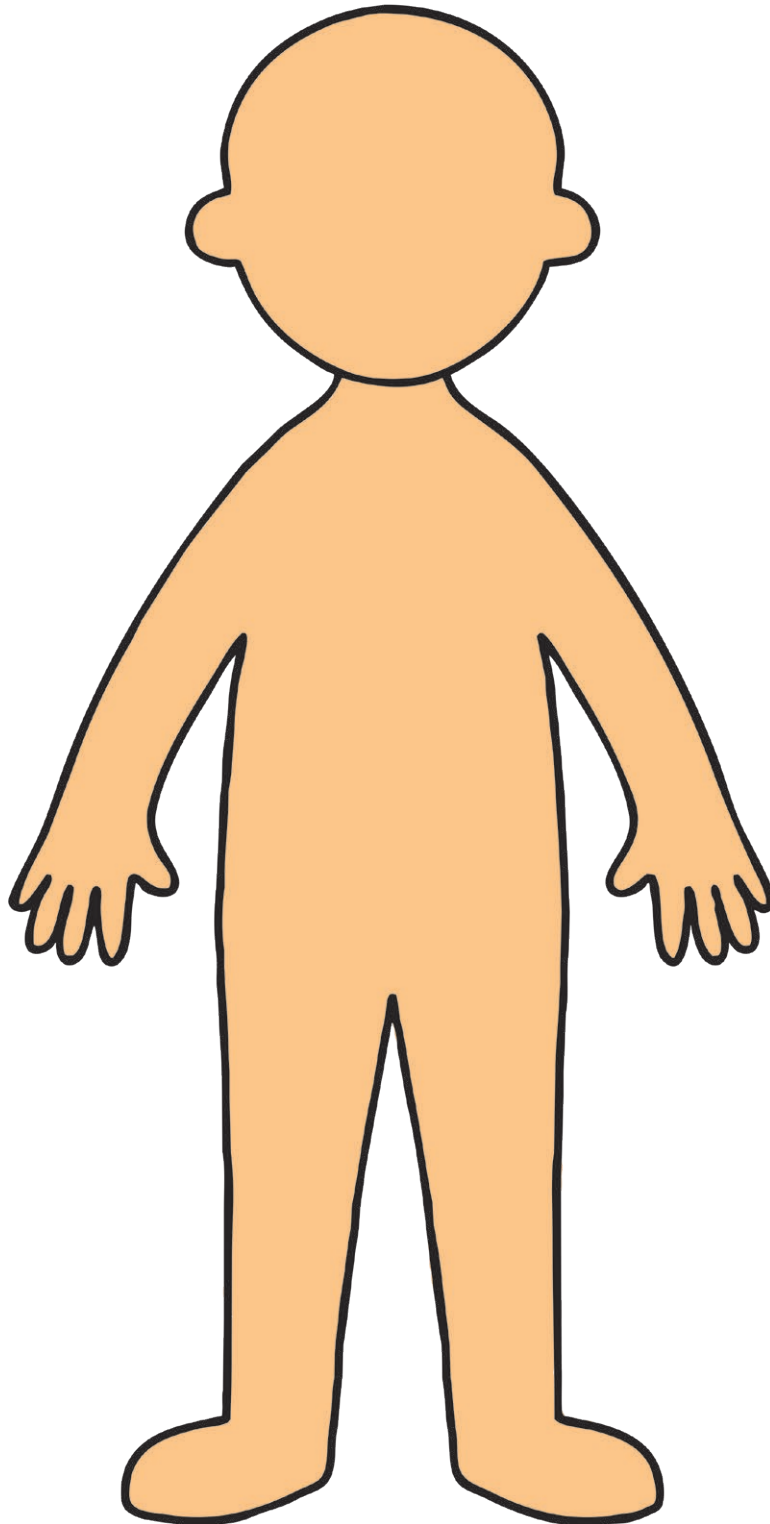


How Can I Look After Myself?

This activity will help you think about the different ways you can look after yourself. Read and answer the following questions.

What do you think your body needs to be healthy?

My body needs food and water to be healthy.



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What do you think your brain needs to be healthy?

'My brain needs to rest and get a good night's sleep.'



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What do you think you can do to keep your heart happy?

'I need to laugh with my friends.'

