

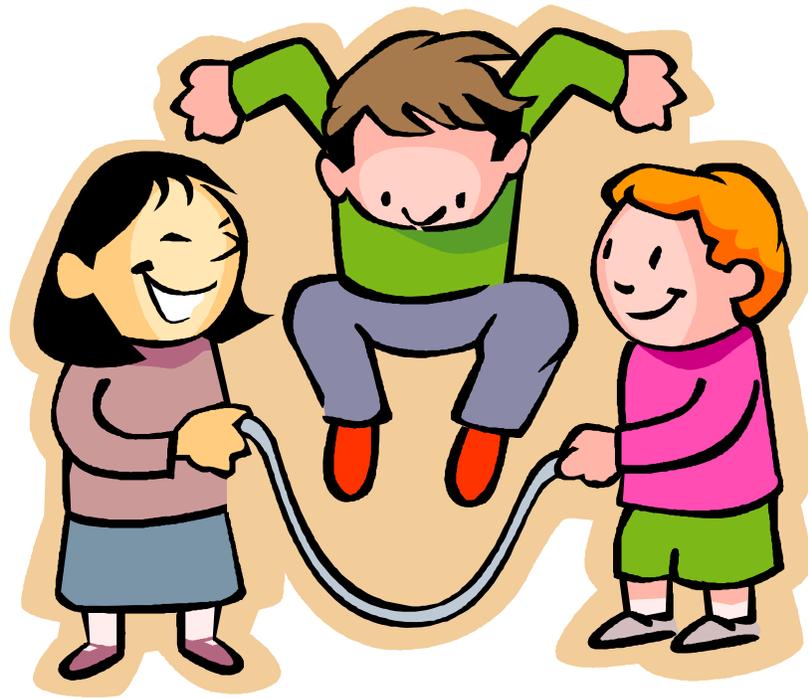
Taking Care of Myself!



