

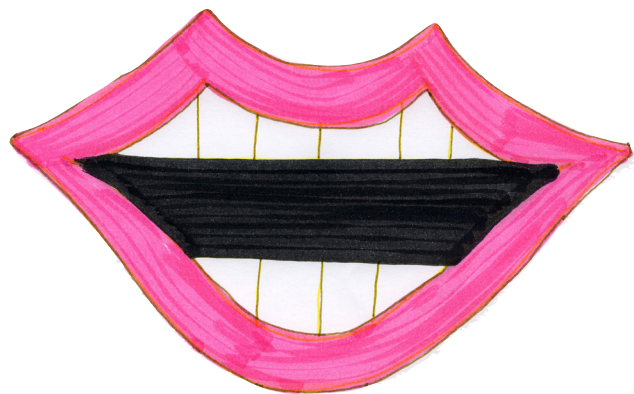
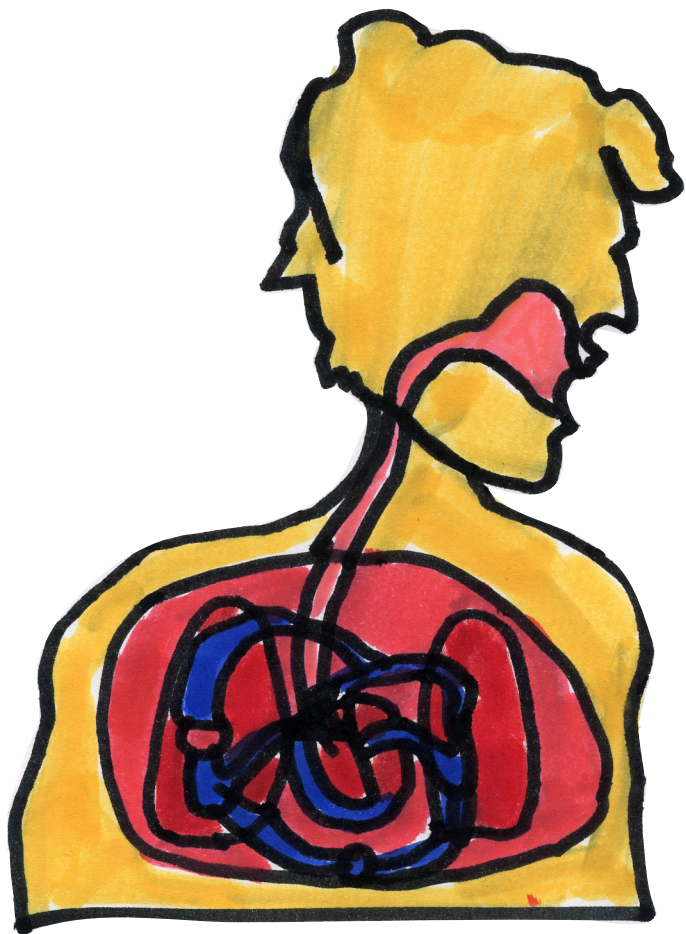
LOOKing

after

my

self





All About Me!

Name _____

Address _____

Phone Number _____

Emergency Contact _____

Doctors Name/Number _____

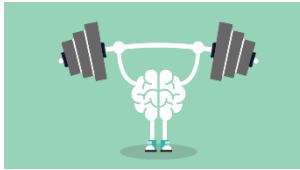
Dentist Name/Number _____

School _____

In each finger write the names of the safe adults in your life. These adults are the ones that you can speak to and trust. When you have worries or you need help. They can be a member of your family, a teacher, social worker, sports coach - any adult that you feel is safe for you.



Sometimes things can happen to us and we forget to look after ourselves both physically & mentally.



There are lots of ways to keep our bodies safe and healthy.



Use the space below to write ways in which you can help look after your body. For example, visiting the dentist, drinking water.

Have a dance party
Play a game
Put down the phone & read a book
Exercise
Go for a bike ride
Go for a walk or a hike
Watch a movie
Draw, paint, or craft
Journal
Just play!
Watch music videos on YouTube
Go swimming
Go to the library & pick out books
Tell jokes
Meditate
Do yoga
Blow bubbles



Here are some ideas
for self-care.....can
you think of anymore?

WHAT'S YOUR SELF LOVE LANGUAGE?

AFFIRMATION

Using your words to build yourself up.
Positive self-talk.
Being your biggest cheerleader.

SERVICE

Give yourself what you need when you need it.
Serve a higher power.
Take care of your basic needs.

GIFTS

Investing in yourself.
Spending money on your hobbies.
Buying yourself little gifts.

TIME

Spending time on the things you love.
Having solitude.
Taking yourself out.

TOUCH

Doing yoga or other exercise-y things.
Massage + Pampering
Learning to love your body.

BLESSING MANIFESTING

Looking after our teeth!

How we feel about our teeth can really affect our confidence. Oral health plays an important role in our mental well-being.

In today's digital age, where social media can be part of our everyday lives and often held responsible for portraying an 'ideal' body image, it's no surprise that more than ever people are questioning their looks and losing confidence in themselves.

People are seeing the world through a filter, and that's not healthy.

People with poor or neglected teeth are more likely to get gum disease, tooth decay or mouth infections. As a result, they may well face difficulty eating and speaking, as well as suffering from pain and really bad breath, causing further embarrassment.

Keeping your mouth in tip-top condition is a vital part of personal care and a key component in increasing confidence and self-esteem. Cracking a confident smile can go a long way in making you feel good on the outside, as well as on the inside.



QUICK FACTS

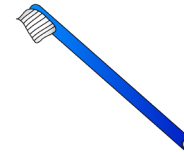


- People who drink 3 or more glasses of fizzy juice each day have 62% more tooth decay, fillings and tooth loss than others. Put down the fizzy juice and sports drinks and pick up some nice fresh water instead.
- Tooth enamel is the hardest substance in the human body. However, we do not recommend that you use your pearly whites to open bottle caps!
- If you don't floss, you miss cleaning 40% of your tooth surfaces. Make sure you brush and floss twice a day!
- If you're right handed, you will chew your food on your right side. If you're left handed, you will tend to chew your food on your left side.

QUIZ TIME!

1. A person whose profession is dentistry _____
2. The hardest substance in your body _____
3. Large back teeth used for grinding your food _____
4. Soft, strong thread used to clean between the teeth _____
5. A soft, sticky, whitish film attached to tooth surfaces _____
6. A brush for cleaning the teeth _____
7. The part of the tooth below the gums _____
8. A hole in the tooth caused by tooth decay _____
9. The pink tissue at the bottom of teeth _____
10. A paste for cleaning teeth _____

- Molars
- Root
- Floss
- Gums
- Dentist
- Enamel
- Plaque
- Toothbrush
- Cavity
- Toothpaste



- Toothpaste
- Cavity
- Molars
- Gums
- Enamel
- Floss
- Toothbrush
- Plaque
- Dentist
- Root

1.

2.

5 Things
I Love
about

3.

4.

5.

Useful Websites and Apps

1. How to Brush your Teeth <https://youtu.be/1zRVWz2WkAY>



2. Chill Panda App




3. eQuoo: Emotional Fitness Game



4. My Possible self: The Mental Health App



Notes

A large, empty rectangular box with a thin black border, occupying most of the page below the 'Notes' header. It is intended for the user to write their notes.

