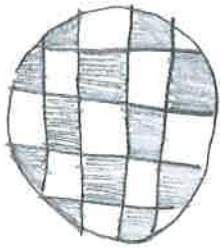


My self care plan

I can exercise my body by...



I can be a good friend by ...



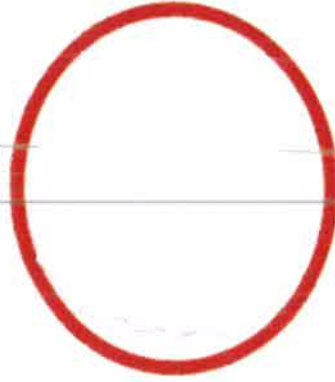
Important people Who I trust

I trust my
Mum, Dad
Sister, Anty,
Grandma

I can relax my body and mind by...



This is me



I can keep myself clean and tidy by...

• Shower
• brush teeth

I can make myself happy by...

Dancing



My hopes and dreams...



I can eat healthy foods...

