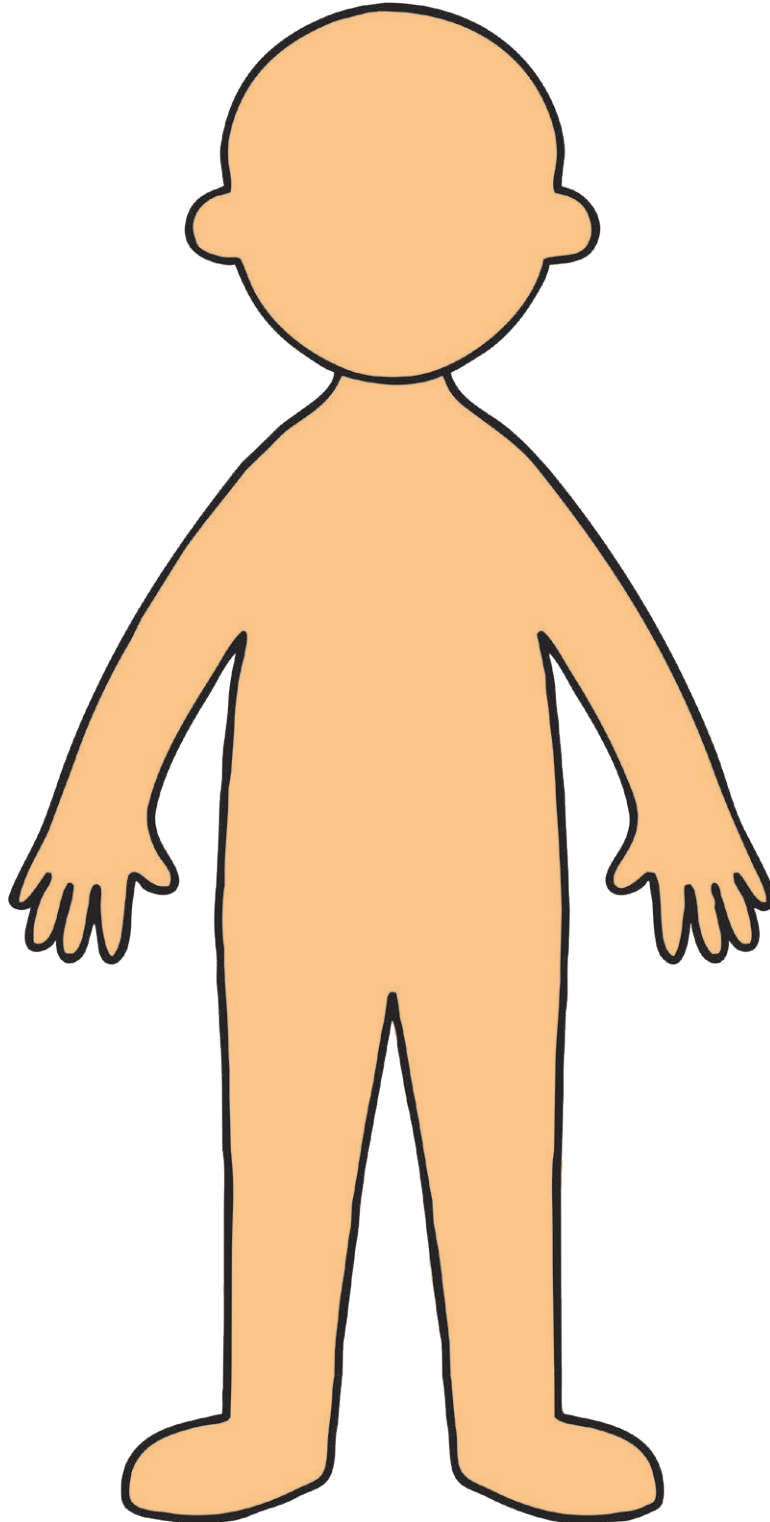


# How Can I Look After Myself?

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?**

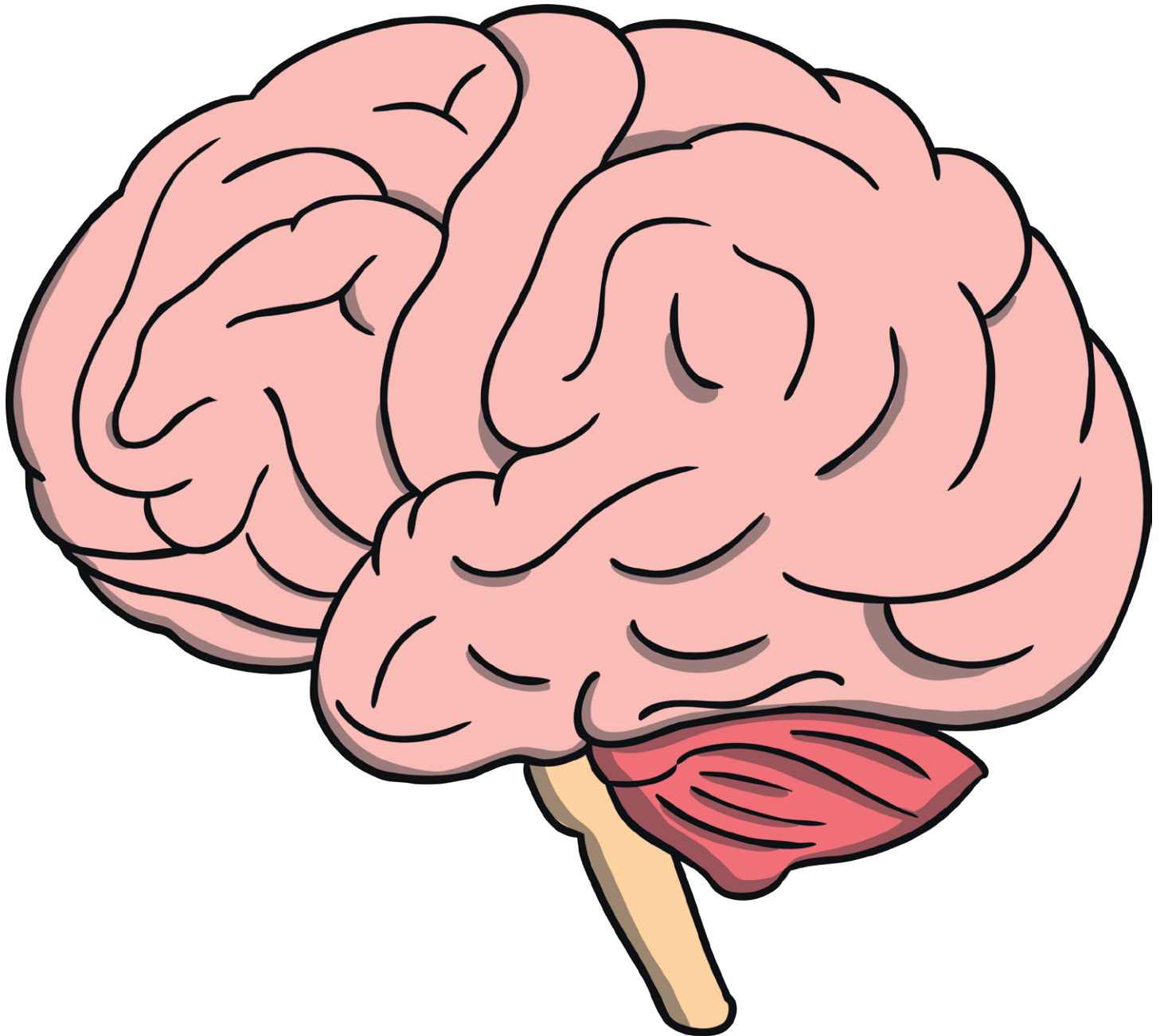
My body needs food and water to be healthy.



# How Can I Look After Myself?

What do you think your brain needs to be healthy?

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



# How Can I Look After Myself?

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

'I need to laugh with my friends.'

