10

Healthy Habits for Kids







Limit Screen Use

Prioritize Sleep

Be Active



Read Daily



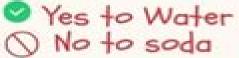
Eat lots of veggies/fruits



Take daily walks



Limit highly processed foodsdrinks





Practice having a growth Mindset



Practice good oral hygiene

Smart Ways To Stay Young And Healthy

Huangqi Zhang

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