



Sabaragamuwa provincial Department of Education – Sati pasala

Health and Physical Education

2021-4 week

Grade - 6

Mawanella Zone

3. let us improve personality through posture.

Everybody wants to maintain a good body appearance. For that, it is very important to improve personal hygiene, appearance and maintain the correct posture.

1. Write down four characteristics that can measure a persona's appearance.

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2. Write down three things you need to do to maintain “**skin**”

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3. Write down three things we need to do keep our **hair** well.

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4. Write down three things you can do to keep your **nails** beautiful and healthy.

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5. Write down five actions we should take to protect our **mouth**.

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