

Looking After Yourself: What Can You Do to Make Sure You Feel Your Best?

There are lots of ways that we can look after **ourselves**, our **minds** and our **bodies** so that we feel great and ready to **play**, **explore** and **help others**.

How do you look after **yourself**, your **mind** and your **body**? Draw a picture of one of the ways you can look after yourself.



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There are lots of ways that we can look after **ourselves**, our **minds** and our **bodies** so that we feel great and ready to **play**, **explore** and **help others**.

How do you look after **yourself**, your **mind** and your **body**? In each box, complete the sentence and draw a picture of one of the ways you can look after yourself.



To look after yourself,
you should...

To look after yourself,
you should...



To look after yourself,
you should...



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There are lots of ways that we can look after **ourselves**, our **minds** and our **bodies** so that we feel great and ready to **play**, **explore** and **help others**.

How do you look after **yourself**, your **mind** and your **body**? Draw a picture in each box to match the sentence and show some of the different ways you can look after yourself.

To look after yourself, you need to talk to others about how you are feeling.

To look after yourself, you need to eat a balanced diet.

To look after yourself, you need to do some exercise.



To look after yourself, you need to look after your personal hygiene.

To look after yourself, you need to think about what you wear.

To look after yourself, you need to rest and sleep.

