



Did you know that you have a great body? Bodies come in a wide variety of colours, shapes, and sizes. Some of us are taller, some are shorter, rounder or thinner. Although there are millions of people in the world, there is still no one else in the world like you. But the one thing that we all have in common is the choice to take the best care of our very own, very great body.

Instructions: Answer the questions and complete the statements below about your great body:

"I HAVE ONLY ONE BODY AND I LOVE IT!"

Describe yourself

When my body feels rested and energetic, I like to

The thing I like best about my body is

Some of the ways I take care of my body:

What do you like to do with your

Head

Eyes

Hands

Legs

Nose

A Picture of My great Body:

Remember that there is no one else in this world like you!!!!