

Help Rarity the Rabbit Stay Healthy Inside and Out

Unique the Unicorn taught Rarity the Rabbit that it is important to take care of our bodies and our minds. Can you make a poster for Rarity to help remind her of the things she needs to do to keep her body and mind healthy and help her to feel happier?

Healthy Eating

Physical Activities



My Bedtime Routine

Who to Speak to when you Feel Low

