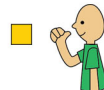
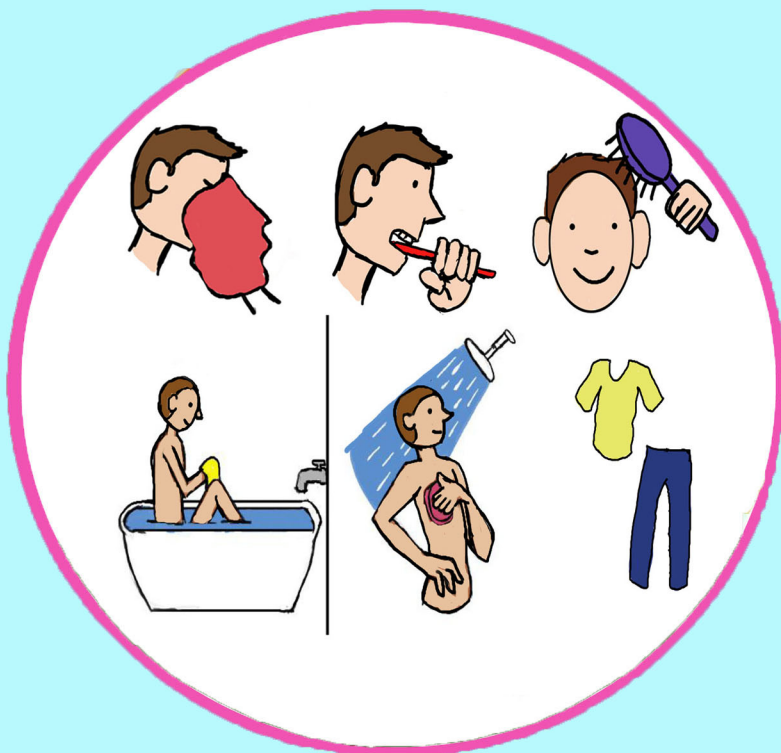


