

Health is Wealth

COLOURING BOOK



With
Love,
to You!



Have fun
colouring the
drawings



Children, this book is
for you!

Here are some tips for a happy and healthy life.

Be clean and care for yourself!

Wash



Time for a good wash!



I want you to be happy and healthy!

Don't forget to wash your face, ears, mouth, nose...



Our body is important. So is our heart!

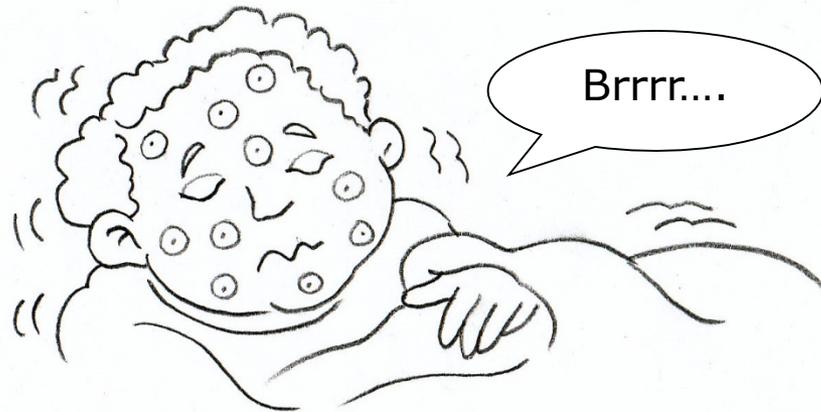


...hands

... and feet.

Why? Because germs hide in dirt.

Beware!



They make you ill.

They get into your nose,
your mouth, your ears,
your eyes and your hair.

So be clean!

Soap



This is fun!



I like being clean.

Use soap and water!

Keep your hands and nails clean too.



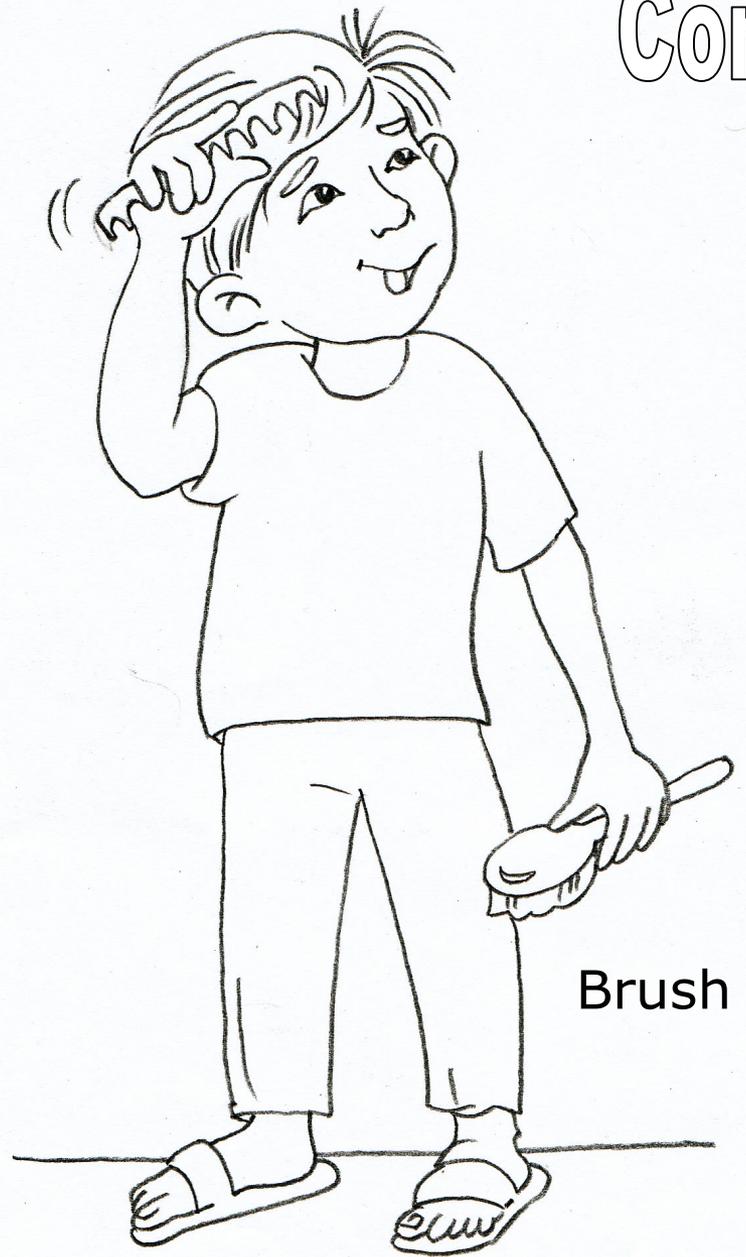
No!

