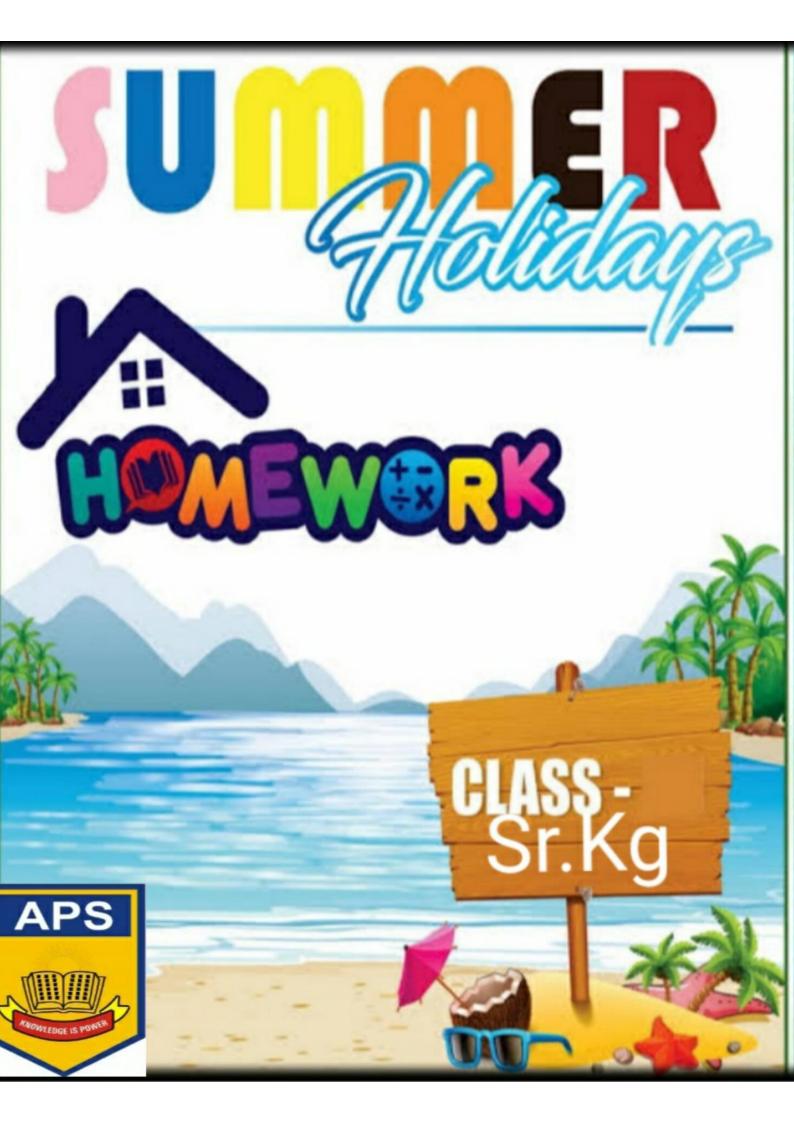
APS





SUMMER TIPS

Always carry a water bottle with you, even inside the house



Do your chores before lunchtime



Put away the toys after you are done playing



Read a book for 20 minutes



Write or draw for 10 minutes



Exercise for 30 minutes



Practise math for 10 minutes







