

Looking after Yourself

There are lots of different things we need to do to look after ourselves. How do you look after yourself? Draw a picture in the box to show a way of looking after yourself.



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There are lots of different things we need to do to look after ourselves. How do you look after yourself? In each box, complete the sentence and draw a picture to show different ways of looking after yourself.

To look after yourself, you should ...

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Looking after Yourself

There are lots of different things we need to do to look after ourselves. How do you look after yourself? Can you draw a picture in each box to match the sentence?

To look after yourself, you need to talk to others about how you are feeling.

To look after yourself, you need to eat a balanced diet.

To look after yourself, you need to do some exercise.

To look after yourself, you need to look after your personal hygiene.

To look after yourself, you need to think about what you wear.

To look after yourself, you need to rest and sleep.