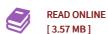




Healthy Me: Resting and Sleeping (Hardback)

By Katie Woolley

Hachette Children's Group, United Kingdom, 2018. Hardback. Condition: New. Ryan Wheatcroft (illustrator). Language: English. Brand New Book. How much sleep do I need? What happens when I sleep? Why do I dream? Will screen time affect my sleep? Why should I rest? The answers to these and many other questions about resting and sleeping can be discovered in this lively and informative series. The topics of fitness and fun are complemented by charming and humorous illustrations. This book is designed for children to begin to learn about the importance of being healthy, and the ways in which we can look after our bodies to keep fit and well. At the back are notes for parents and teachers that provide additional advice and support as well as further activity ideas and information. These titles support the science curriculum at Key Stage One and Key Stage 2, as well as PSHCE topics. The Healthy Me series is aimed at children aged from 5 and up to explain how people can keep fit and be healthy, forming habits that will last a life time. Other titles in the series are: Exercise and Play, Keeping Clean, Eating Well, Keeping Safe, Taking Medicines.



Reviews

This composed book is excellent. This really is for all who statte that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.

-- Cheyanne Barrows

The book is fantastic and great. I have go through and i also am certain that i will planning to read through once more once more down the road. Its been printed in an exceedingly simple way and is particularly simply after i finished reading through this publication through which really changed me, change the way i think.

-- Hank Powlowski

Other Kindle Books



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Gran s New Blue Shoes (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



400+ Funny Jokes: Funny Jokes for

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand ******.400+ Funny Jokes for Kids! Are you looking for a fun book to keep the kids entertained and happy? This funny...



Do This! Not That!: The Ultimate Handbook of Counterintuitive Parenting

Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Do This! Not That!: The Ultimate Handbook of Counterintuitive Parenting, Anna Glas, Ase Teiner, Malou Fickling, There are loads of books covering the basics of getting along with and disciplining children, but...



The Monster Next Door - Read it Yourself with Ladybird: Level

2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Monster Next Door - Read it Yourself with Ladybird: Level 2, The Monster Next Door, George wants to be a monster, just like his neighbour Green. Green wants be normal, just like...



Peppa Pig: Camping Trip - Read it Yourself with Ladybird: Level

2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Peppa Pig: Camping Trip - Read it Yourself with Ladybird: Level 2, Peppa Pig and her family are going on holiday in their camper van. Find out what happens when they get lost...



3-minute Animal Stories: A Special Collection of Short Stories for

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, 3-minute Animal Stories: A Special Collection of Short Stories for Bedtime, Nicola Baxter, Andy Everitt-Stewart, This is a very special selection of children's stories, specially devised to be read aloud in around 3 minutes,...