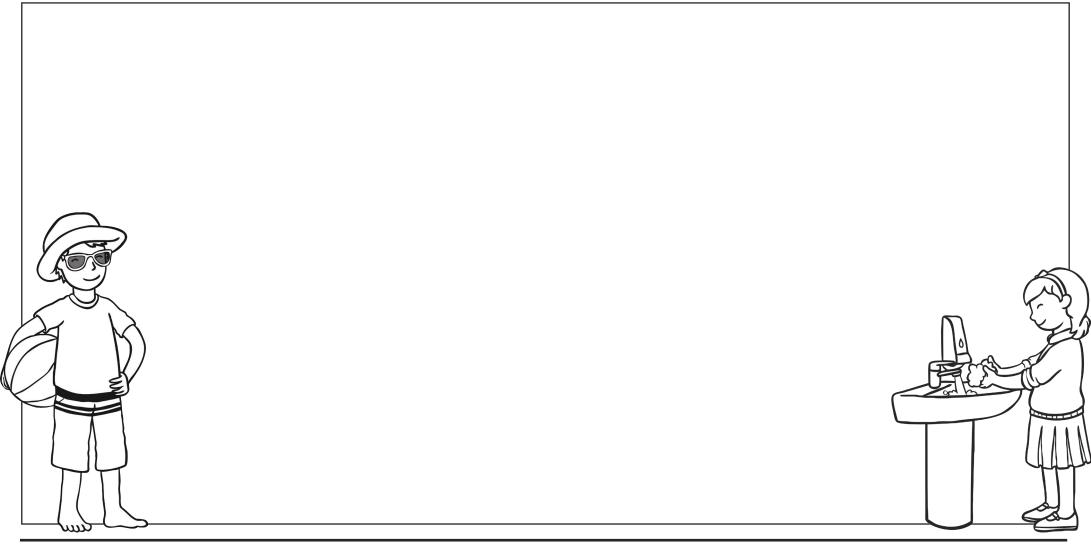
Looking after Yourself

There are lots of different things we need to do to look after ourselves. How do you look after yourself? Draw a picture in the box to show a way of looking after yourself.





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