

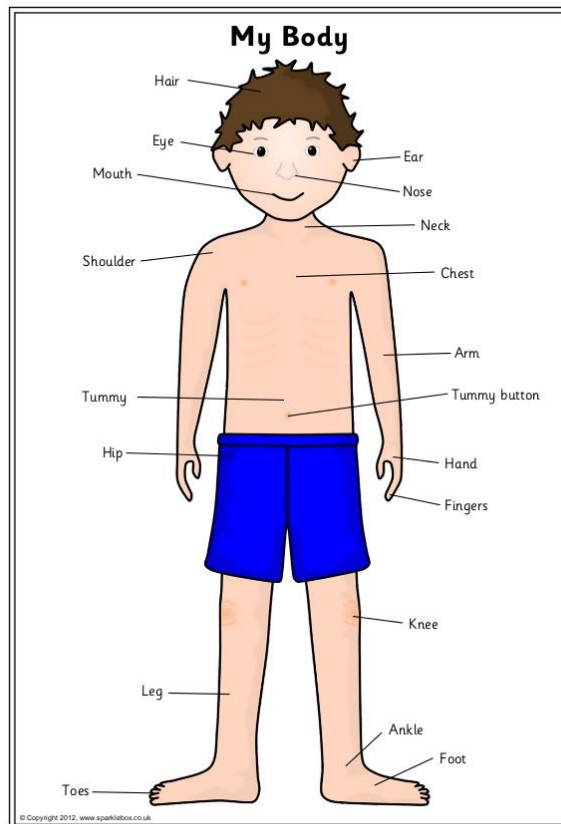


# This is Me!

Kind hands, Kind Feet, Kind Words



We are all special. We are all different.



## How to be Healthy!

Brush your teeth



Eat healthy foods



Drink Water



Exercise

