

“Every day, my body and my feelings need care.”



“Taking care of myself helps me feel strong, healthy, and calm.”



“My body needs food, water, rest, and movement.”



“Eating healthy foods gives me energy to grow.”



“Drinking water helps my body stay hydrated.”



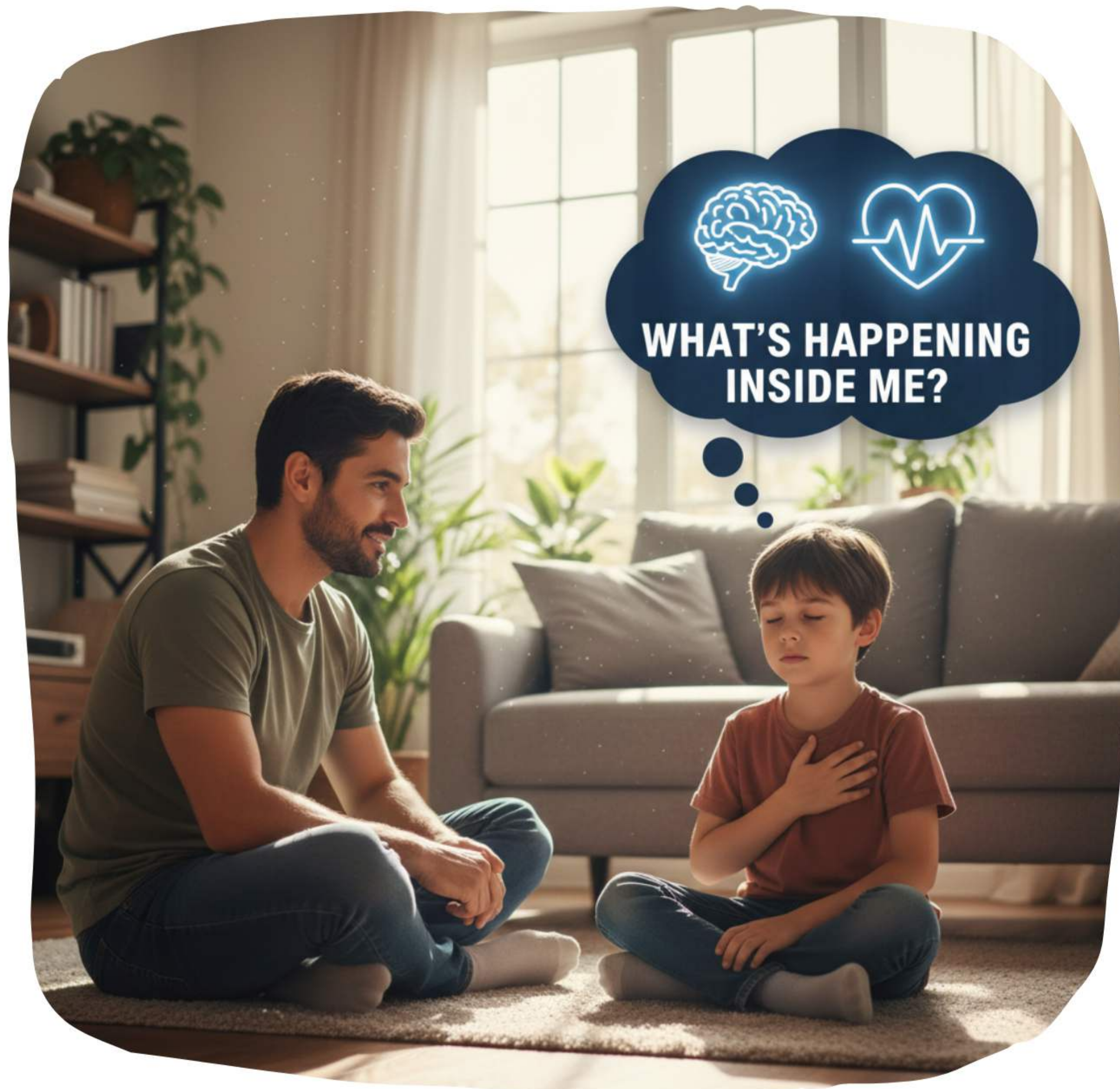
“Sleeping enough helps my brain and body rest.”



“Moving my body—playing, running, or stretching—helps me stay strong.”



“My feelings also need care.”



“I can pay attention to my feelings by noticing what’s happening inside me.”



“When I feel sad, worried, or angry, I can take a break or talk to someone I trust.”



“When I feel happy or excited, I can enjoy the moment and celebrate.”



“It’s okay to have big feelings—everyone has them.”



