

Taking Care of Myself



Written by Cherry Carl

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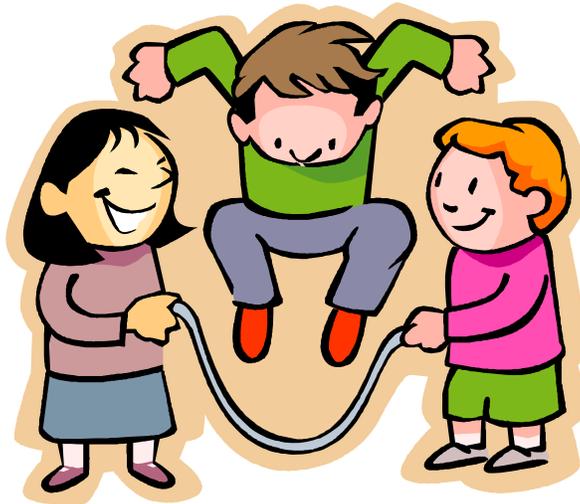
I eat a good breakfast
every day.

1



I eat a good breakfast
every day.

1



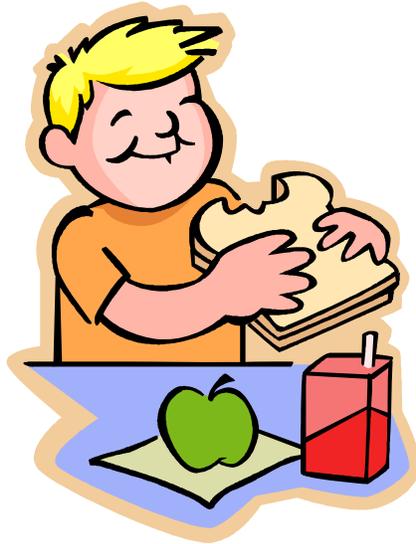
I play outside and get exercise
every day.

2



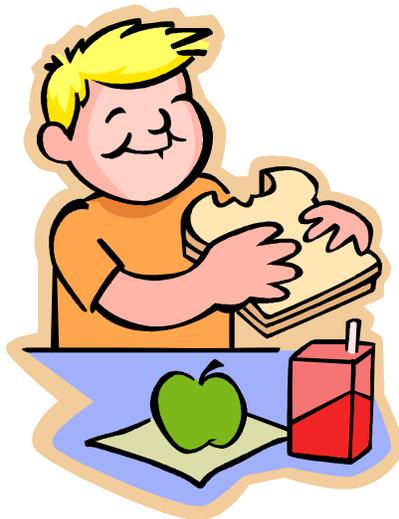
I play outside and get exercise
every day.

2



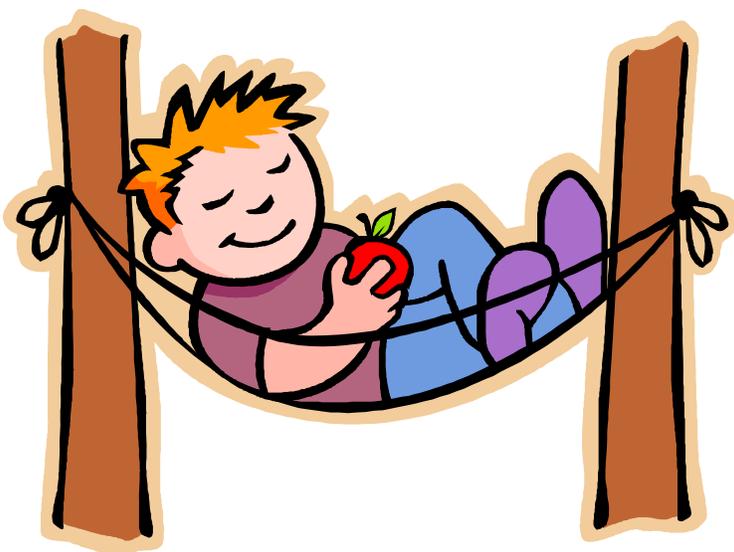
I eat a good lunch
every day.

3



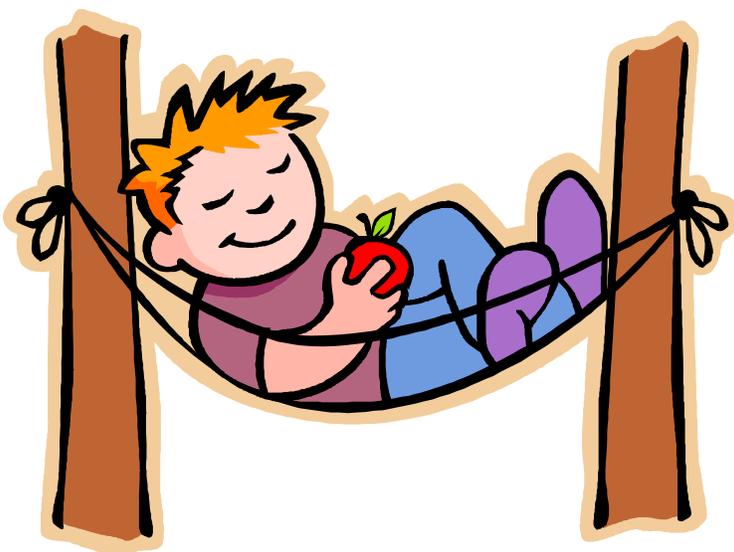
I eat a good lunch
every day.

3



Sometimes I take a nap.

4



Sometimes I take a nap.

4



I brush my hair
every day.

5



I brush my hair
every day.

5



I eat fruit
every day.

6



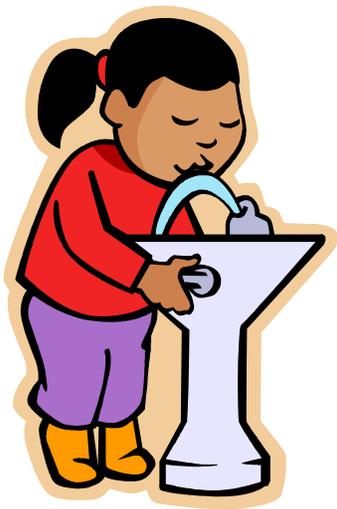
I eat fruit
every day.

6



I drink lots of water
every day.

7



I drink lots of water
every day.

7



I eat a good dinner
every day.

8



I eat a good dinner
every day.

8



I take a bath
every day.

9



I take a bath
every day.

9



I brush my teeth
every day and . . .

10



I brush my teeth
every day and . . .

10



I go to bed on time
every night!

11



I go to bed on time
every night!

11