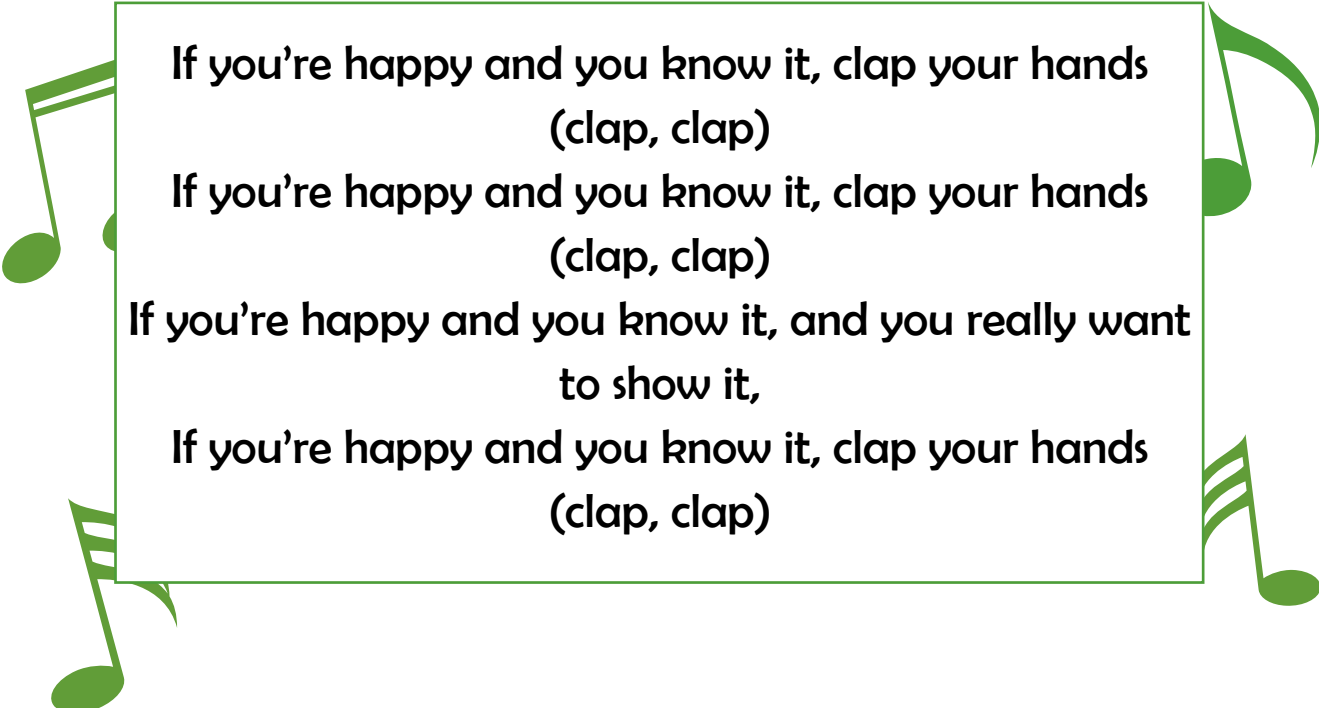


SDG 3: Good health and well-being



Sing the song



If you're happy and you know it, clap your hands
(clap, clap)

If you're happy and you know it, clap your hands
(clap, clap)

If you're happy and you know it, and you really want
to show it,

If you're happy and you know it, clap your hands
(clap, clap)

SDG 3: Good health and well-being



1 Match.

happy sad ~~angry~~ tired scared excited



...*angry*.....



.....



.....



.....



.....



