

# HEALTHY

## from Health

Our bodies are gifts from God. We want us to take good care of them. Use the numbers they give you 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 in a **SUIT**, are special and are covered in public. Only a doctor can touch these parts. Nurses are helping take care of someone touches your body in a way that makes you uncomfortable. You trust right away. One tells you.

We should respect the bodies of other people. We should respect our bodies. If you haven't already, read "Trouble" on page 34.

# THEY

## Head to Toe

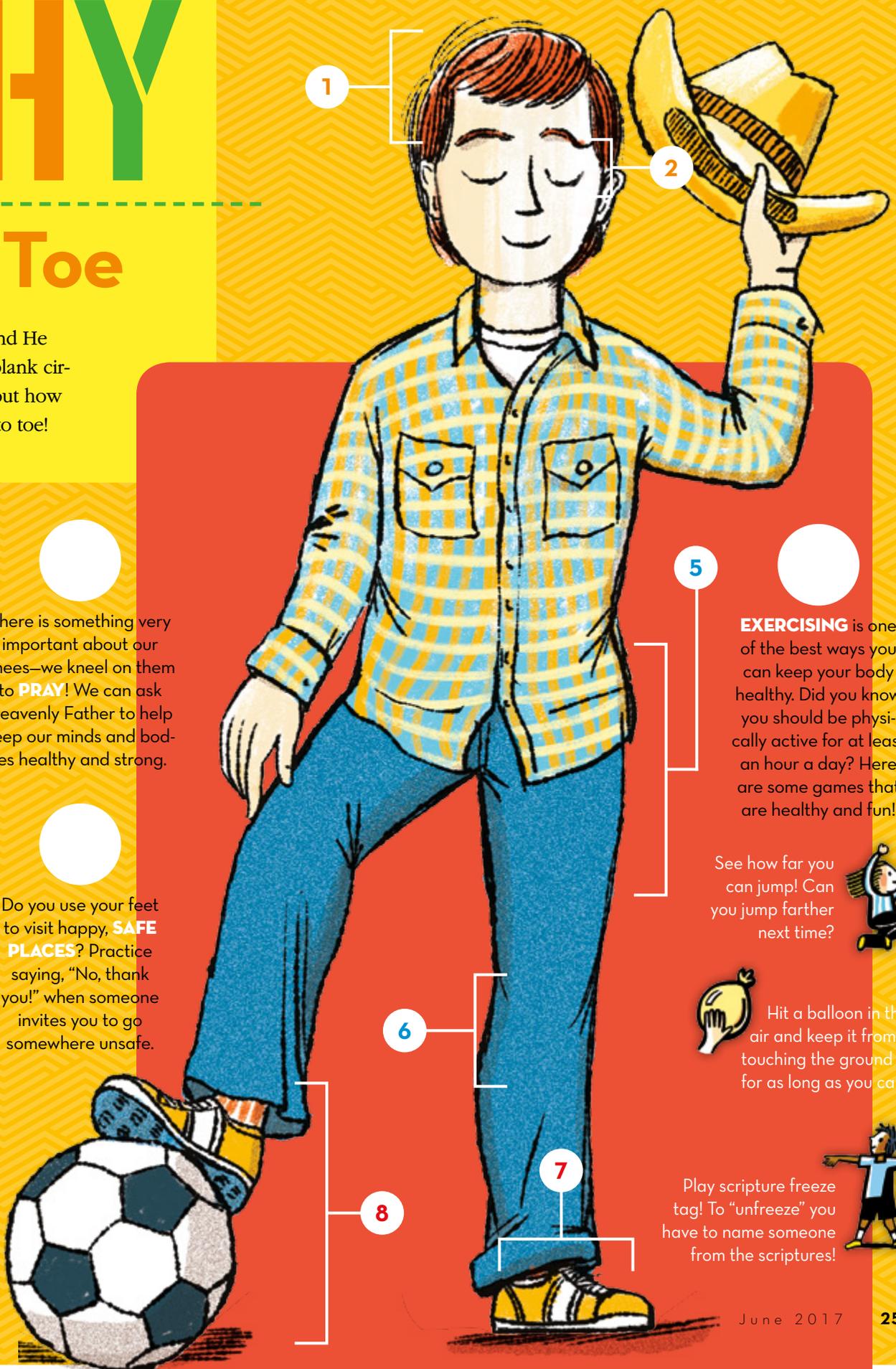
Heavenly Father, and He of them. Fill in the blank circles with to learn about how body—from head to toe!

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 bodies 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.

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**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!

