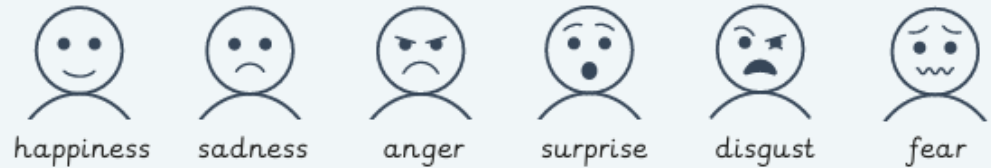


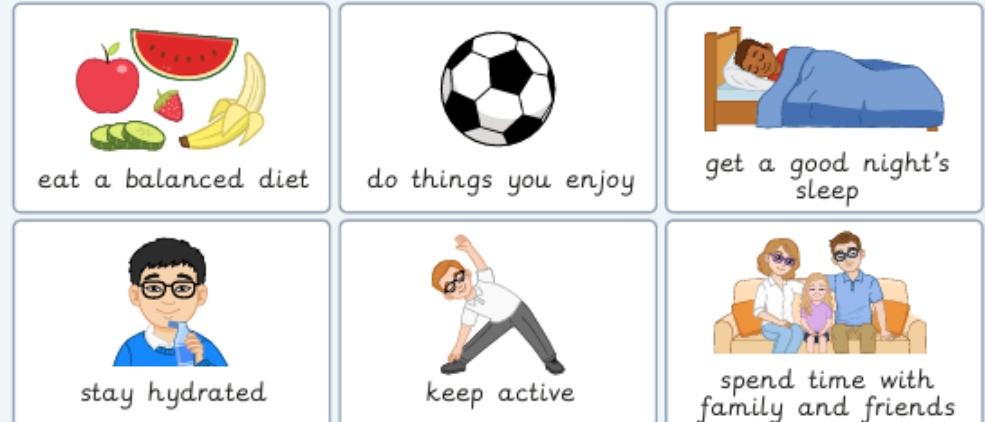
How can I take care of my body and mind?

Words you will learn:

	feelings How we notice and describe our emotions.
	health How our bodies and minds are working or feeling.
	mind The part of our body that thinks, feels and learns.
	mood The way a person feels at a certain time.
	support Help or care given to or by others.



How to take care of your mind and body



Words you may know:

emotions	How we react to things around us.
safe	When you are not in danger.
trust	Believing someone will be honest, kind or do the right thing.
trusted adult	A grown-up who can help you and keep you safe.

Keep talking

- I am feeling...
- I am worried about...
- I need help because...
- Something is making me feel...
- I do not know what to do about...