Long



Yes!

Short

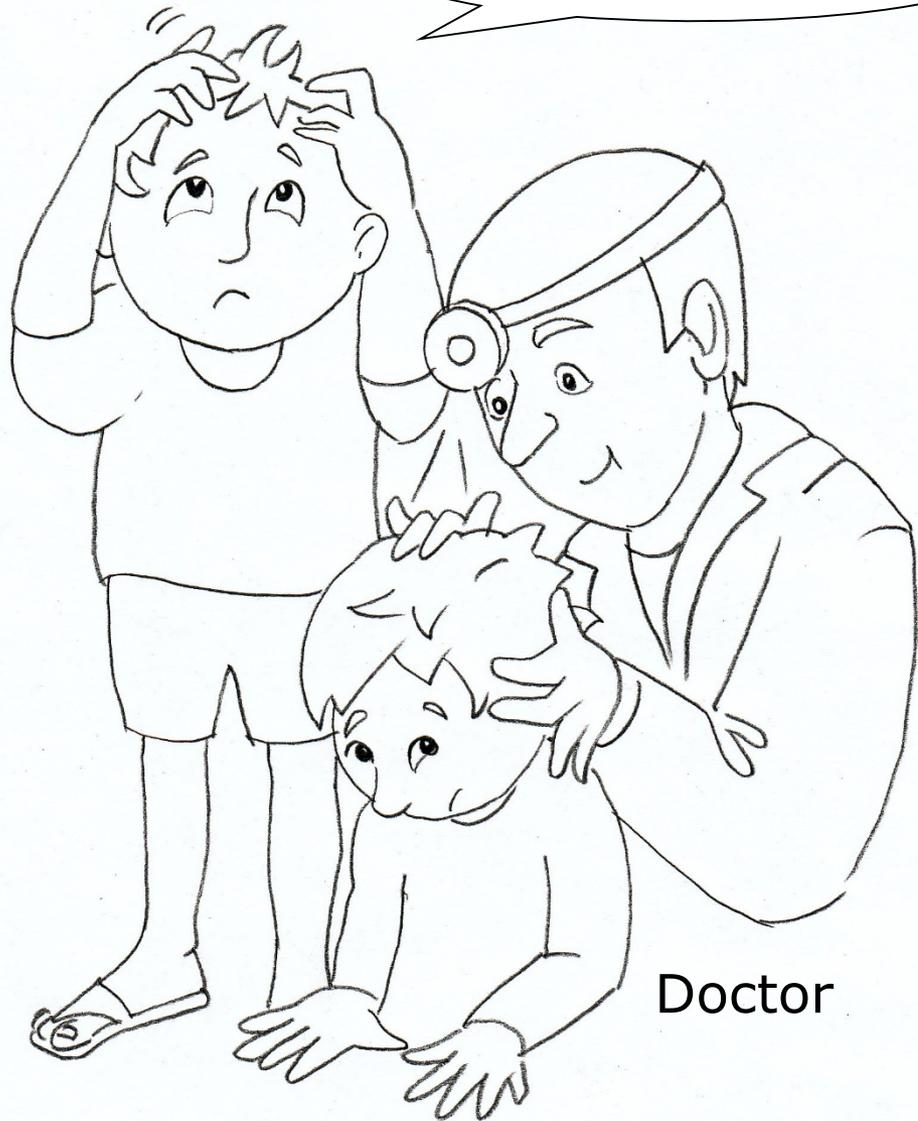


Brush

Comb your hair.

Watch out for louse and scabies.

My head is itchy.



Doctor

Your hair needs special care, and maybe a good cut!



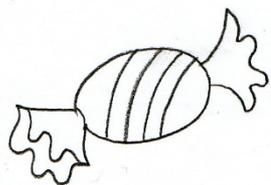
Special shampoo, comb and scissors

Eat good food. Eat Fruit and green vegetables.

I love fruit and vegetables!



Wash your pots and pans.



