

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

Date: \_\_\_\_\_

## Importance of taking care

It is important to take care of ourselves. People like doctors and nurses help us to be healthy, but we also need to find help if we are not feeling well. Look at Elmer's story and write your own story with help from word bank.



Elmer is a happy girl. She likes to play sports and games. Because she plays a lot of sports and watches TV at home, sometimes she forgets to take care of herself. Today, she is very tired after playing basketball. When she goes to bed, she does not brush her teeth, or wash her hands. Mum tells Elmer she needs to sleep early, but Elmer loves TV shows. The next day, Elmer is tired and starts to sneeze and cough. She is not feeling well. Her mum tells her that she will go to the doctor soon. Elmer is not happy.

### Your turn!

Helpful words -  
Sleep early

Doctor  
Study

Sports

Vegetables

Family

School



Charlie is a cheerful boy. He likes to play sports and study. \_\_\_\_\_

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