



Healthy Inside and Out with Unique the Unicorn

Rarity the rabbit was feeling down;
Her long ears drooped and she wore a frown.

She wasn't sure why she felt so low,
'I need some help,' she thought, 'I know...'

Off she set for her friend's abode,
Across the meadow and down the road,
Unique the unicorn was always there,
To give advice, support and care.

When she arrived Unique welcomed her in,
'Will you join me for breakfast?' asked Unique with a grin.
There was cereal, toast, yoghurt and jam,
Fresh fruit, bagels and slices of ham.

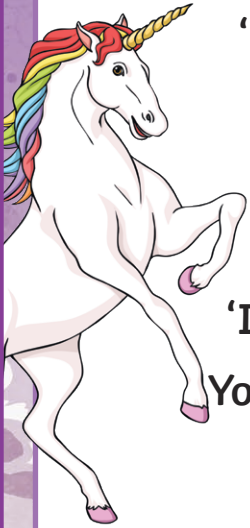
'I often skip breakfast,' the young rabbit said,
'Oh dear,' replied Unique with a shake of the head,
'You really must eat at the start of the day –
It's the fuel for your body to be on its way!'



'I see,' said Rarity, tucking in to some toast,
Then drinking the fruit juice that she liked the most.

'I came round to see you, as I'm feeling quite low,'

'Well, let's go for a walk and talk as we go.'



The pair of friends set off down the lane,
The sun peeped through a sprinkle of rain.

'I'm sorry to hear you're not feeling so great,
You can tell me about it – I'm your best mate!'

Rarity said they should stop for a rest,
But Unique said the exercise was for the best,
'You see, being active helps our brains, too –
Cycling, swimming – whatever you do.'

'Exercise and food are important, you see,
And making sure that you get enough sleep.'

Rarity moaned, 'But sleeping is boring!
I usually stay awake all night, drawing!'

Unique the unicorn turned to the rabbit,
'I think you might need to change your habits.
I think you should take more care of yourself,
Look after your mental wellbeing and health.'



‘Our bodies need care,’ Unique explained,
‘Food, rest and exercise are good for our brains.
They help us stay healthy and happy, too,
So, this is my advice to you.’

‘Eat healthy food and have lots to drink,
Get plenty of sleep to help yourself think.
Exercise helps us to feel alive
And all this can really help our minds.’

‘You might feel low if your health isn’t good –
Being unhealthy is bad for our mood.’
Rarity realised that Unique was right,
She decided to be healthier that night.

She went back home, had some milk and some veg,
Then curled up with a book, nice and early in bed.
‘Unique is a great friend,’ said Rarity, yawning,
‘I think I’ll go for a jog in the morning.’

