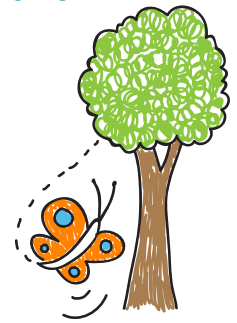




Why do I want to be healthy?



You are a special person, and it is important that you **take care of yourself** so you can **feel good most of the time** and do all of the fun, exciting, interesting things you want to do every day like **playing sports, reading your books, thinking, getting along with your family, making your art or playing your instruments, helping the younger kids, playing outside with your friends, or just even feeling good** as much as you can because feeling bad feels...well, bad!



Being healthy has a lot to do with all of those things. Being healthy makes you strong enough to enjoy the things you want to do most every day. So, below, use this page to draw, write, doodle, scribble why you want to be healthy. Just give it a little thought, then go nuts on this page, **and have fun!**



It is fun to be healthy. My health is important.

I am grateful. I can be healthy.

My body heals itself when I get hurt. I love myself.

I take care of myself. I think good thoughts.

I have the power to make myself healthy.