

Physical activity



Improve your balance and coordination

Move to



Let of steam



Feel good



Be fit



Walk



Dance



Play

Tips and tricks



Garden

And you, what are your tips and ideas?

Food



Discover



Enhance the 5 senses



Enjoy



Have energy

Eat to



Share



Propose without forcing



Vary recipes

Tips and tricks



Drink water



Adjust quantities



Promote conviviality

And you, what are your tips and ideas?

Screens



Be calm

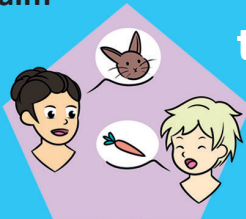


Imagine



Share time together

No screen time to



Communicate

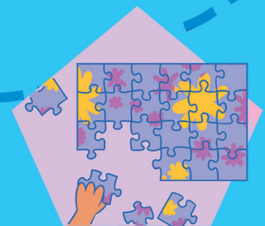


Go outside !



Read

Tips and tricks



Offer activities



Play



Chat

And you, what are your tips and ideas?

Sleep



Manage emotions



Be healthy



Grow up



Learn and memorize



Rest your body and mind

Sleeping to

Advices: Identify early signs of fatigue



Yawning



Nervousness



Tears



Close your eyes



Rub your eyes

Other tricks



Temperature between 18 to 20 degree C



Keep moving during the day



Read a story



No screen
No soda



Sleep enough

And you, what are your tips and ideas?