

We asked **PRE-SCHOOL CHILDREN** in Roscommon
WHAT THEY NEED TO BE *Happy & Healthy*

THIS IS WHAT THEY SAID...

& **HAPPY** **HEALTHY** *Volcano*

SOMETIMES

TREATS

SCREEN TIME

eating sweets



WE DON'T NEED THESE OFTEN
TO BE HAPPY & HEALTHY

OFTEN

Playing inside & Outside GOING FOR WALKS

Jumping in
PUDDLES
EXPLORING

PUZZLES
HAVING
Bubble
Baths



Playing with
GRANDPARENTS

ALWAYS

Drinking
WATER

Spending time with
MAMMY & DADDY

Laughing



Hugs

EVERYDAY

Eating fresh
FRUIT & VEG

STORYTIME

SLEEP

BRUSHING TEETH

FAMILY
Makes me Happy



Having
FUN



TICKLES
Blowing **BUBBLES**

This consultation process was undertaken with children attending a number of pre-schools in County Roscommon during 2017. These messages are intended to inform parents about what their pre-school aged children think will make them happier and healthier.

For information on fun family activities go to www.visitroscommon.com
For further information on this project please email caroline.duignan@tusla.ie