

# Know your body – what signs is it sending you?

Your body always sends you clues about what it needs to stay healthy. These clues are messages to tell you that your body needs some care and attention.

**Instructions:** Write or describe the action that is taking place in the picture. The actions represent clues to what is happening to your body or how your body is feeling.

Inactive

Energized

Injured

Out of breath

Sad

Active

Happy

Sleepy

Awake

Hungry

**Good To Remember**  
(Read out loud)

It is good for me to listen to the messages and clues that my body sends and not ignore them because then my body will have to send me another message I may not like.

Full / Satisfied

