



Daily Checklist & Tips
to keep our Head, Heart & Hands (Body)

UNITED, CONNECTED,
HEALTHY & HAPPY!

Education in Human Values

This 'Daily Checklist' contains 10 useful tips that we can practise every day in order to keep our Head, Heart and Hands united, connected, healthy & happy!



At least 30 minutes of daily **physical exercise** to keep your body healthy and fit. It can be indoors or outdoors. Anything ranging from sport, running, walking, yoga, etc.

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Make sure you give your body enough **sleep & rest** by respecting your sleeping hours and not getting too carried away with technology such as TVs, phones, tablets, computers, etc.



Dedicate some time to your personal studies. It could be practising your reading, reviewing your class work, doing your homework or researching further on a topic of your interest. Daily discipline is the key to meaningful knowledge and understanding.



Help your family at home taking responsibility with small tasks such as setting the table, cleaning up, making your own bed, etc.

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Spend some quality time with your family members. It can be a fun and joyful activity that makes you all laugh, smile and simply be together in the spirit of UNITY!



Dedicate time to yourself doing something you truly enjoy; it could be one of your hobbies or passions such as drawing, painting, singing, dancing, listening to music, playing an instrument, etc.



Keep in touch and **Speak to a relative or friend** (someone you do not interact with on a daily basis) to see how they are, to let them know that you care for them and to enjoy a pleasant chat. You can call different people on different days. Hearing your voice can make that person's day!



THANK
YOU!

Remember to “Express your Gratitude, that’s the best attitude!” by thanking your family, teachers, friends, nature and close surroundings for everything they do for you. This can be done through simple kind words, gestures and actions.




Lend a helping hand to someone who needs it without expecting to receive anything in return. Your support can really make a difference for them whilst also filling your heart with the true joy that comes from the *art of giving!*



Dedicate a few minutes in silence to think about and visualise the whole world, including human beings, animals, insects and nature. Send your love, positive energy and good thoughts to contribute to the happiness of all, especially those who are suffering. We are all ONE big family living on Planet Earth! Remember, our thoughts are vibrations and indeed a powerful source of transformation!

So, how many of these tips were
you able to follow today to keep...

UNITED, CONNECTED,
HEALTHY & HAPPY?

Hopefully you could place a  on all 10 points!
Remember, good habits shape a good character. 