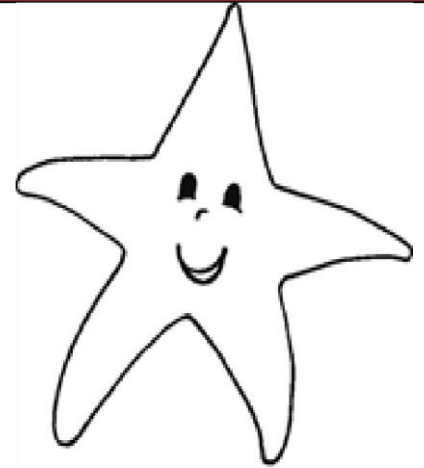


I am a Stretch-n-Grow-Star.

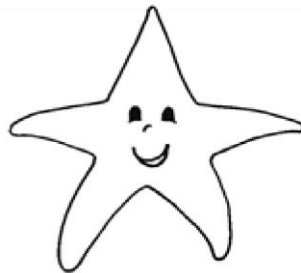
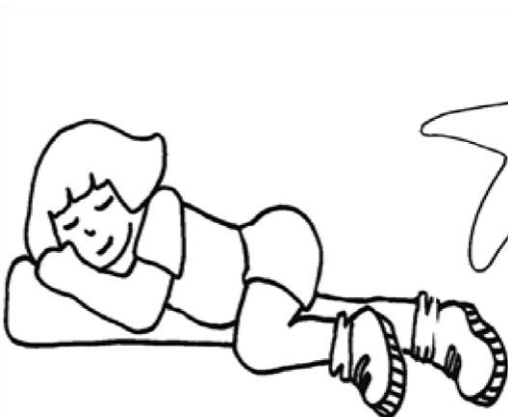


**I go to bed early every night.
I eat fruit and vegetables
because I know that its right.
I don't like germs
I'm neat and clean.**

I try to be nice, I don't want to be mean.

I like to be healthy and exercise every day.

Because I'm a STAR and its's the Stretch-n-Grow way!



Dear Parents & Carers, this is your child's handout from this week's lesson. We have talked about this and it is a great opportunity for you to share what they have learnt in class. Please feel free to colour, draw and mark make also on the reverse.



www.stretch-n-grow.co.uk

