



MY BODY IS KIND TO ME

Your body is amazing! It's **kind to you** in so many ways! To say “thanks” you should be **kind to your body**. Think of all the amazing things your body does for you. Then give your body a big hug!

With my nose I can:

With my arms I can:

With my ears I can:

With my hands I can:

With my eyes I can:

With my legs I can:

With my mouth I can:

With my feet I can: