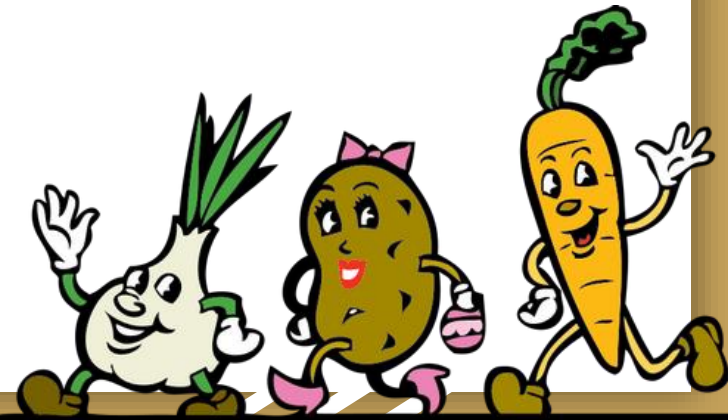


My healthy Day: SATURDAY



Natasza Sokotowska



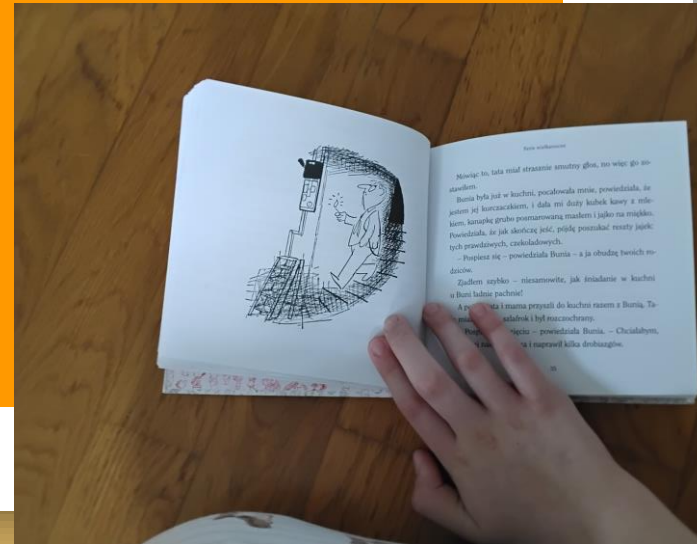
7:30

-I woke up

When I woke up I was still very sleepy. I tried to fall asleep, but I couldn't.

7:40, 8: 20, 10:00, 16:30, 18:00, 20:40
- I read

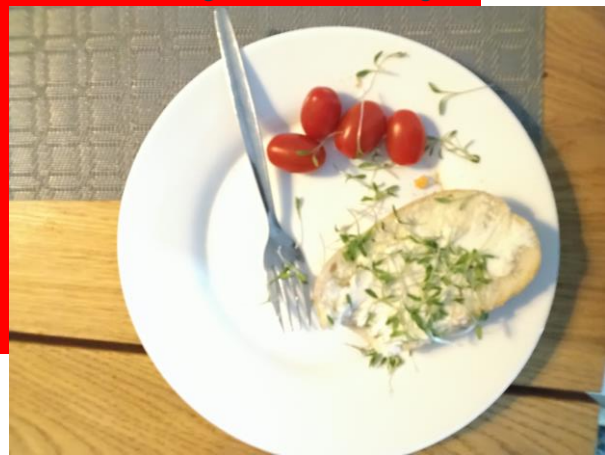
That day I read a lot, because I like to read. the books I read was
„Mikolajek” and „Narnia”



8:00

I ate breakfast

I wanted to eat porridge and apple, but I ate sandwich with cress, cottage cheese and tomatoes. My sandwich was delicious!



8:30

I dressed up and wash my teeth

I washed my teeth and chose clothes to wear. I got dressed in white t-shirt with cat and black snoopy trousers.



8:40

I drew

I drew a lot of different things: animals, fruits, peoples etc.



9:00

I painted my set „paint by numbers”

I decided to paint a set that I received for christmas. Set was beautiful, but hard to complete, so I was tired very fast.



12:30

I left house and went to the sport extra lessons

My extra lessons are difficult, but I like it very much. after that activity my hands always hurts



14:00

I finished my extra lessons

extra lessons finished! I was so tired, but I was happy. C:



14:15

I rested, because I was tired

I was very tired and I wanted to lay in my bed



15:00

I went for a walk

I wanted to go for the walk with my family, but I felt sick and I stayed at home.

I ate rice with champignons and, carrot and chicken for dinner. elier I planned to ate pasta with spinach, but I forgot to buy spinach.



*16:00
I ate dinner*

17:30

I learned the text of a song to the choir practise

I reminded myself to train text of the song, because I had to know it for monday.



20:00

I ate supper

I planned to ate scrambled egg for supper, but I ate sandwich with curd and tomatoes



20:20

I washed myself and my teeth

I washed myself and I was ready to sleep!



21:10

I fell asleep

I laid in the bed and I fell asleep

Thank you for your attention!

**Do not ask difficult questions
please ...**