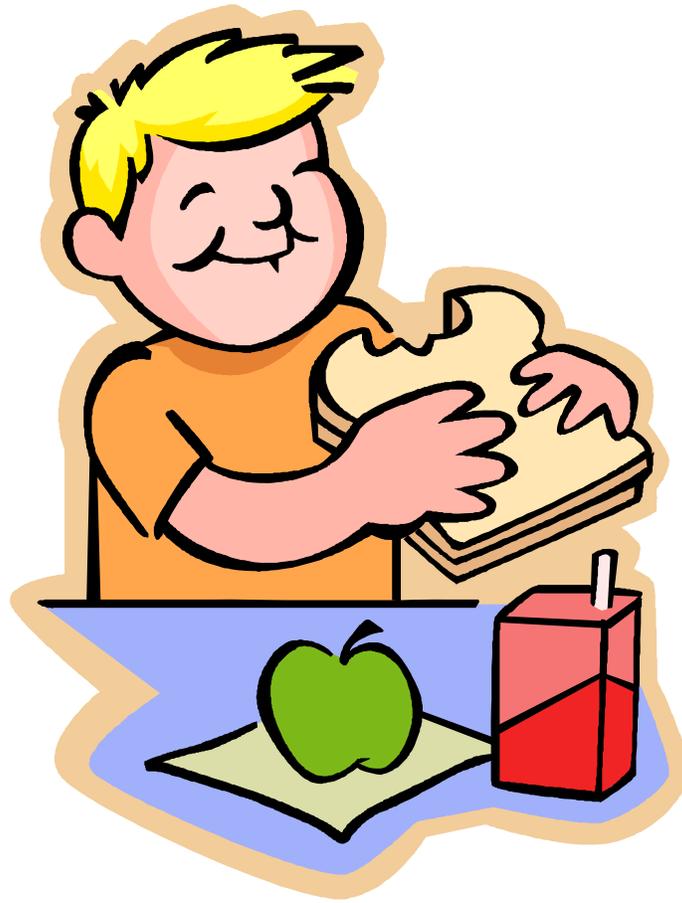
Written by Cherry Carl



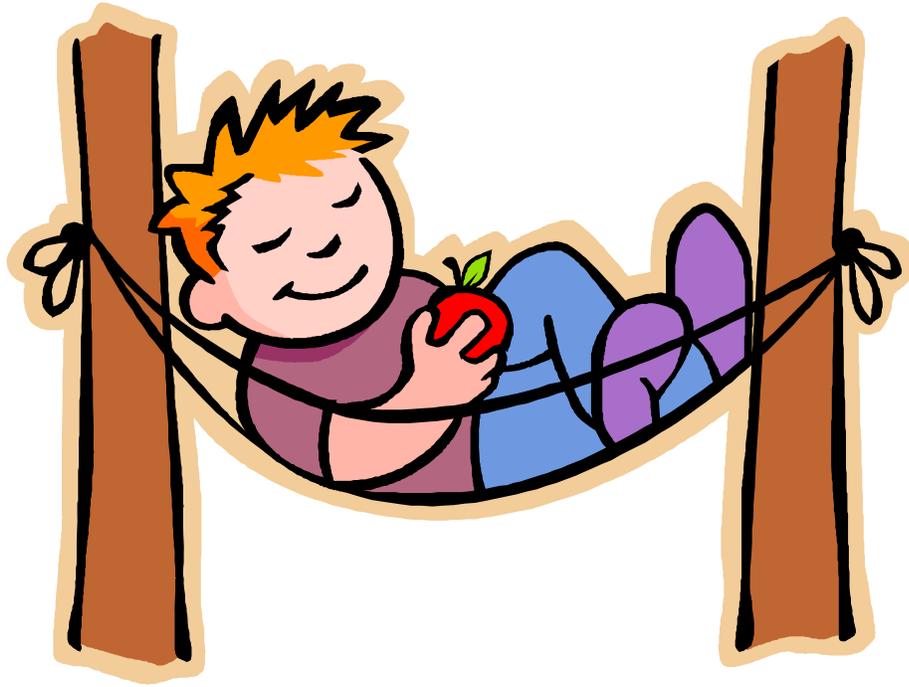
I eat a good breakfast
every day.



I play outside and get
exercise every day.



I eat a good lunch
every day.



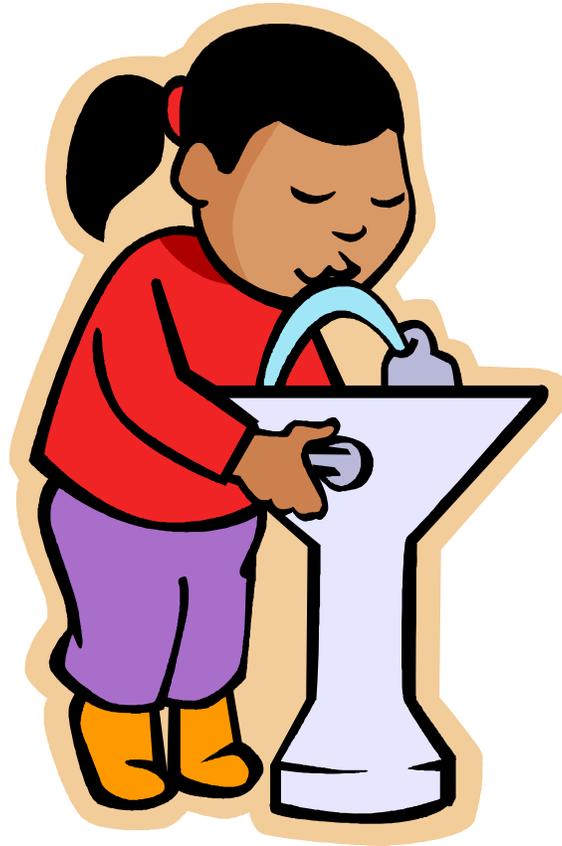
Sometimes I take a nap.



I brush my hair
every day.



I eat fruit
every day.



I drink lots of water
every day.



I eat a good dinner
every day.



I take a bath
every day.



I brush my teeth
every day and . . .



I go to bed on time
every night!