

When do we eat?

BASICS
by WELLNESS HUB



We eat when we're hungry.

When do we drink water?

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We drink water when we're thirsty.

When do we sleep?

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We sleep when we're tired.

When do we use an umbrella?

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We use an umbrella when it's raining.

When do we wash our hands?

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We wash our hands when they're dirty or before eating.

When do we turn on a flashlight?

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We turn on a flashlight when it's dark.

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When do we open a window?

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We open a window when we need fresh air.

When do we wear sunglasses?

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We wear sunglasses when it's sunny outside.

When do we use a bandage?

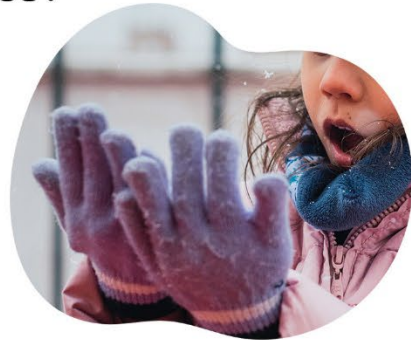
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We use a bandage when we have a cut or injury.

When do we wear gloves?

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We wear gloves when it's cold or when we want to protect our hands.

When do we clean our room?

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We clean our room when it's messy.

When do we use a towel?

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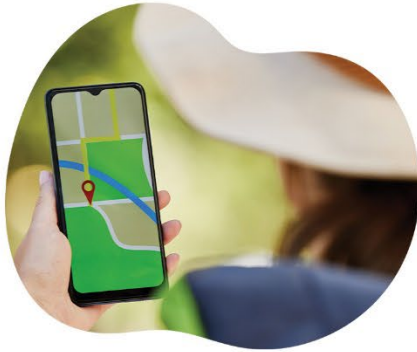


We use a towel when we're wet after a shower or swim.

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When do we use a map or GPS?

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We use a map or GPS when we're trying to find our way.

When do we use soap?

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We use soap when we're washing our hands or taking a shower.

When do we get an x-ray?

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We get an x-ray when a doctor needs to check for broken bones.

When do we wear a helmet?

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We wear a helmet when riding a bike or doing something risky.

When do we turn on a fan?

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We turn on a fan when it's hot.

When do we need a first aid kit?

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We need a first aid kit when there's a minor injury.

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When do we wear a swimsuit?

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We wear a swimsuit when we're swimming or at the beach.

When do we eat a snack?

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We eat a snack when we're a little hungry between meals.

When do we put on a scarf?

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We put on a scarf when it's cold or windy outside.

When do we close the windows?

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We close the windows when it's raining or very cold.

When do we bring a backpack?

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We bring a backpack when we're going to school or on a trip.

When do we pack a lunchbox?

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We pack a lunchbox when we're going to school.

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When do we wear a life jacket?

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We wear a life jacket when we're boating or swimming in deep water.

When do we use an ice pack?

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We use an ice pack when we have a bruise or swelling.

When do we need a raincoat?

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We need a raincoat when it's raining.

When do we use a thermos?

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We use a thermos when we want to keep a drink hot or cold.

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