



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.



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Reviews

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-- **Dr. Karelle Glover**

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-- **Jensen Bins**

Other eBooks



Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other cows, because she has a very special...



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...



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Book Condition: Brand New. Book Condition: Brand New.



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...



Daddyteller: How to Be a Hero to Your Kids and Teach Them What's Really by Telling Them One Simple Story at a Time

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.You have the power, Dad, to influence and educate your child. You can teach your child about a virtue or...



Sleeping Well (Healthy Kids)

Cherrytree Books, 2006. Hardcover. Book Condition: New. Next day dispatch from the UK (Mon-Fri). Please contact us with any queries.