



Important Self-Care: Caring for My Body!

As you complete the word search, think about why it is important to keep your body clean.

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

Word Bank:

BRAIDS	PONYTAIL
CLEAN	SCRUB
COMB	SHOWER
DEODORANT	SOAP
FLOSS	TOOTHBRUSH
FRESH	TOOTHPASTE
GEL	TOWEL
HAIRBRUSH	WASH
LOTION	WATER
MOUTHWASH	

Taking care of my body and keeping myself clean:

- 1.) Keeps me healthy and helps me avoid getting sick.
- 2.) Makes me feel good about myself.
- 3.) Is kind to those around me, because I will smell nice.
- 4.) Helps me to feel happy; it decreases depression & anxiety.