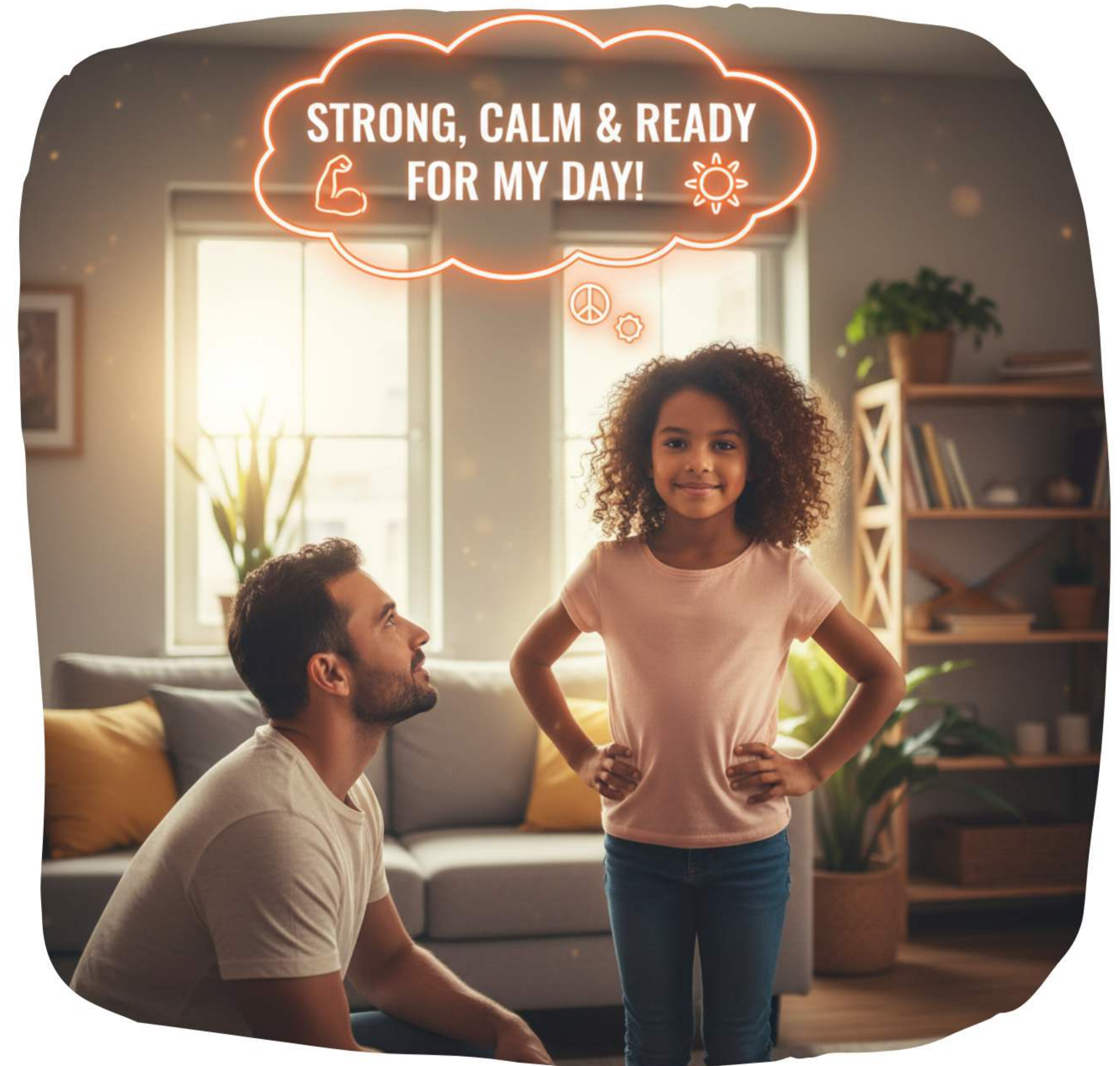
“I can use calming tools like deep breaths, quiet time, or a gentle hug.”



“Taking care of myself helps me feel balanced and safe.”



“People who care about me can help, but I can also help myself.”



“When I take care of my body and my feelings, I feel strong, calm, and ready for my day.”



Vocabulary

- Hydrated

A: Having enough water in my body. (Correct)

B: Feeling very sleepy.

- Balanced

A: Feeling steady and calm inside. (Correct)

B: Standing on one foot.

- Rest

A: Giving my body and mind a break. (Correct)

B: Running as fast as I can.

- Emotions

A: Feelings I have inside. (Correct)

B: Rules I must follow.

- Calming

A: Helping me feel peaceful and relaxed. (Correct)

B: Making me more upset.



Spellings

A: Watr

B: Water (Correct)

A: Sleep (Correct)

B: Sleap

A: Boddy

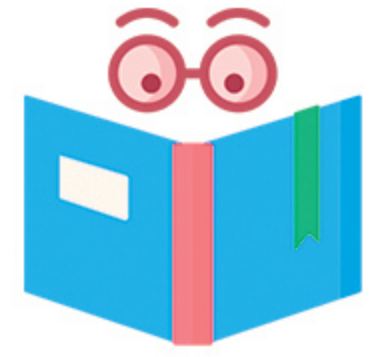
B: Body (Correct)

A: Feelings (Correct)

B: Fealings

A: Calm (Correct)

B: Calem



Comprehension

- Why does my body need healthy food?

A: It gives me energy to grow and play. (Correct)

B: It makes me feel bored.

- What can I do when I have big feelings?

A: Take a break or talk to someone I trust. (Correct)

B: Hide my feelings and stay upset.

- How does sleep help me?

A: It helps my brain and body rest. (Correct)

B: It makes me more tired.

- What helps me feel calm?

A: Deep breaths, quiet time, or a gentle hug. (Correct)

B: Shouting loudly.

- Who can take care of my feelings?

A: I can, and people who care about me can help too. (Correct)

B: No one at all.



Open-Ended Questions

- What is one way you took care of your body today?

- What helps you calm down when you feel upset?

- What healthy foods do you like to eat?

- Who do you talk to when you need emotional support?

Role-Play Activity

- **Scenario 1**

You feel thirsty.

→ Practice asking, “Can I have some water?”

- **Scenario 2**

You feel sad after something goes wrong.

→ Practice saying, “I need a break,” or “Can we talk?”

- **Scenario 3**

You feel tired after a long day.

→ Practice choosing rest or quiet time.

- **Scenario 4**

You feel proud after doing something well.

→ Practice saying, “I feel happy!” or “I did it!”