Our bodies are gifts from Heavenly Father, and He wants us to take good care of them with the numbers they go with to learn about how to take good care of your body—from head to toe!

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**.

Some body parts, like the ones covered in **BATHING SUIT** are special and should stay covered in public. No one should touch these parts except for doctors who are helping take care of your body in a way you trust right away if someone tells you not to.

We should respect the bodies of other people and ask them to respect our body too. If you haven’t already, read “Tickling Trouble” on page 22.
Our bodies are gifts from Heavenly Father, and He wants us to take good care of them. Fill in the blank circles with the numbers they go with to learn about how to take good care of your body—from head to toe!

1. Some body parts, like the ones covered by a BATHING SUIT, are special and should stay covered in public. No one should touch these parts of your body except for doctors or parents who are helping take care of you. If someone touches these parts of your body in a way that makes you uncomfortable, tell an adult you trust right away, even if someone tells you not to.

2. 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 bodies healthy and strong.

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

4. EXERCISING is one of the best ways you can keep your body healthy. Did you know you should be physically 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!
   - Play scripture freeze tag! To "unfreeze" you have to name someone from the scriptures!

5. We should respect the bodies of other people and ask them to respect our body too. If you haven't already, read "Tickling Trouble" on page 22.

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