

Amelia's Growing Body

By Jennifer Maddy



Amelia is learning how to take care of her body.



Exercise helps make her body strong.



Eating good foods helps make her body healthy.



She doesn't put bad things in her body.



Amelia cleans her body every day.



Amelia is happy taking care of the body Heavenly Father gave her!

Caring for Your Body

What are some ways you take care of your body?

