



EVERY DAY IS A NEW BEGINNING. TAKE A DEEP BREATH, SMILE AND START AGAIN

Every day we affect the lives of others we see, through our interactions, our actions and our words.

Every day is a chance to learn something new and create special memories.

SeeMore Says "It is all about balance"



With an increased use of technology in our daily lives, SeeMore believes there should be a balance between screen time and green time (time outside) as well as opportunities to play with non-electrical items. It is important for children to continue to build gross motor skills and explore their capabilities through; climbing, running, pushing, pulling and balancing, as well as manipulating small things with their hands, playing with toys, books, drawing, painting and playing with playdough, all are equally important for muscle and brain development while growing up.



SeeMore's tips for staying healthy



- Eat fresh fruit and vegetables
- Drink lots of water
- Play outdoors when you can
- Get enough sleep
- Practice good hygiene



The SeeMore Safety Program received funding from the Australian Government Department of Health.



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Sing the SeeMore Safety song when washing your hands. It takes about 20 seconds, just about the right time for washing your hands with soap and water. Listen to the SeeMore Safety song via this [LINK](#).
www.kidsfoundation.org.au/injury-prevention/seemore-safety

SeeMore's tips for staying calm

- Go outside, lie on the ground and watch the clouds
 - Find a quiet spot and watch the birds
- Listen to some rainforest or beach sounds from the internet
 - Try some yoga poses with an adult
 - If you are feeling worried give one of your favourite toys a cuddle



SeeMore's tips for staying connected



- Draw a picture for someone special, a grandparent, aunt, uncle or family friend
- Arrange a phone or video call to a relative or friend who you may not be able to visit
 - Make a gift for a special person



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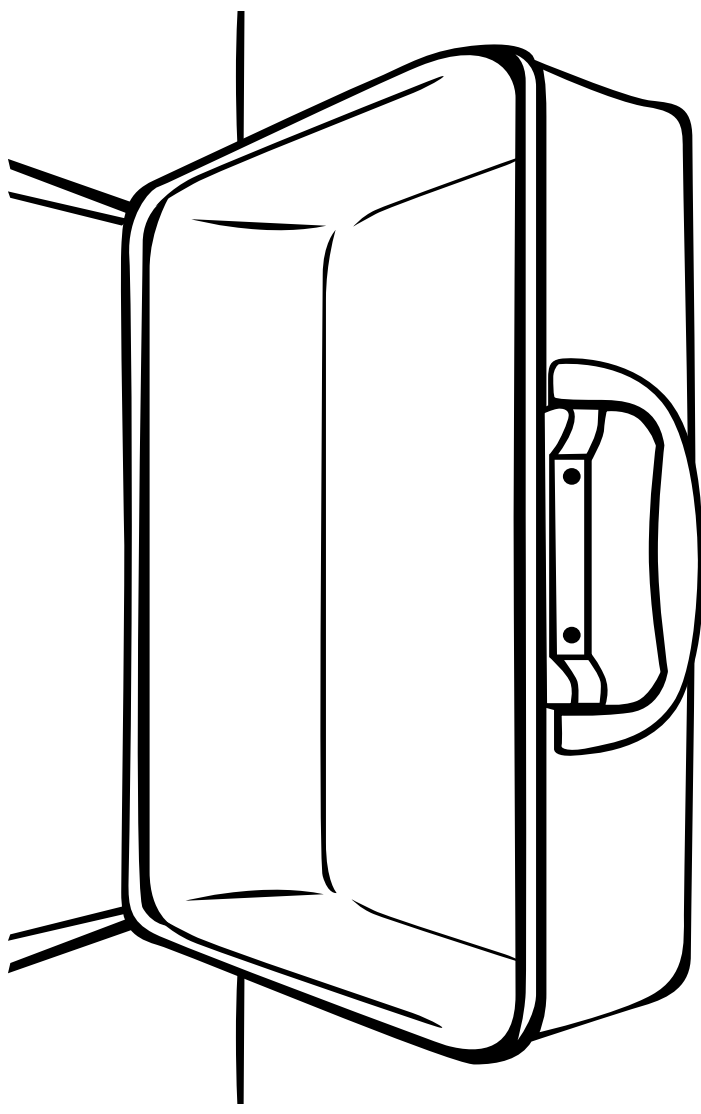
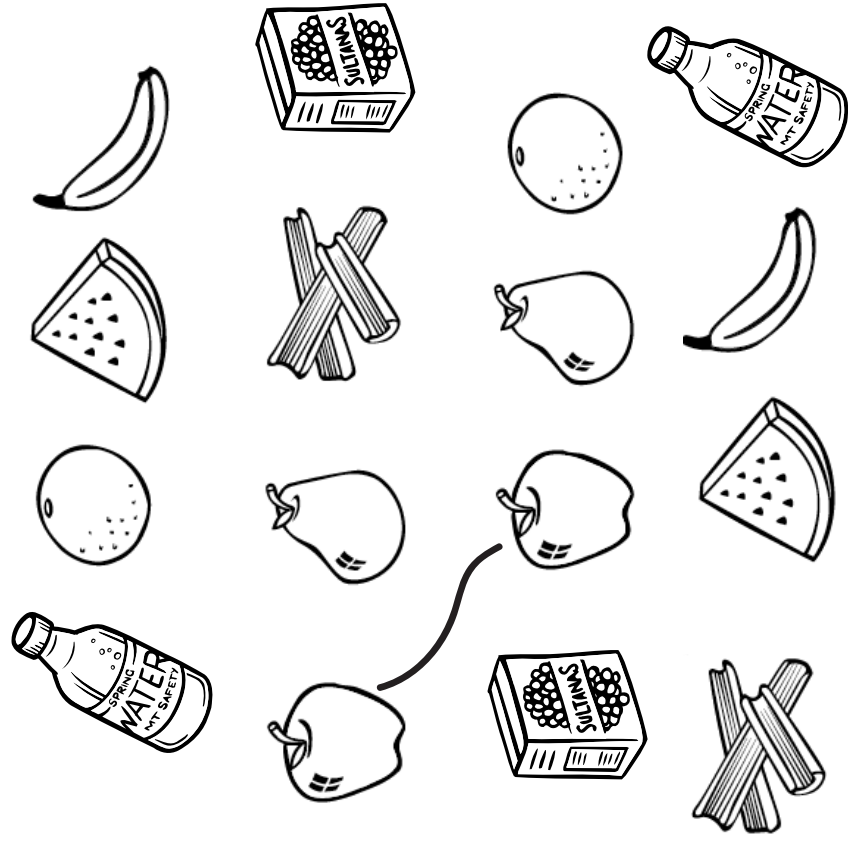
SEEMORE'S TIPS FOR STAYING HEALTHY



Eating fruit and vegetables and drinking lots of water helps us to keep our bodies healthy so we can build strength to fight off the germ bugs.

Draw a line to match the fruit.

Pick your favourites to go into your lunchbox.



SEEMORE'S TIPS FOR STAYING HEALTHY



Remember to wash your hands after playing with your pet.
Colour in SeeMore and a furry friend.

