

## Why do we wash our hands?

**BASICS**  
by WELLNESS HUB



**We wash our hands to remove dirt and germs and keep ourselves healthy.**

## Why do we brush our teeth?

**BASICS**  
by WELLNESS HUB



**We brush our teeth to keep them clean, prevent cavities, and have fresh breath.**

## Why do we eat breakfast?

**BASICS**  
by WELLNESS HUB



**We eat breakfast to give our bodies energy for the day and help us stay focused**

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by WELLNESS HUB

**Why do we wear pajamas at night?**

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by WELLNESS HUB



**We wear pajamas at night because they are comfortable and help us sleep better.**

**Why do we take a bath?**

**BASICS**  
by WELLNESS HUB



**We take a bath to clean our bodies, remove dirt and sweat, and feel fresh.**

**Why do we comb our hair?**

**BASICS**  
by WELLNESS HUB



**We comb our hair to keep it neat and free from tangles.**

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by WELLNESS HUB

**Why do we wake up in the morning?**

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by WELLNESS HUB



**We wake up in the morning because it is the start of a new day when we need to do important activities.**

**Why do we go to bed early?**

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by WELLNESS HUB



**We go to bed early to get enough sleep, so we feel fresh and ready for the next day.**

**Why do we clean our room?**

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**We clean our room to keep it neat, find our things easily, and live in a tidy space.**

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**Why do we use a pillow when we sleep?**

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by WELLNESS HUB



**We use a pillow when we sleep to support our head and neck for comfort.**

**Why do we use soap when taking a bath?**

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by WELLNESS HUB



**We use soap when taking a bath to remove dirt and germs from our skin.**

**Why do we wear socks with shoes?**

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by WELLNESS HUB



**We wear socks with shoes to keep our feet comfortable and prevent blisters.**

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**Why do we wear slippers at home?**

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by WELLNESS HUB



**We wear slippers at home to keep our feet warm and protect them from dirt.**

**Why do we take medicine when we are sick?**

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by WELLNESS HUB



**We take medicine when we are sick to help our body fight illness and recover.**

**Why do we drink water?**

**BASICS**  
by WELLNESS HUB



**We drink water to stay hydrated and keep our bodies working properly.**

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by WELLNESS HUB

## Why do we visit the doctor?

**BASICS**  
by WELLNESS HUB



**We visit the doctor to check our health and get treatment if we are sick.**

## Why do we exercise?

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by WELLNESS HUB



**We exercise to keep our body strong, improve fitness, and stay healthy.**

## Why do we get vaccinations?

**BASICS**  
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**We get vaccinations to protect our bodies from diseases.**

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by WELLNESS HUB

**Why do we cover our mouth when sneezing or coughing?**



**We cover our mouth when sneezing or coughing to stop germs from spreading.**

**Why do we cut our nails?**



**We cut our nails to keep them clean and prevent dirt from collecting.**

**Why do we eat healthy food?**



**We eat healthy food to keep our body strong and prevent sickness.**

**Why do we need to sleep at night?**

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by WELLNESS HUB



**We need to sleep at night so our body can rest and grow.**

**Why do we wear seatbelts in the car?**

**BASICS**  
by WELLNESS HUB



**We wear seatbelts in the car to stay safe in case of sudden stops or accidents.**

**Why do we look both ways before crossing the street?**

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by WELLNESS HUB



**We look both ways before crossing the street to make sure no vehicles are coming.**

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**Why do we wear helmets when riding a bike?**

**BASICS**  
by WELLNESS HUB



**We wear helmets when riding a bike to protect our heads if we fall.**

**Why do we hold hands with an adult in crowded places?**

**BASICS**  
by WELLNESS HUB



**We hold hands with an adult in crowded places to stay safe and not get lost.**

**Why do we stay away from fire?**

**BASICS**  
by WELLNESS HUB



**We stay away from fire because it can burn us and cause serious injuries.**

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by WELLNESS HUB

**Why do we use a pencil?**

**BASICS**  
by WELLNESS HUB



**We use a pencil to write and draw, and we can erase mistakes if needed.**

**Why do we need a clock?**

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by WELLNESS HUB



**We need a clock to tell time and organize our daily activities.**

**Why do we use an umbrella in the rain?**

**BASICS**  
by WELLNESS HUB



**We use an umbrella in the rain to stay dry.**

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by WELLNESS HUB

**Why do we eat fruits and vegetables?**

**BASICS**  
by WELLNESS HUB



**We eat fruits and vegetables because they are healthy and provide vitamins.**

**Why do we use a refrigerator?**

**BASICS**  
by WELLNESS HUB



**We use a refrigerator to keep food fresh.**

**Why do we use a plate when eating?**

**BASICS**  
by WELLNESS HUB



**We use a plate when eating to hold our food and keep the table clean.**

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by WELLNESS HUB

## Why do we go to school?

**BASICS**  
by WELLNESS HUB



**We go to school to learn new things and prepare for our future.**

## Why do we read books?

**BASICS**  
by WELLNESS HUB



**We read books to learn new information and enjoy stories.**

## Why do we listen to teachers?

**BASICS**  
by WELLNESS HUB



**We listen to teachers to learn and understand new things.**

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