



The International
School of Bombay

NURTURE • CHALLENGE • SUCCESS

Winter Wellness

*Winter's chill begins to grow,
The frost and winds put on a show.
Warmth and care, our daily quest,
For health and joy, we give our best.*

*Blankets, soups, and sunshine rays,
Keep us safe on winter days.
With every step, let's nurture health,
For winter's glow is nature's wealth.*





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Winter Wellness Tips

Stay Warm and Layer Up

Opt for wool, fleece, and thermal wear to stay cozy.

Boost Immunity

Include seasonal fruits like oranges and kiwis, rich in Vitamin C.

Stay Hydrated

Drink warm water or herbal teas to stay hydrated.

Practice Mindfulness

Take time to meditate or practice deep breathing to reduce stress.

Seek Sunshine

Step outside during sunny hours to soak in Vitamin D.

*Stay mindful, stay warm, and let this
winter be one of wellness and cheer*

