

**When do you wash your hands?**

**BASICS**  
by WELLNESS HUB



**I wash my hands before eating, after using the restroom, or when they're dirty.**

**When do you brush your teeth?**

**BASICS**  
by WELLNESS HUB



**I brush my teeth in the morning after waking up and at night before going to bed.**

**When do you take a shower or bath?**

**BASICS**  
by WELLNESS HUB



**I take a shower or bath in the morning, evening, or after playing outside.**

**When do you wash your face?**

**BASICS**  
by WELLNESS HUB



**I wash my face in the morning, at night, or after getting dirty.**

**When do you use soap?**

**BASICS**  
by WELLNESS HUB



**I use soap when I wash my hands or take a shower.**

**When do you comb or brush your hair?**

**BASICS**  
by WELLNESS HUB



**I comb or brush my hair in the morning and after taking a bath.**

**BASICS**  
by WELLNESS HUB

**When do you clean your nails?**

**BASICS**  
by WELLNESS HUB



**I clean my nails when they're dirty or during a bath.**

**When do you put on clean clothes?**

**BASICS**  
by WELLNESS HUB



**I put on clean clothes after bathing or when my clothes are dirty.**

**When do you wash your clothes?**

**BASICS**  
by WELLNESS HUB



**I wash my clothes when they're dirty, usually once or twice a week.**

**When do you use a towel?**

**BASICS**  
by WELLNESS HUB



**I use a towel after taking a shower, washing my hands, or swimming.**

**When do you use a tissue?**

**BASICS**  
by WELLNESS HUB



**I use a tissue when I sneeze, blow my nose, or wipe something.**

**When do you trim your nails?**

**BASICS**  
by WELLNESS HUB



**I trim my nails when they're long or dirty, usually once a week.**

**BASICS**  
by WELLNESS HUB

**When do you wear deodorant?**

**BASICS**  
by WELLNESS HUB



**I wear deodorant after taking a shower or before going out.**

**When do you wash your feet?**

**BASICS**  
by WELLNESS HUB



**I wash my feet during a shower or after walking barefoot.**

**When do you stretch?**

**BASICS**  
by WELLNESS HUB



**I stretch in the morning, before exercising, or after sitting for a long time.**

**When do you wash your hair?**

**BASICS**  
by WELLNESS HUB



**I wash my hair during a shower, usually two or three times a week.**

**When do you use hand sanitizer?**

**BASICS**  
by WELLNESS HUB



**I use hand sanitizer when soap and water are not available.**

**When do you cover your mouth?**

**BASICS**  
by WELLNESS HUB



**I cover my mouth when I cough or sneeze.**

**BASICS**  
by WELLNESS HUB

**When do you go for a walk?**

**BASICS**  
by WELLNESS HUB



**I go for a walk in the morning, evening, or after meals.**

**When do you do yoga?**

**BASICS**  
by WELLNESS HUB



**I do yoga in the morning or evening to relax and stay fit.**

**When do you run or jog?**

**BASICS**  
by WELLNESS HUB



**I run or jog in the morning or evening when the weather is cooler.**

**When do you play sports?**

**BASICS**  
by WELLNESS HUB



**I play sports in the afternoon, evening, or during weekends.**

**When do you swim?**

**BASICS**  
by WELLNESS HUB



**I swim in the summer or during the afternoon when it's warm.**

**When do you dance?**

**BASICS**  
by WELLNESS HUB



**I dance during practice sessions, parties, or whenever I want to have fun.**

**BASICS**  
by WELLNESS HUB

**When do you do push-ups?**

**BASICS**  
by WELLNESS HUB



**I do push-ups during my workout routine, in the morning or evening.**

**When do you practice gymnastics?**

**BASICS**  
by WELLNESS HUB



**I practice gymnastics during scheduled training sessions or after school.**

**When do you play on the playground?**

**BASICS**  
by WELLNESS HUB



**I play on the playground in the afternoon or after school.**

**When do you do jumping jacks?**

**BASICS**  
by WELLNESS HUB



**I do jumping jacks during my warm-up or cardio workout.**

**When do you use a jump rope?**

**BASICS**  
by WELLNESS HUB



**I use a jump rope during playtime or as part of my exercise routine.**

**When do you take a nap?**

**BASICS**  
by WELLNESS HUB



**I take a nap in the afternoon when I feel tired.**

**BASICS**  
by WELLNESS HUB

**When do you go to bed?**

**BASICS**  
by WELLNESS HUB



**I go to bed at night when it's time to sleep.**

**When do you take deep breaths?**

**BASICS**  
by WELLNESS HUB



**I take deep breaths when I feel stressed or need to calm down.**

**When do you use a pillow and blanket?**

**BASICS**  
by WELLNESS HUB



**I use a pillow and blanket when I sleep at night or take a nap.**

**When do you relax with a book?**

**BASICS**  
by WELLNESS HUB



**I relax with a book in the evening or before going to bed.**

**When do you meditate?**

**BASICS**  
by WELLNESS HUB



**I meditate in the morning or evening to relax my mind.**

**When do you drink water to rehydrate?**

**BASICS**  
by WELLNESS HUB



**I drink water to rehydrate after exercising or when I'm thirsty.**

**BASICS**  
by WELLNESS HUB

**When do you listen to calming music?**

**BASICS**  
by WELLNESS HUB



**I listen to calming music when I want to relax or fall asleep.**

**When do you close your eyes for a few minutes?**

**BASICS**  
by WELLNESS HUB



**I close my eyes for a few minutes when I feel sleepy or need a short break.**

**When do you drink warm milk?**

**BASICS**  
by WELLNESS HUB



**I drink warm milk at night to help me sleep.**

**When do you rest your legs after standing for a long time?**

**BASICS**  
by WELLNESS HUB



**I rest my legs after standing for a long time to feel comfortable.**