

# I Am Healthy Inside and Out

Just like Unique the Unicorn taught Rarity the Rabbit in the poem, it is important to take care of our bodies and our minds. Think about what advice Unique gave Rarity about staying healthy and the importance of healthy food, exercise and getting enough sleep. In each of the boxes draw or write about yourself and what you do to stay healthy.

Healthy Food I Like to Eat

Physical Activities I Enjoy



My Bedtime Routine

Who I Speak to If I Am Feeling Low

