

This is My Body

Lesson Title: Physical Health

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Name: _____

Germs sometimes find homes inside our bodies. You might never know that some germs are inside because they don't always hurt us. Some germs that live with us and on us can help us. Other germs make us sick.

Have you ever been sick? What did it feel like?

Draw a picture of yourself when you are sick.

How can we take care of ourselves when we are sick?