

# 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.



happiness



sadness



anger



surprise



disgust



fear

## How to take care of your mind and body



eat a balanced diet



do things you enjoy



get a good night's sleep



stay hydrated



keep active



spend time with family and friends

## Words you may know:

|                      |                                                               |
|----------------------|---------------------------------------------------------------|
| <b>emotions</b>      | How we react to things around us.                             |
| <b>safe</b>          | When you are not in danger.                                   |
| <b>trust</b>         | Believing someone will be honest, kind or do the right thing. |
| <b>trusted adult</b> | 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...