





Use the magic words *I'm sorry *Please *Thank you

Stay fit *Do yoga or exercise for 15 min every day.

*Ask your mom-"May I help you"

Be grateful

*Pray to GOD every day.

Embrace the nature * Water your plants daily.

Help yourself *Learn to tie your shoe laces and to button your shirt.

Have a healthy diet *Eat a fruit and green veggies every day.

collect knowledge *Watch National geo kids.