YES!

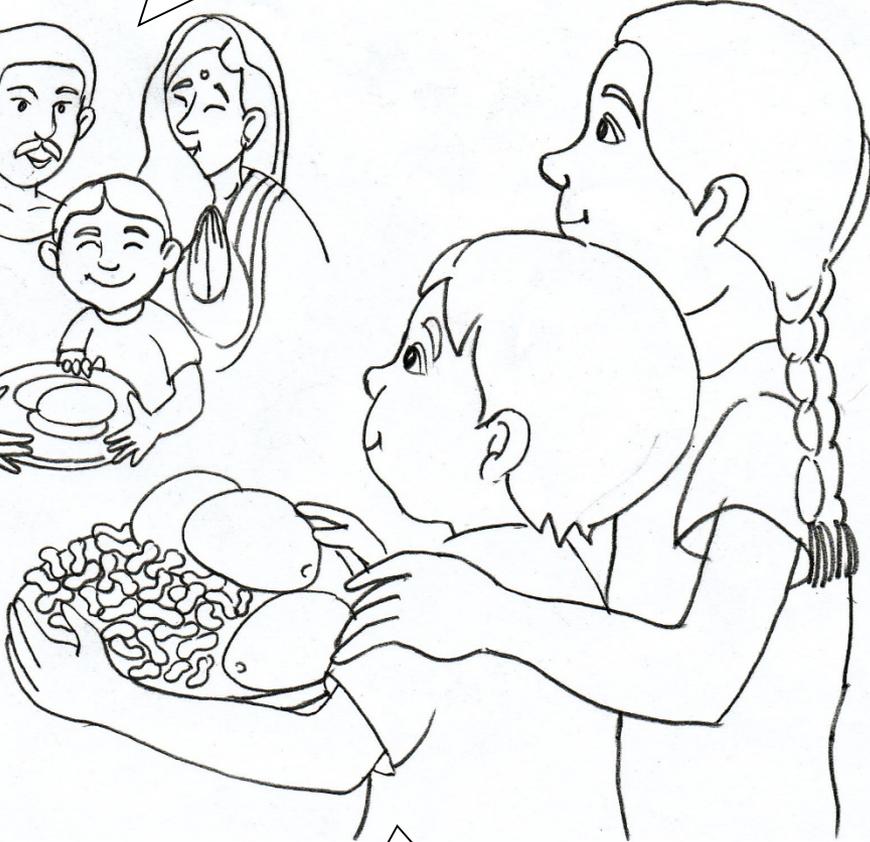
No!

Candy is sweet. Not too much.

Thank God for your food.

Food is God.

This is for you!

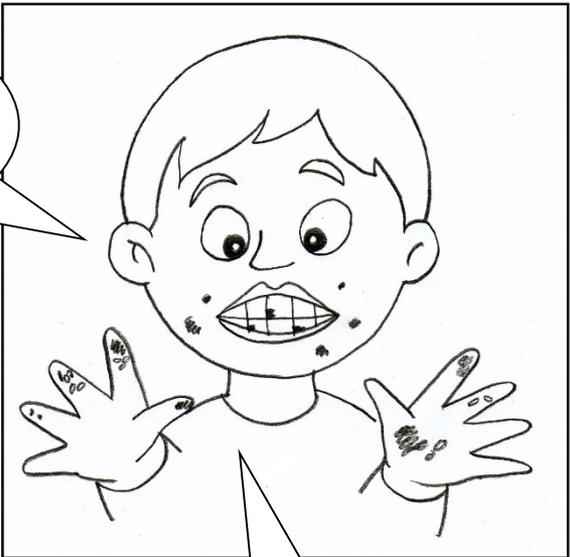


And this is for you!

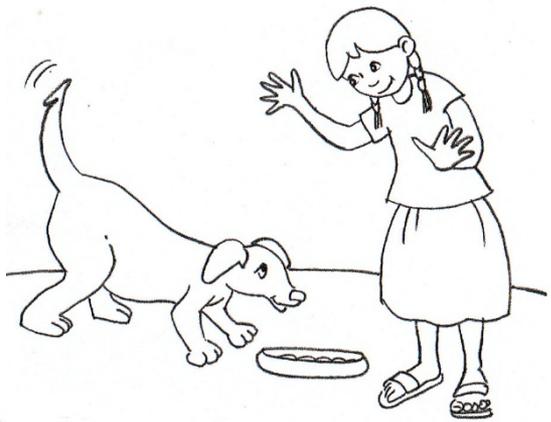
Share it when you can.

