLNESS HUB



Clean the wound, apply pressure to stop bleeding, and cover it with a bandage.

BASICS
by WELLNESS HUB

How do you avoid choking while eating?

BASICS
by WELLNESS HUB



Chew your food thoroughly, eat small bites, and avoid talking while eating.

How do you stay safe in the kitchen?

BASICS
by WELLNESS HUB



Use oven mitts, avoid touching hot surfaces, and handle knives carefully.

How do you prevent slips and falls at home?

BASICS
by WELLNESS HUB



Keep floors dry, wear non-slip shoes, and tidy up clutter.

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by WELLNESS HUB

How do you stretch before running?

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by WELLNESS HUB



Stand tall, reach down to touch your toes, stretch your arms, and do light leg stretches.

How do you do a jumping jack?

BASICS
by WELLNESS HUB



Jump with your legs apart and your hands clapping above your head, then return to the starting position.

How do you do a push-up?

BASICS
by WELLNESS HUB



Lie face down, place your hands under your shoulders, and push your body up and down.

BASICS
by WELLNESS HUB

How do you balance on one leg?

BASICS
by WELLNESS HUB



Stand on one foot, keep your arms out for balance, and focus on a fixed point.

How do you skip rope?

BASICS
by WELLNESS HUB



Swing the rope over your head, jump as it passes under your feet, and repeat.

How do you cool down after exercising?

BASICS
by WELLNESS HUB



Walk slowly, take deep breaths, and do gentle stretches.

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by WELLNESS HUB