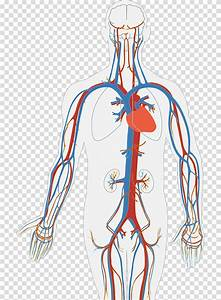
**Taking Care of Yourself**

It is important for children to learn to take care of themselves in order to keep their bodies healthy and strong. Students will become more aware of the many things we do to take care of ourselves and know that eating well is essential if you want to stay healthy.

Listen and Repeat



* headache
* have a shower
* happen heart
* guess
* get up kidney
* fever
* earache
* careful
* better
* well
* watch tv
* terrible
* tablet
* stomachache stomachache earache
* sickness
* shoulder
* painful
* pain
* medicine
* make a loud noise pain, painful sick, sickness
* eat well

medicine tablets

If you want your body to be healthy, you must, look after it.

You must **keep it clean.**

****

You have to use a **toothbrush** and **toothpaste** to **brush your teeth**.



**toothbrush** and **toothpaste brush your teeth**

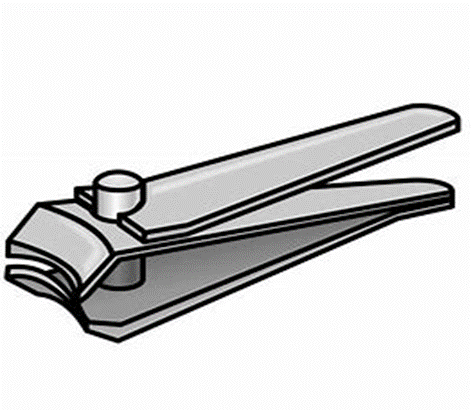
Use **soap and towel** to **clean and wipe your body.**

****

Use a **hairbrush** / **comb** to **comb your hair**.



hairbrush and comb comb your hair

Use a

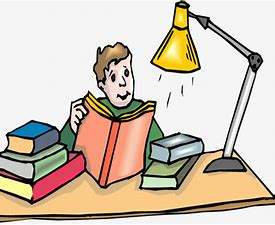
**nail cutter**

to **cut your nails**

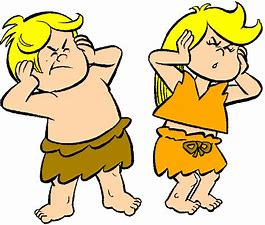
and **keep them clean**.

nail cutter cut your nails

Take care of your eyes by reading in proper light.



Stay away from loud noises to take care of your ears.



Take care of your stomach by **eating the right amount of food**



**Body needs**

* **good and clean food** at regular interval
* **good food helps us grow and makes our body strong**
* **drinking clean water** at a regular interval during the day is very important
* Maintain a **correct posture** is very important too,

you must always walk erect with your shoulders, neck and hand straight

* **sleep** is also very important as our body needs rest
* **regular exercise** is also very important

**Summary**

* We should take care of our body
* We should keep it neat and clean
* We should eat good food and exercise regularly to live a healthy life.