



WELCOME KIDS



**GOOD
MORNING!**

**TODAY'S CLASS
ACTIVITY**





DATE : 22.10.2021

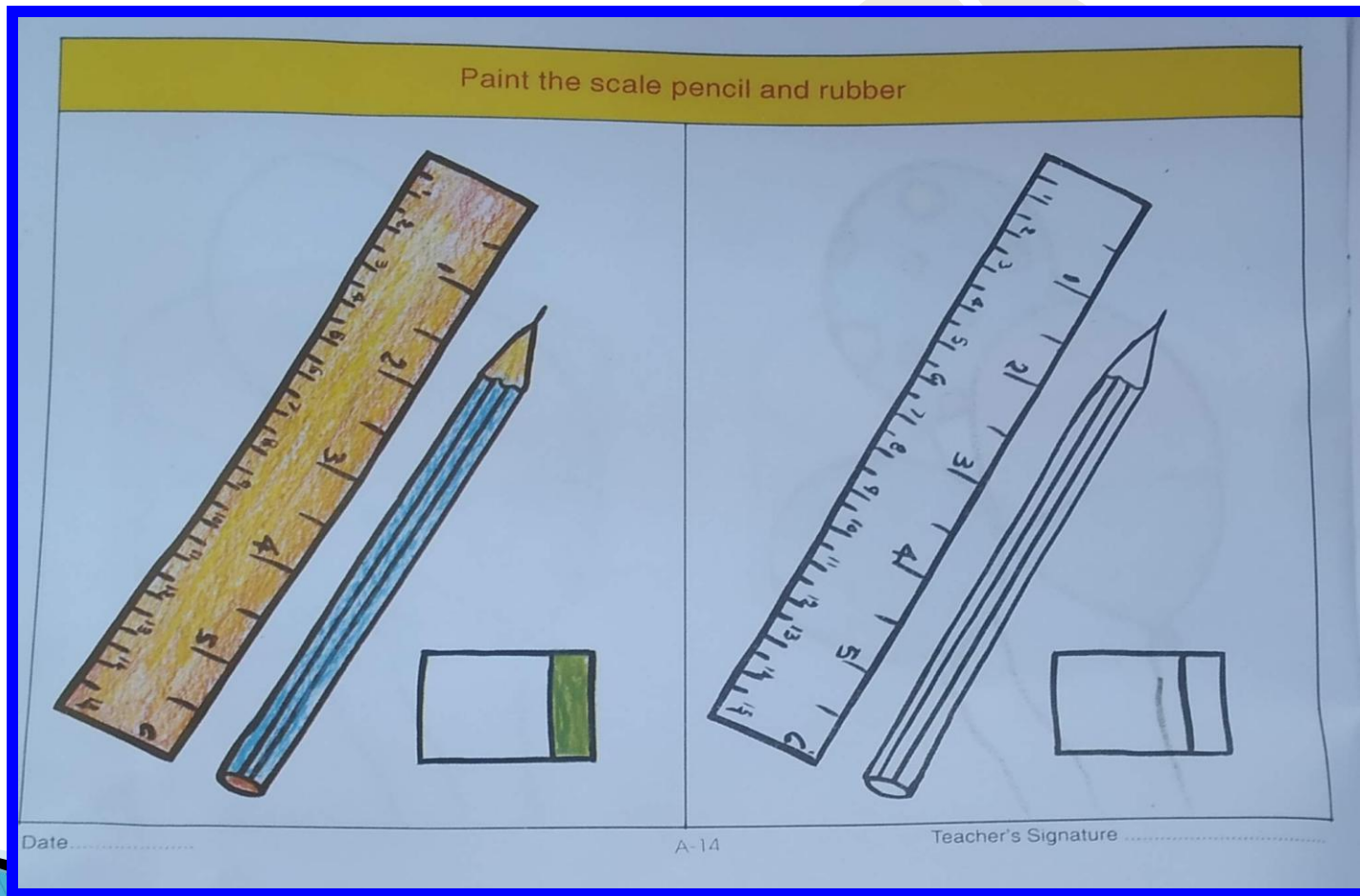
DAY : FRIDAY

PRE KG - ACTIVITY

WS NOTES -ACT 15-5 pages



Colouring:





Story time:



<https://youtu.be/8etPHlcfmnA>



Health tips:



Lemon Juice

Uses of
Lemon Juice

- Boosts immune system
- Aids in digestion
- increases concentration
- Flushes liver and kidneys
- Suppresses appetite
- Nausea, vomiting and travel sickness
- Prevent heart failure
- Help wounds to heal faster
- Help the body to remove toxins
- Infection
- Cough and cold
- Asthma
- Bone-related diseases
- Acne, spots and pimples
- Hair
- Radiation

lemon juice is well known for its antioxidants and anti-cancer properties and has been used for centuries

awomensclub.com



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