

Name: \_\_\_\_\_

# TAKE CARE OF ...

S D G A B O D Y O V B I R T Z Q F  
V V B F L E S T A K E C A R E O F  
C K W R I S T S N E S R E G N I F  
L E K I H Y I L S K I N Y B M T K  
M S S N I R E T X E T O P Q Q S M  
P S R S G G T R E S A A K E G E N  
Z R E R S D E E S E D U T C O N B  
B E D A P C Y G E O F O O Y A K N  
V Z L E K D N I M T O S E T D B A  
I S U B D T V N O T H E S G B H J  
C F O V F J E D N M A C K K Q W W  
L U H D K H Y V B O N O B U Z Z E  
S Q S M U L E D H K D G P Z Y N H  
C E B Z Q W S B D S S T U N D I M  
X G E S T N I O J R Z O L S P E O  
G K P N Y T R A E H R Y T S S U I  
Q N T A K E C A R E O F Y O U R H

TAKE CARE OF YOUR  
FINGERS  
HANDS  
TEETH  
EARS  
HIPS  
SELF

TAKE CARE OF  
JOINTS  
HEART  
BACK  
EYES  
LEGS  
SKIN

SHOULDERS  
WRISTS  
KNEES  
BODY  
FEET  
MIND  
TOES