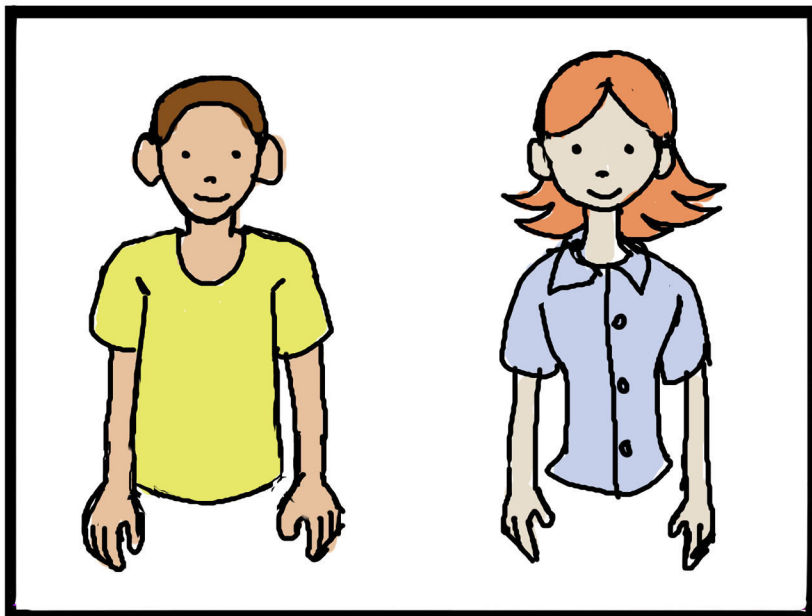
I Can Take Care Of My Body

Able2LEARN



I Can Take Care Of My Body

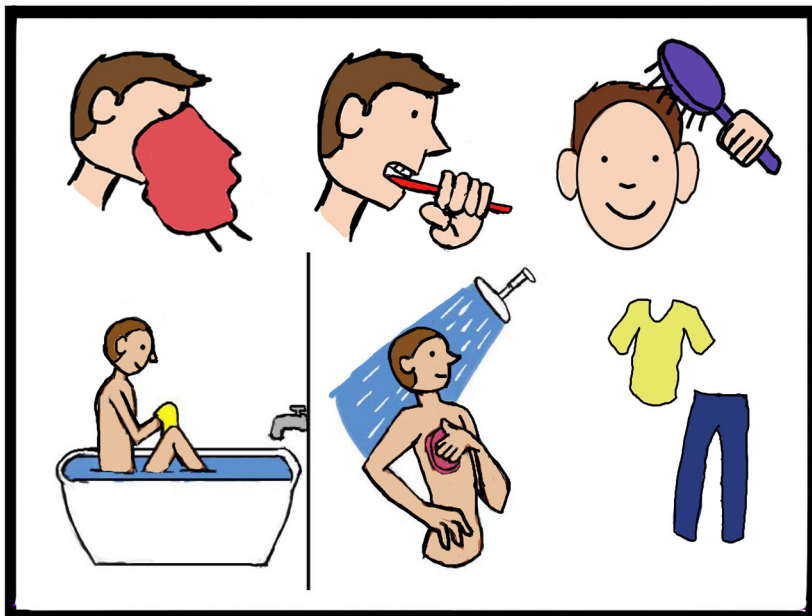
It is important for me to take care of my body everyday.



It is important for me to take care of

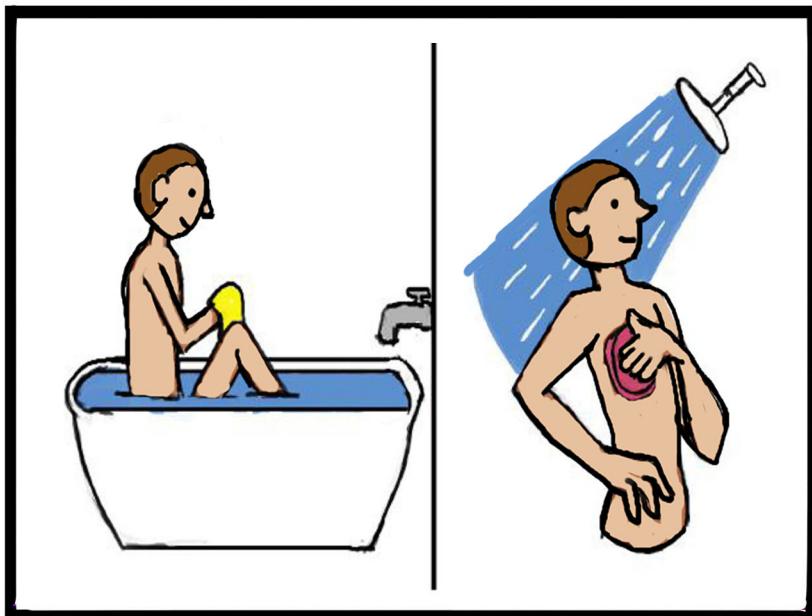
my body everyday.









There are things I can do to take care of my body.







There are things I can do to take care of my body.

I will take a shower or bath everyday to clean my body.



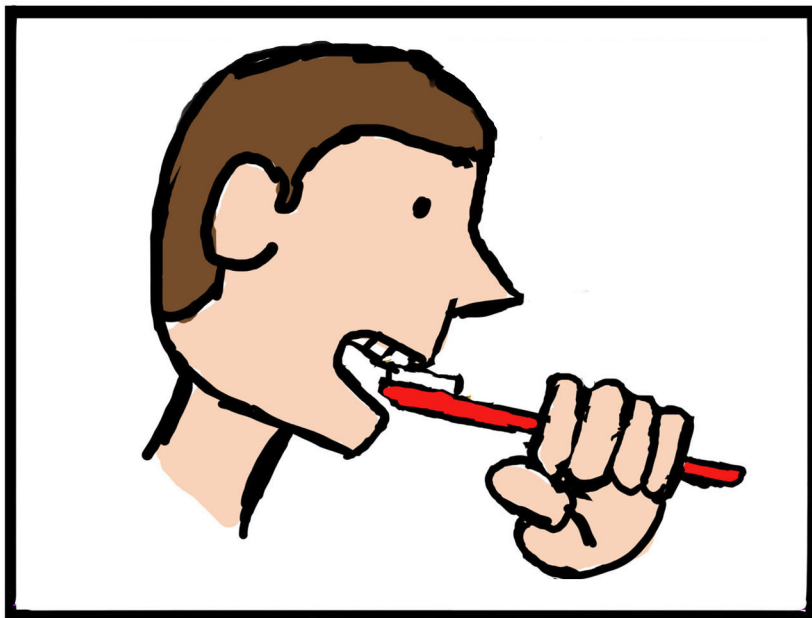









 I will take a shower or bath everyday

 to clean my body.

