I am Healthy - Inside and Out

Thinking about being healthy inside and out, can you answer these questions…

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| Something I do for fun is | Good things my family/friends would say about me are | Two words I would use to describe myself are |
| My favourite healthy food is | My name is | One thing that makes me laugh is |
| One good thing that makes me sad | Something that someone wouldn’t know about me is | Two things I am good at are |