



## Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 5 week

Grade - 6

Mawanella Education Zone  
Mrs. Thilini Deshapriya

### 3. Let us improve personality through posture.

❖ Answer the following questions.

01. Write down four characteristic that can measure a person's appearance.

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02. Write down three things you need to do to keep your skin healthy.

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

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04. What can we do to keep our nails healthy and beautiful?

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

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