

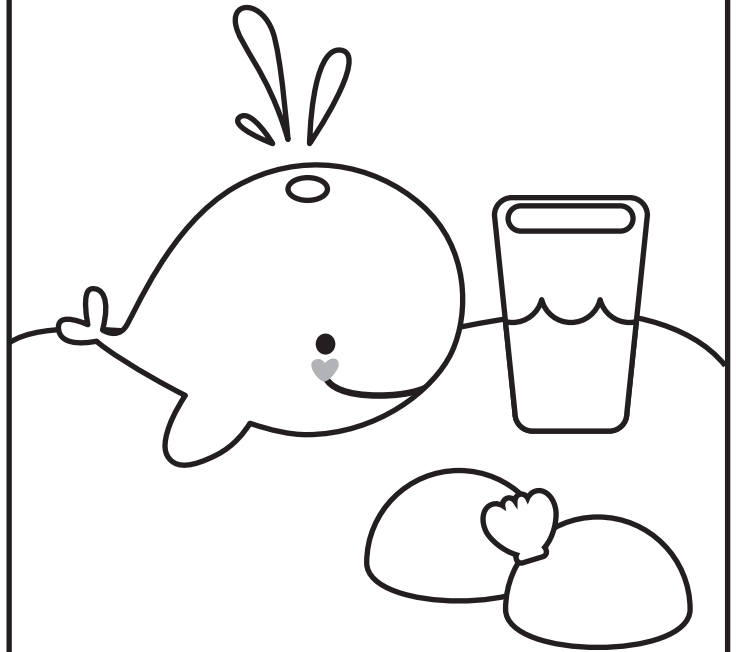
# BE KIND TO YOURSELF

LEARN TO BE KIND TO YOUR BODY.

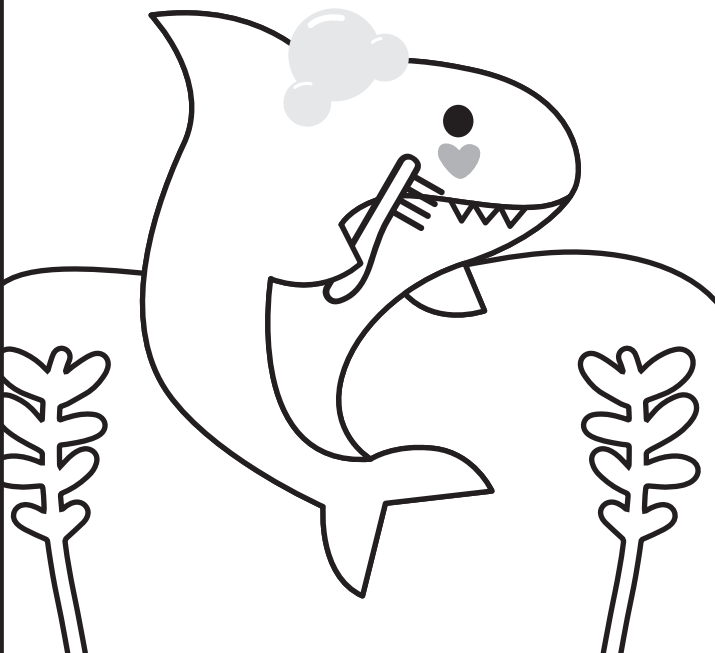
Exercise: running, jumping,  
dancing and playing!  
Outdoors is even better!



Drinking lots of water  
and eating healthy foods.



Washing your teeth, hair  
and taking a shower or bath.



Getting enough  
rest and sleep.