Always wash your mouth
and hands after you eat!

I need to
wash my
mouth!



And
hands!

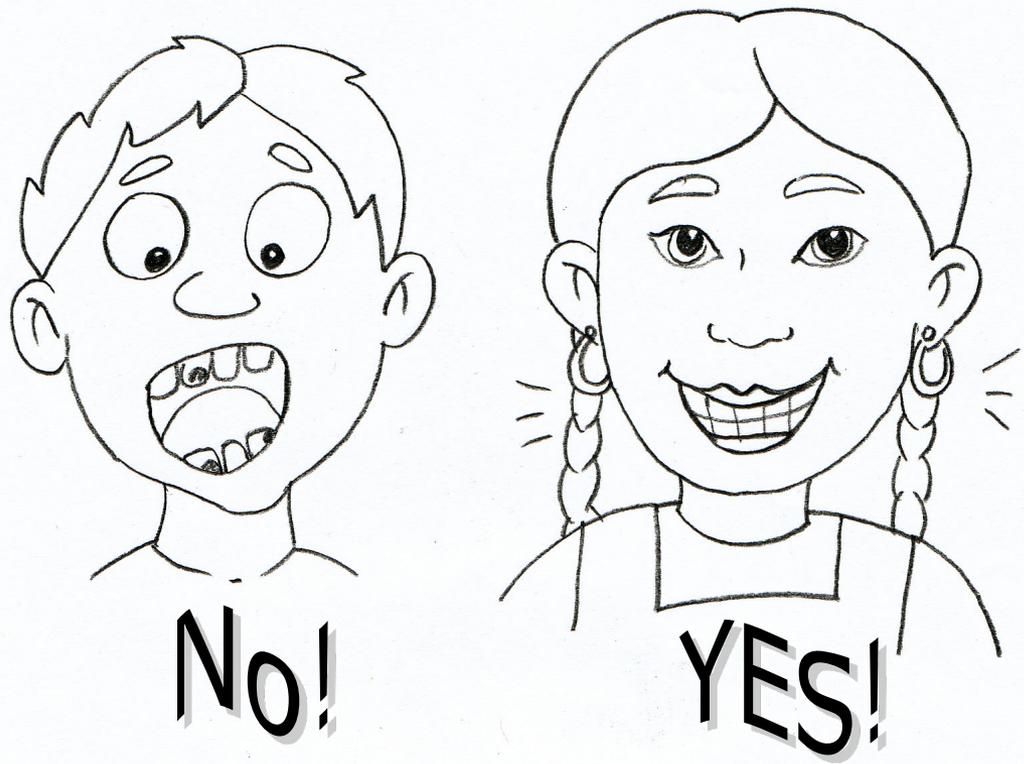


soap

Never waste food.

Don't forget to brush your teeth.

In the morning.



Toothpaste



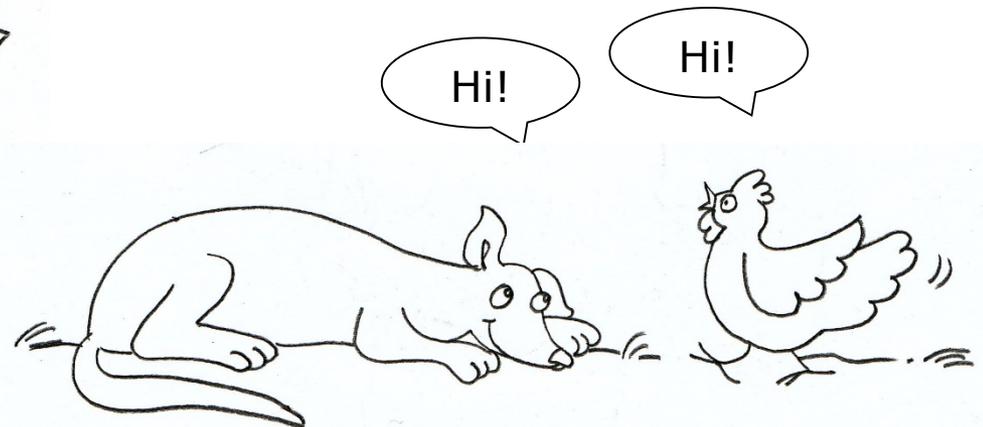
Toothbrush

And before going to bed.

Keep your house clean, and
your clothes.



Help your village to be
clean too!



Flies carry germs!



Dirty flies

Don't let them sit on your food.

Water is precious. Don't waste it!

Sathya Sai

WATER DRINKING PROJECT



Use a lid!

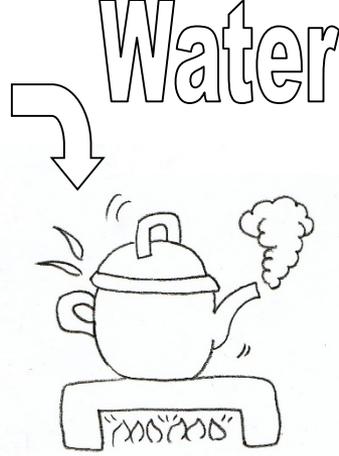
Protect your drinking water from flies and animals.

It is extra safe to boil it!

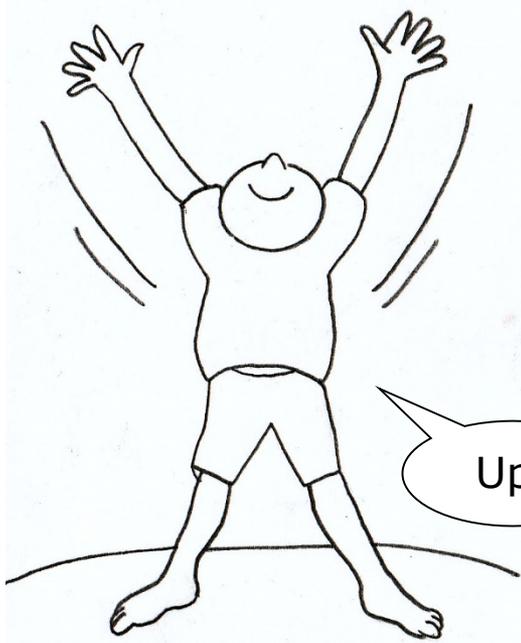


Be careful with fire!

Boil



Exercise is good for you.



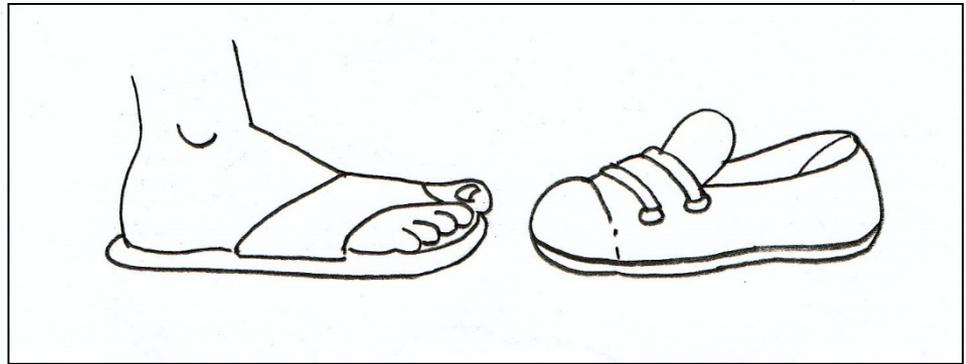
Up!



Help!



Down!



Protect your feet.

Watch out! Germs are running down your nose!

Germs



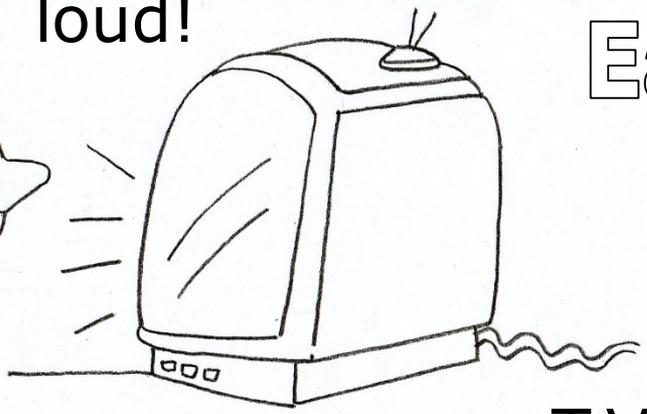
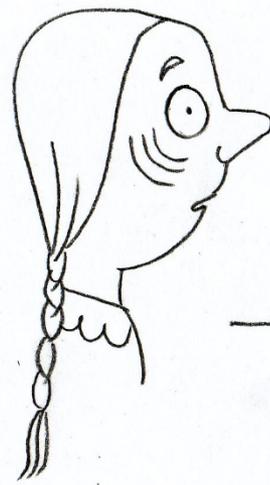
Don't blow your nose on your sleeve.