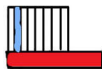
I will brush my teeth everyday.



I



will



brush



my

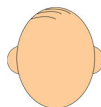
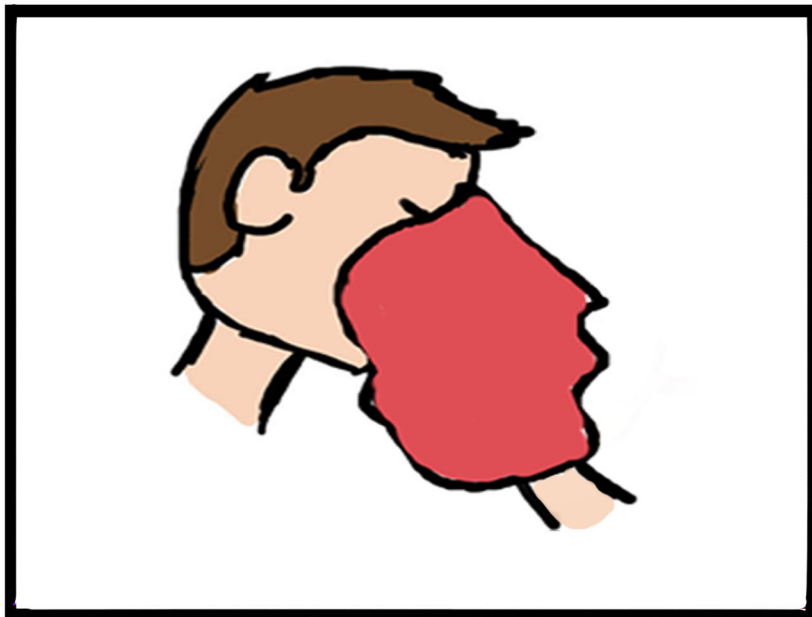


teeth



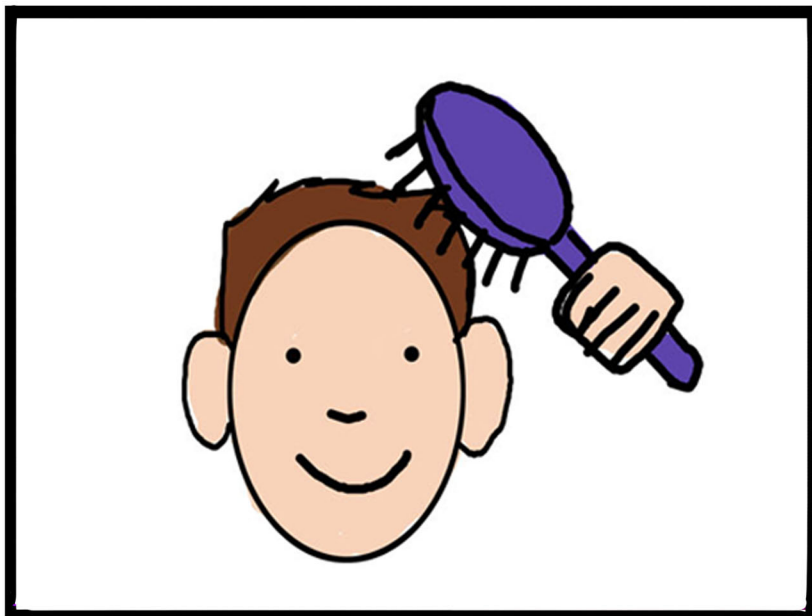
everyday.

I will wash my face everyday.



