Treating your body with Respect and Dignity

Can you think of three different ways of saying:

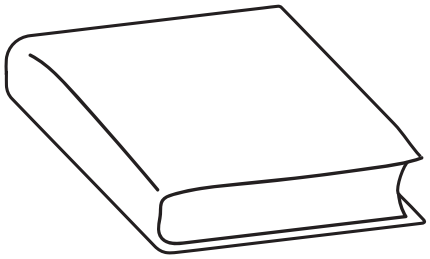
To Talk:

1. .....
2. .....
3. .....

Eg: To Chat

A Journal:

1. .....
2. .....
3. .....

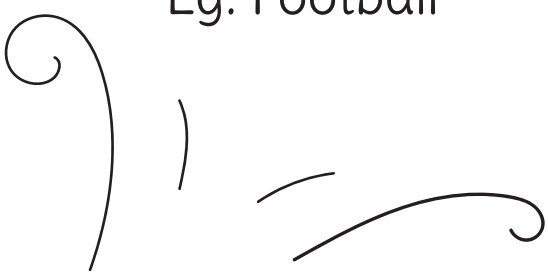


Eg: Book

Exercising:

1. .....
2. .....
3. .....

Eg: Football



THE LUNCH BAG

'Empowered, Educated Eating'