

Why do we plant trees?

BASICS
by WELLNESS HUB



We plant trees because they provide oxygen, clean the air, and give shade and homes to animals.

Why do people wear glasses?

BASICS
by WELLNESS HUB



People wear glasses to help them see better if they have trouble seeing things clearly.

Why do we use ovens to cook food?

BASICS
by WELLNESS HUB



We use ovens to cook food because they heat food evenly and make it safe to eat.

BASICS
by WELLNESS HUB

Why do we need to drink water every day?

BASICS
by WELLNESS HUB



We need to drink water every day to keep our body hydrated and help our organs work properly.

Why do volcanoes erupt?

BASICS
by WELLNESS HUB



Volcanoes erupt when pressure builds up inside the Earth and molten rock, called magma, bursts out.

Why do we sneeze?

BASICS
by WELLNESS HUB



We sneeze to remove dust, germs, or irritants from our nose.

BASICS
by WELLNESS HUB

Why do we get tired when we don't sleep enough?

BASICS
by WELLNESS HUB



We get tired when we don't sleep enough because our body and brain need rest to function properly.

Why do we save money?

BASICS
by WELLNESS HUB



We save money so we can buy important things in the future or prepare for emergencies.

Why do we choose healthy food over junk food?

BASICS
by WELLNESS HUB



We choose healthy food over junk food because it helps our body grow and keeps us strong.

BASICS
by WELLNESS HUB

Why do we need to rest when we are sick?



We need to rest when we are sick to help our body recover and fight off germs.

Why do we make schedules?



We make schedules to manage our time better and make sure we complete important tasks.

Why do people compare prices before buying something?



People compare prices before buying something to find the best deal and save money.

Why do we think before making a decision?

BASICS
by WELLNESS HUB



We think before making a decision to choose the best option and avoid mistakes.

Why do we need to save water?

BASICS
by WELLNESS HUB



We need to save water because it is a limited resource, and we need it for drinking, cooking, and cleaning.

Why do we recycle plastic and paper?

BASICS
by WELLNESS HUB



We recycle plastic and paper to reduce waste, save natural resources, and protect the environment.

BASICS
by WELLNESS HUB

Why do we protect wild animals?

BASICS
by WELLNESS HUB



We protect wild animals because they are important for nature's balance, and many species are endangered.

Why do we plant flowers in our gardens?

BASICS
by WELLNESS HUB



We plant flowers in our gardens to make the environment beautiful and attract bees and butterflies.

Why do people use solar energy?

BASICS
by WELLNESS HUB



People use solar energy because it is a clean and renewable source of power that does not harm the environment.

BASICS
by WELLNESS HUB

Why do we turn off the tap while brushing our teeth?

BASICS
by WELLNESS HUB



We turn off the tap while brushing our teeth to save water and prevent waste.

Why do we use cloth bags instead of plastic bags?

BASICS
by WELLNESS HUB



We use cloth bags instead of plastic bags to reduce pollution and protect wildlife.

Why do we need forests?

BASICS
by WELLNESS HUB



We need forests because they provide oxygen, store carbon dioxide, and are home to many animals.

BASICS
by WELLNESS HUB

Why do we help others in need?

BASICS
by WELLNESS HUB



We help others in need because it is kind and makes the world a better place.

Why do we respect our elders?

BASICS
by WELLNESS HUB



We respect our elders because they have more life experience, and they take care of us.

Why do we donate clothes and toys to others?

BASICS
by WELLNESS HUB



We donate clothes and toys to others because it helps people who may not have enough.

BASICS
by WELLNESS HUB

Why do we stand in line and wait our turn?

BASICS
by WELLNESS HUB



We stand in line and wait our turn to be fair to everyone and avoid chaos.

Why do we share with others?

BASICS
by WELLNESS HUB



We share with others to be kind, make friends, and help everyone enjoy things.

Why do we forgive people?

BASICS
by WELLNESS HUB



We forgive people because holding onto anger makes us unhappy, and everyone makes mistakes.

BASICS
by WELLNESS HUB

Why do we clean up after ourselves in public places?

BASICS
by WELLNESS HUB



We clean up after ourselves in public places to keep the environment clean and show respect for others.

Why do we use less electricity?

BASICS
by WELLNESS HUB



We use less electricity to save energy and reduce pollution from power plants.

Why do we check the weather before going outside?

BASICS
by WELLNESS HUB



We check the weather before going outside to dress appropriately and plan our activities.

BASICS
by WELLNESS HUB