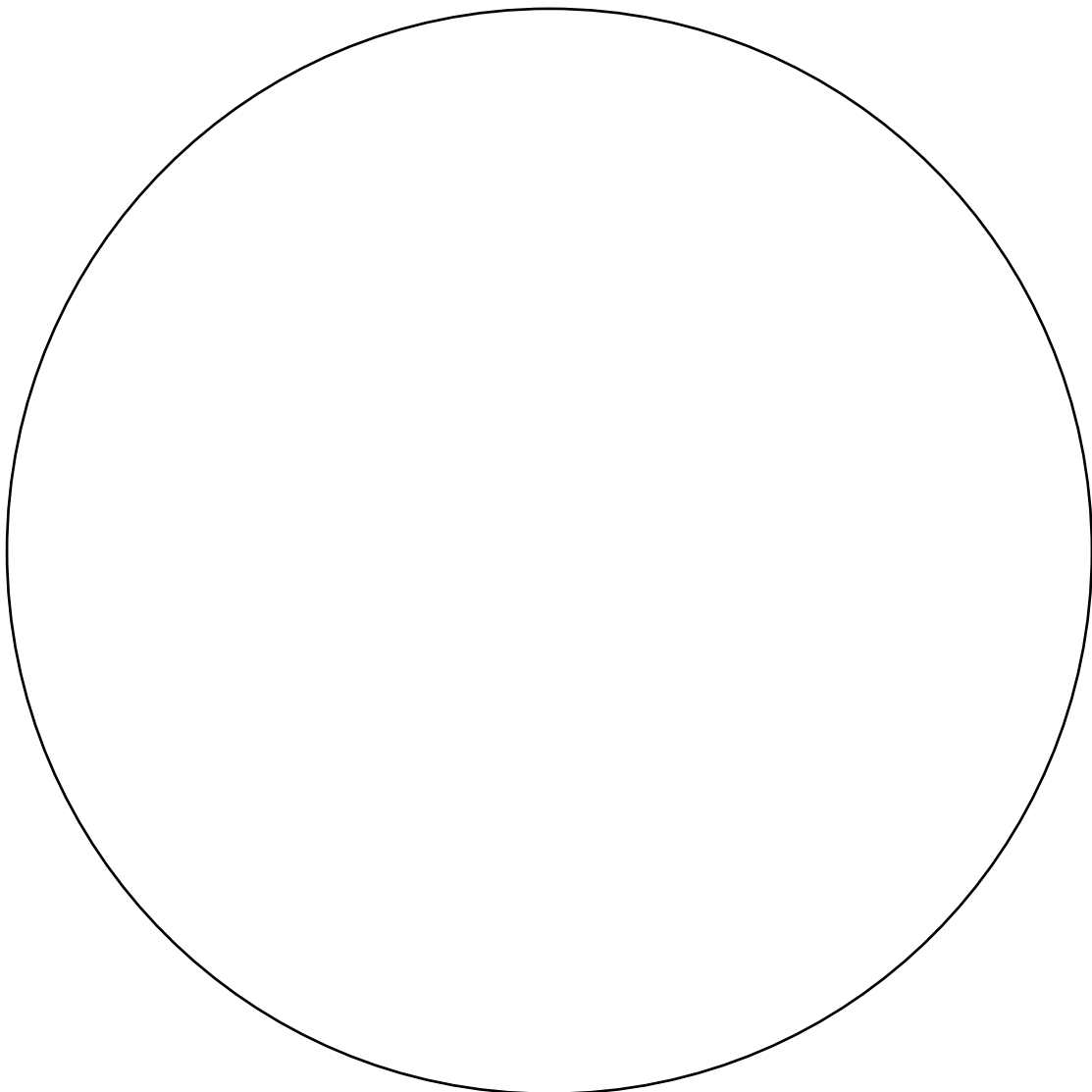
.....

SDG 3: Good health and well-being



2 Write and draw. 

How do you feel today?



I feel

SDG 3: Good health and well-being



1 Follow the instructions to make your stress ball. You will need:



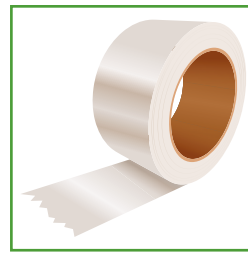
A balloon



A cup of rice



A sheet of paper



Sticky tape



A coloured marker

Step 1: Roll up the sheet of paper to make a cone. Make sure there is a small hole at one end. Fix the cone with sticky tape.

Step 2: Put the small end of the cone into the balloon.

Step 3: Pour the rice into the cone, slowly. Fill the balloon with the rice.

Step 4: Tie a knot in the balloon.

Step 5: Draw an emoji on your balloon.



Haz click <[AQUÍ](#)> para acceder a la imagen en formato digital