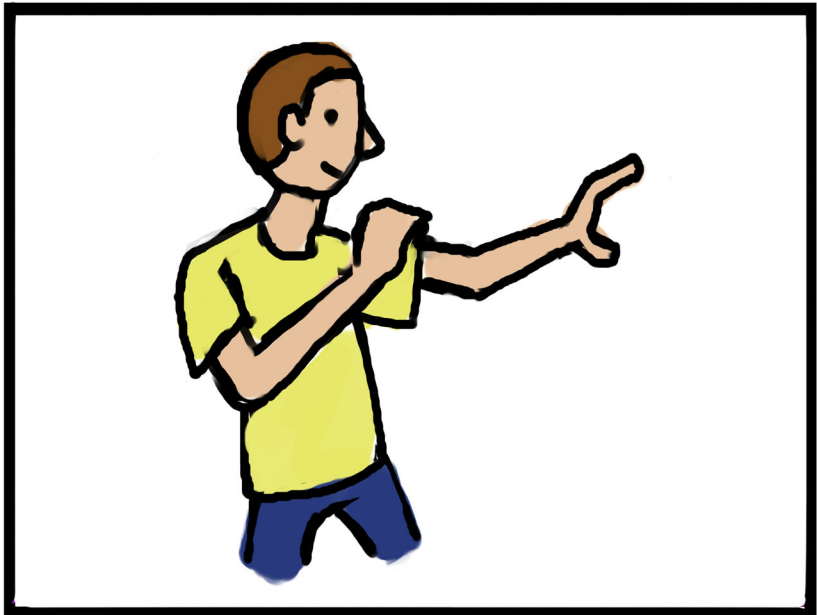
I will wash my face everyday.

I will brush/comb my hair everyday.



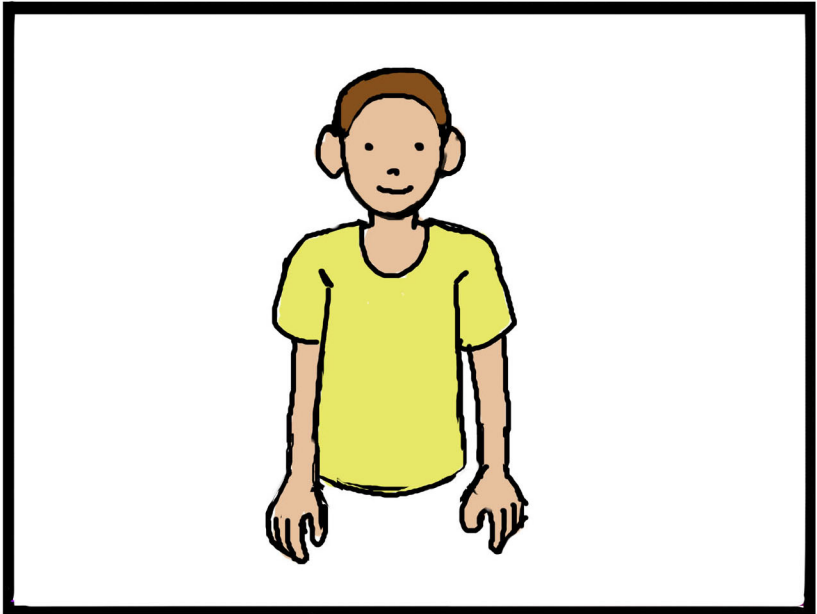
I will brush/comb my hair everyday.

I will put on clean clothes everyday.



I = put on clean clothes everyday.

I will look clean and neat.



I

will

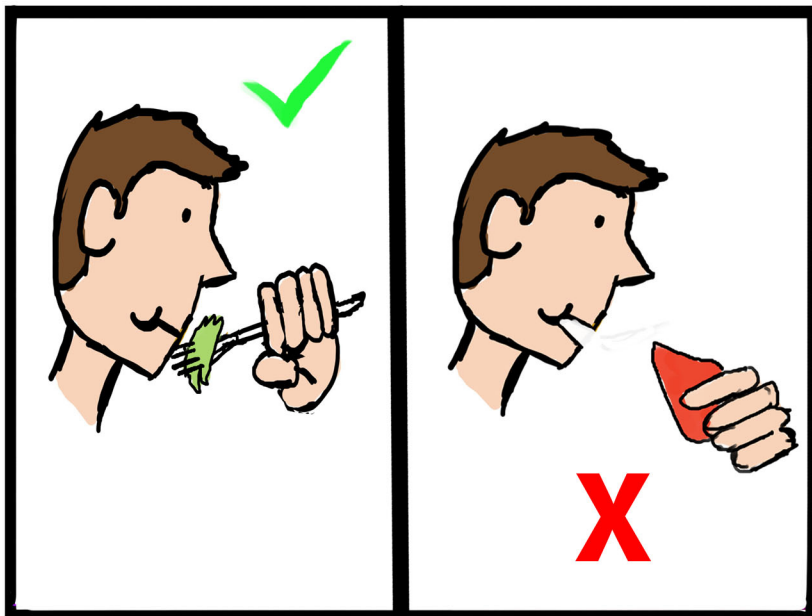
look

clean

and

neat.

