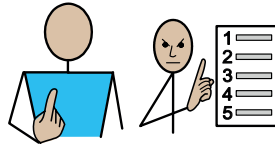
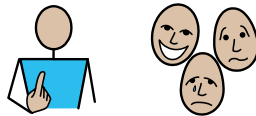


Healthy ME... 6



Self-discipline



- manage my emotions



- follow the rules

For example



In PE...



I stick to the rules
of the game.



In school...



I control my temper
when I am annoyed.



In life...



I lead a healthy,
active lifestyle.