



EVS

Rest and sleep

After a busy day, our body needs rest.

We must relax for some time by doing activities like playing with friends and watching television.

Our body also needs proper sleep.

You should go to bed early.

Do not stay up late watching television.



Know more

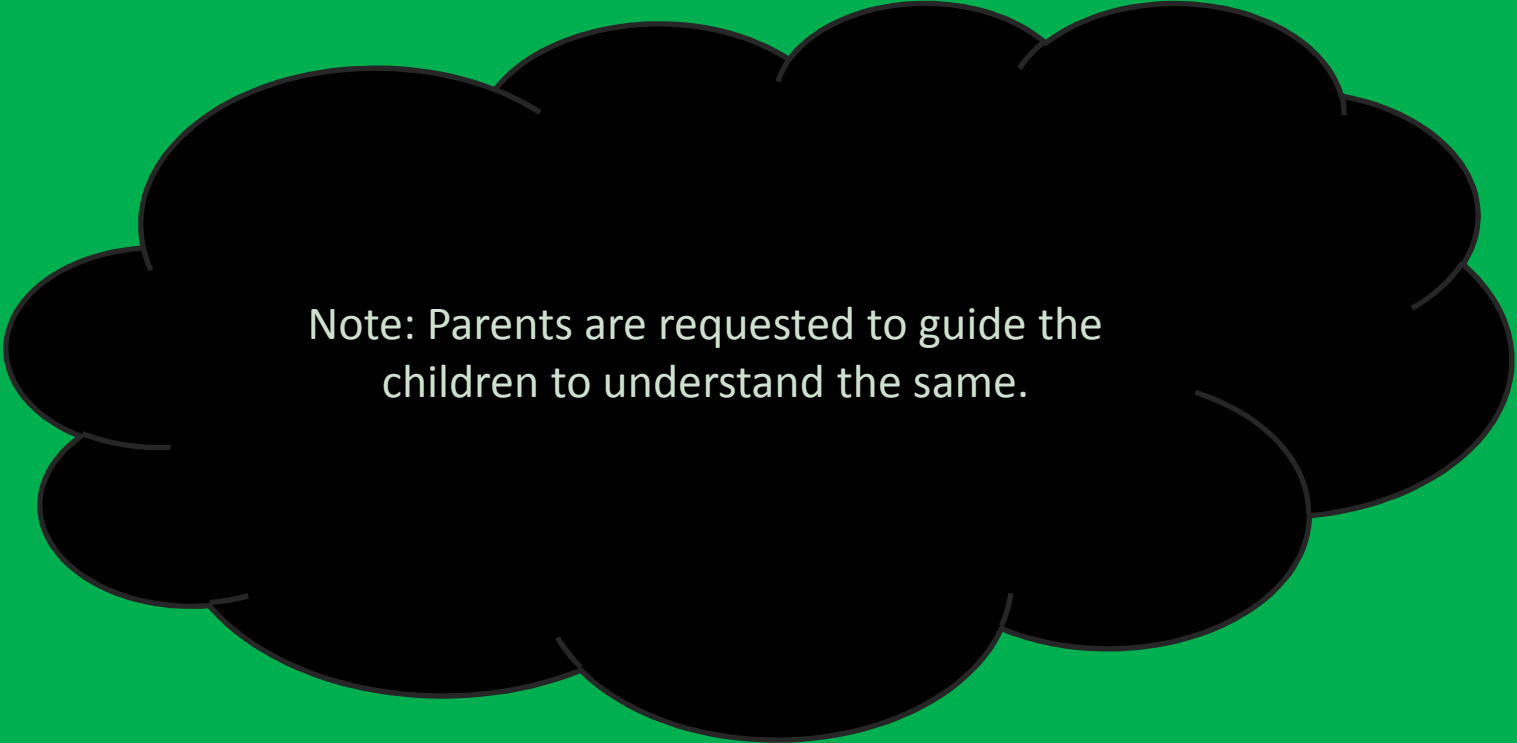
Young children like you need about 10 hours of sleep a day!



Quick check

Tick (✓) the activities you do to relax.





Note: Parents are requested to guide the children to understand the same.