



There are many ways that I can take care of my body so that it will take care of me. These good ways help me stay healthy. When I bathe and brush my teeth I am helping to stay clean and free from germs.

Instructions: Draw a line to match the body part with the actions that you can do to keep these body parts clean and healthy

TAKING CARE

OF MY

BODY



Body Parts



Eyes



Ears



Fingernails



Face



Feet

Action

- Wear slippers on them when outside. Remember to clean underneath and between your toes.
- Do not rub them with your hands or they could get sick.
- No need to clean inside but you should clean behind and around it carefully when bathing.
- After planting your favourite tree, brush beneath them when washing them to get out any dirt.
- It contains your mouth. Keep it clean by washing it with soap and water.