

# HEALTHY

## from Health

Our bodies are gifts from God. He wants us to take good care of them. Let's learn the numbers they need to take good care of your body.



Your **THOUGHTS** make a big difference in how you feel! Thinking good things about yourself and others will help you feel happy and healthy. What's something you love about yourself?

You will be healthier and happier if you close those eyes and **SLEEP** well. Turn to page 34 for help getting enough sleep!

One of the most important things you can do to keep your body healthy is to eat good **FOOD**, like fruits and veggies! How many healthy foods can you name in one minute?

Don't forget your **TEETH**! Brush them every day and then use those pearly whites to **SMILE**. Next time you're brushing your teeth, try humming a couple of Primary songs.

Some body parts, like the ones covered by a **SUIT**, are special and should only be touched in public. Let's touch these parts: your head, arms, and legs except for doctors. They are helping take care of you. When someone touches your body in a way that makes you uncomfortable, you trust right away and tell one tells you.

We should respect the bodies of other people. If they don't want them to respect our bodies, you haven't already, read "Trouble" on page 35.

# THY

## Head to Toe

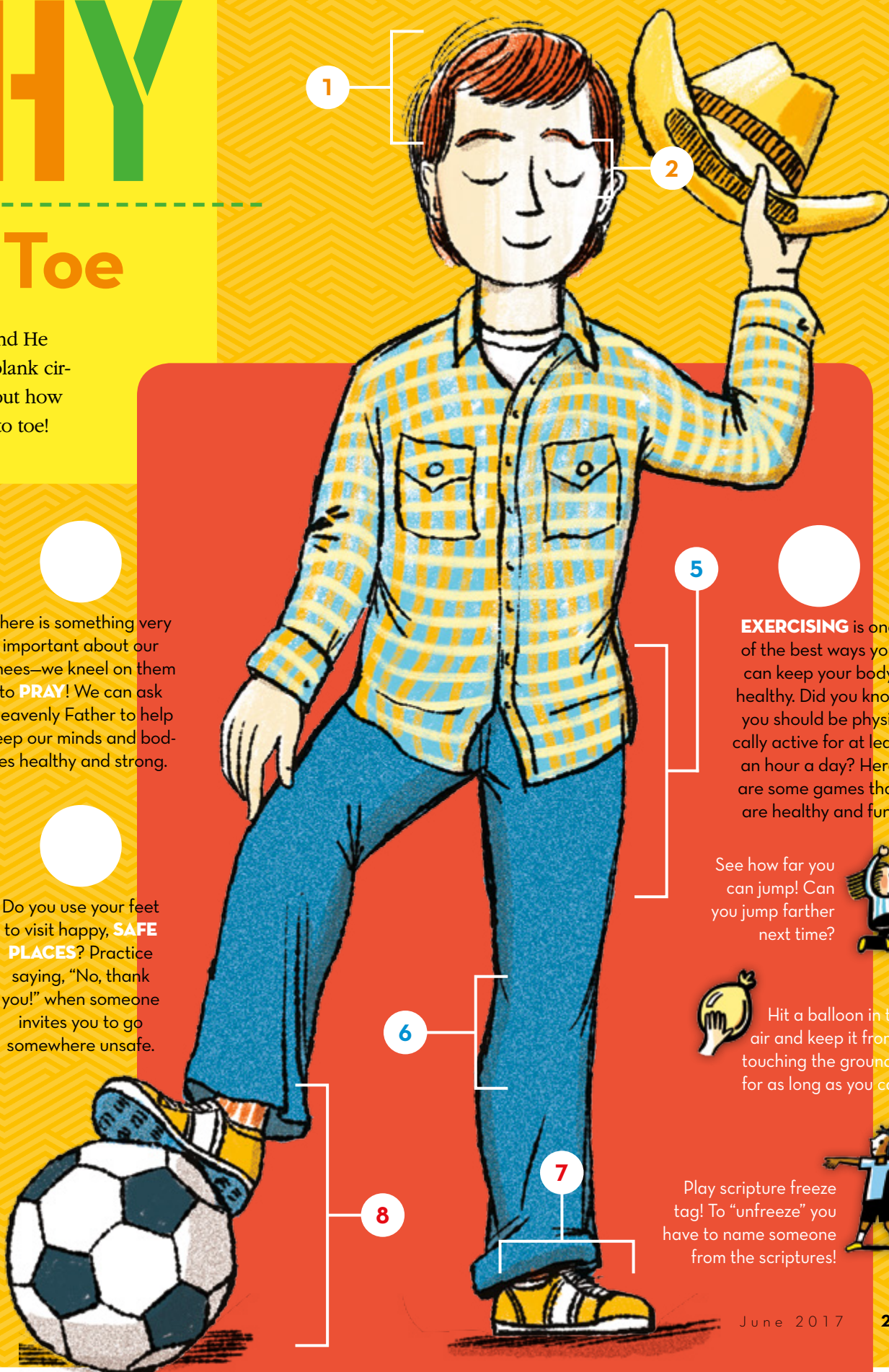
Heavenly Father, and He  
of them. Fill in the blank cir-  
go with to learn about how  
body—from head to toe!

parts, like  
by a **BATHING**  
and should stay  
No one should  
s of your body  
or parents who  
care of you. If  
these parts of  
ay that makes  
le, tell an adult  
y, even if some-  
u not to.

There is something very  
important about our  
knees—we kneel on them  
to **PRAY**! We can ask  
Heavenly Father to help  
keep our minds and bod-  
ies healthy and strong.

Do you use your feet  
to visit happy, **SAFE**  
**PLACES**? Practice  
saying, “No, thank  
you!” when someone  
invites you to go  
somewhere unsafe.

t the  
e and ask  
dy too. If  
d “Tickling  
22.



5

**EXERCISING** is one  
of the best ways you  
can keep your body  
healthy. Did you know  
you should be physi-  
cally active for at least  
an hour a day? Here  
are some games that  
are healthy and fun!

See how far you  
can jump! Can  
you jump farther  
next time?



Hit a balloon in the  
air and keep it from  
touching the ground  
for as long as you can!

7

Play scripture freeze  
tag! To “unfreeze” you  
have to name someone  
from the scriptures!

