

## Ways to Care for the Body (Senses)

Select all the ways you can take care of your body.

|                                                                                                                             |                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| 1.<br><br>Only eating junk food.           | <br>Eating a balanced meal.   |
| 2.<br><br>Brushing your teeth after meals. | <br>Eating too much candy.    |
| 3.<br><br>Playing in the dirt.            | <br>Taking a bath regularly. |
| 4.<br><br>Going to sleep early.          | <br>Staying up late.        |
| 5.<br><br>Being inactive.                | <br>Being active.           |