

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

STORYTIME

Eating fresh
FRUIT & VEG

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