I will eat healthy foods. I will not eat junk food.

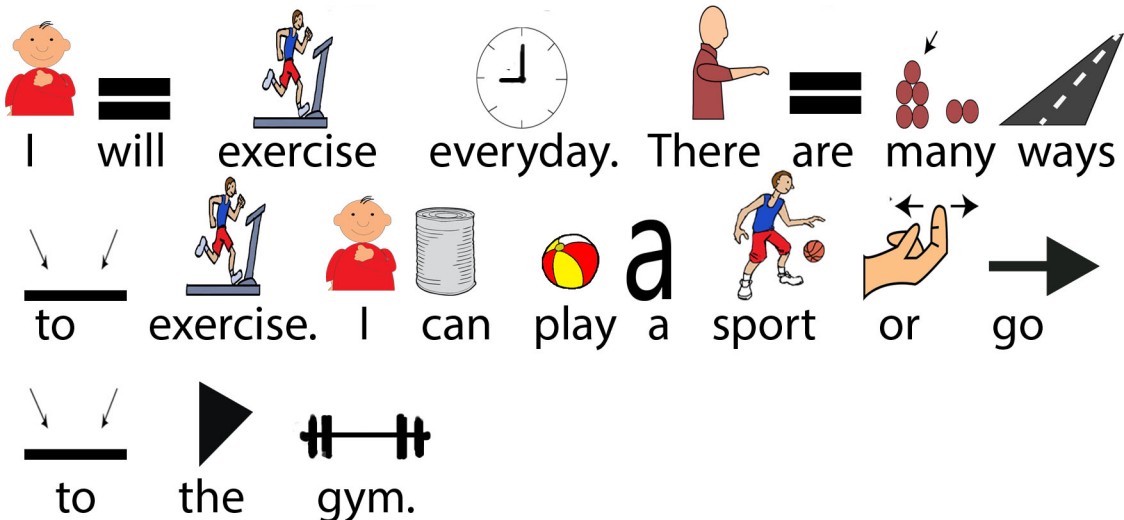
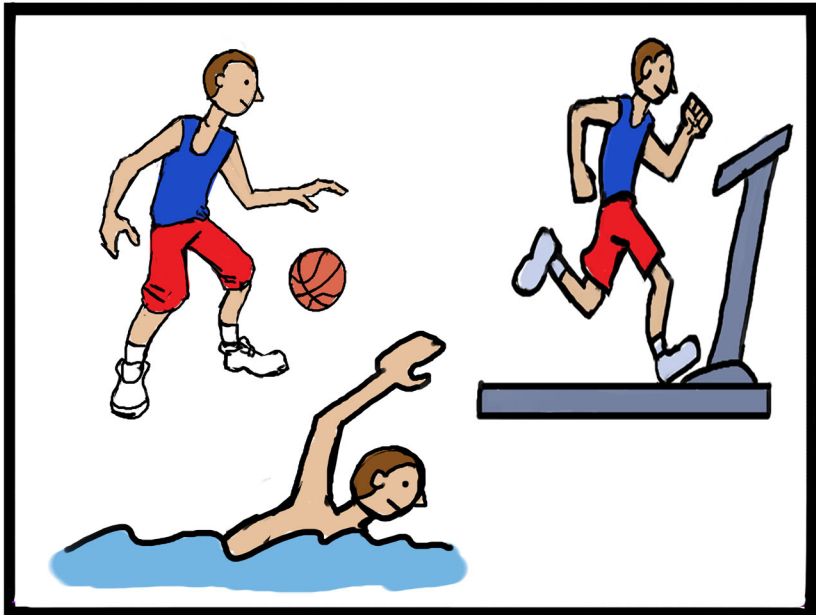


I will eat healthy foods. I will




not eat junk food.

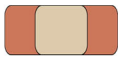
I will exercise everyday. There are many ways to exercise. I can play a sport or go to the gym.



When I take care of my body, I will be healthy and happy. Everyone will be happy.









 = b
 When I take care of my body, I will be




 = b 
 healthy and happy. Everyone will be happy.