

Looking after Yourself

Draw two things you do to keep your body healthy.

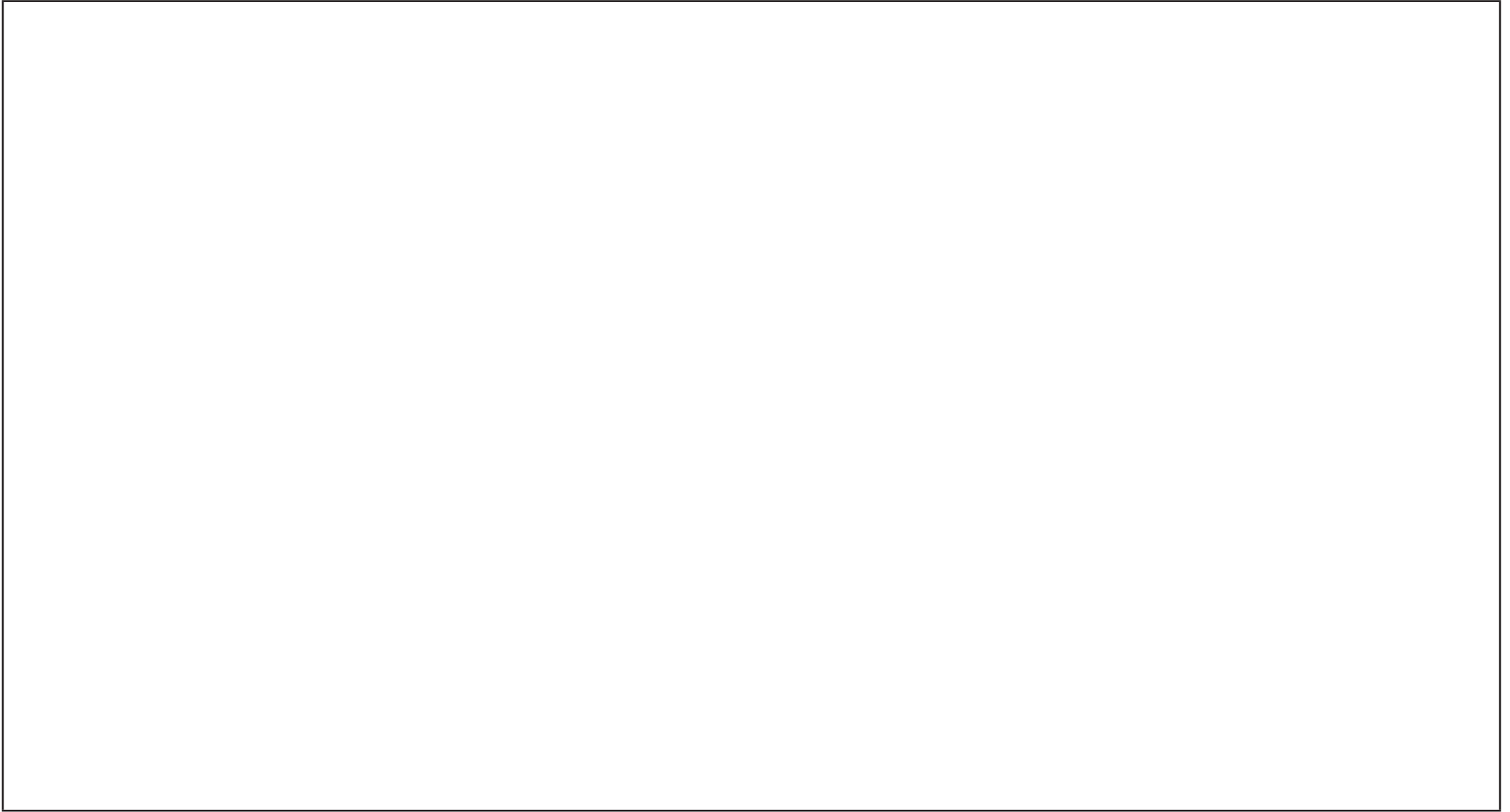
For example:



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Draw four of your favourite **healthy** foods.

Draw one thing that makes you smile and feel happy.

A large, empty rectangular box with a thin black border, intended for a child to draw a picture of something that makes them smile and feel happy.

Why is it important to look after yourself?

Why is it good to feel happy?

