

Looking after Yourself

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 ...

To look after yourself, you should ...

To look after yourself, you should ...

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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.