Your eyes and ears are precious. Take care of them.

Not too loud!

Eyes
Ears

Light



T.V.

Bad

When too much!

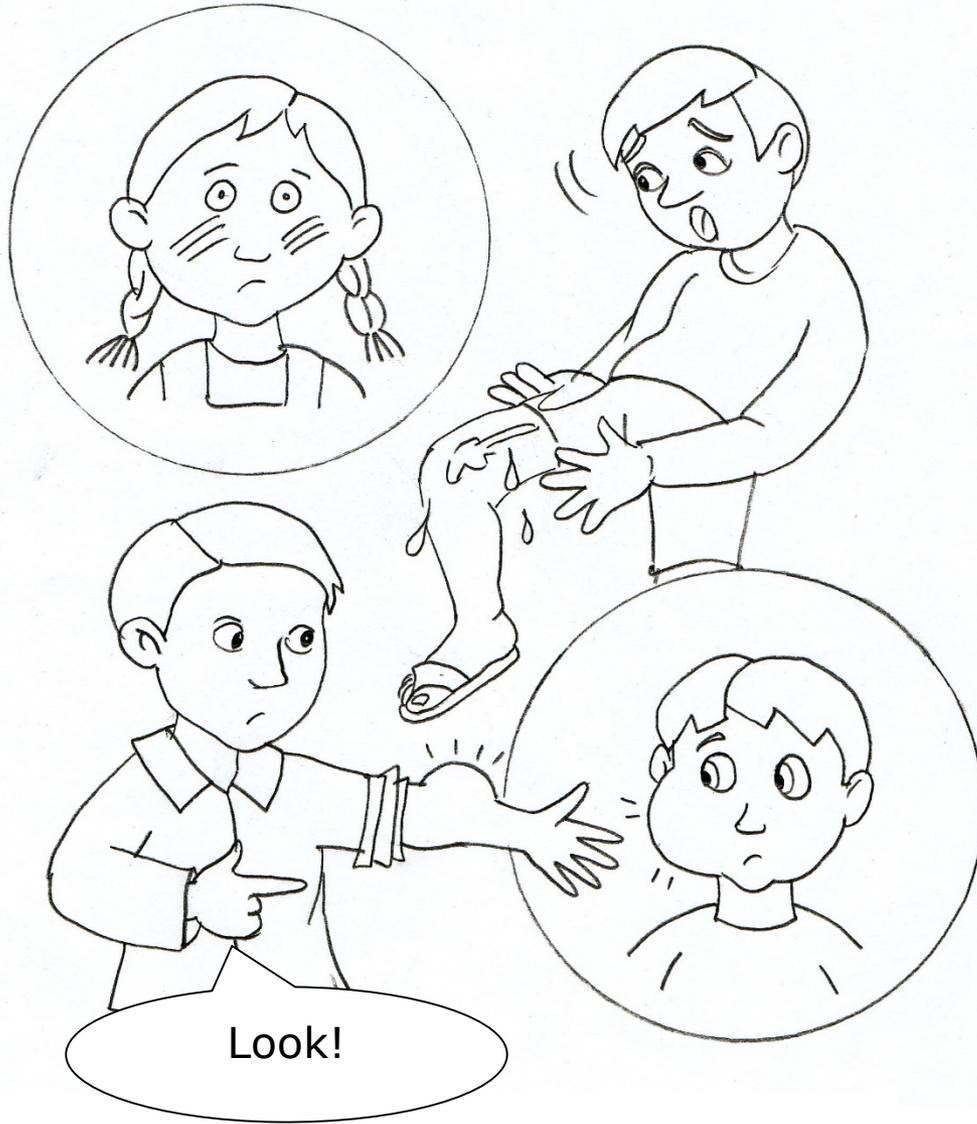
Good



Video games

Computer

When you hurt yourself...



... or become red or puffy...

When you feel hot...



Tell your mommy.

If you get very ill go see a doctor.



Please
come
in.

You are welcome.



Open your
mouth please.



The doctor will help you get well.

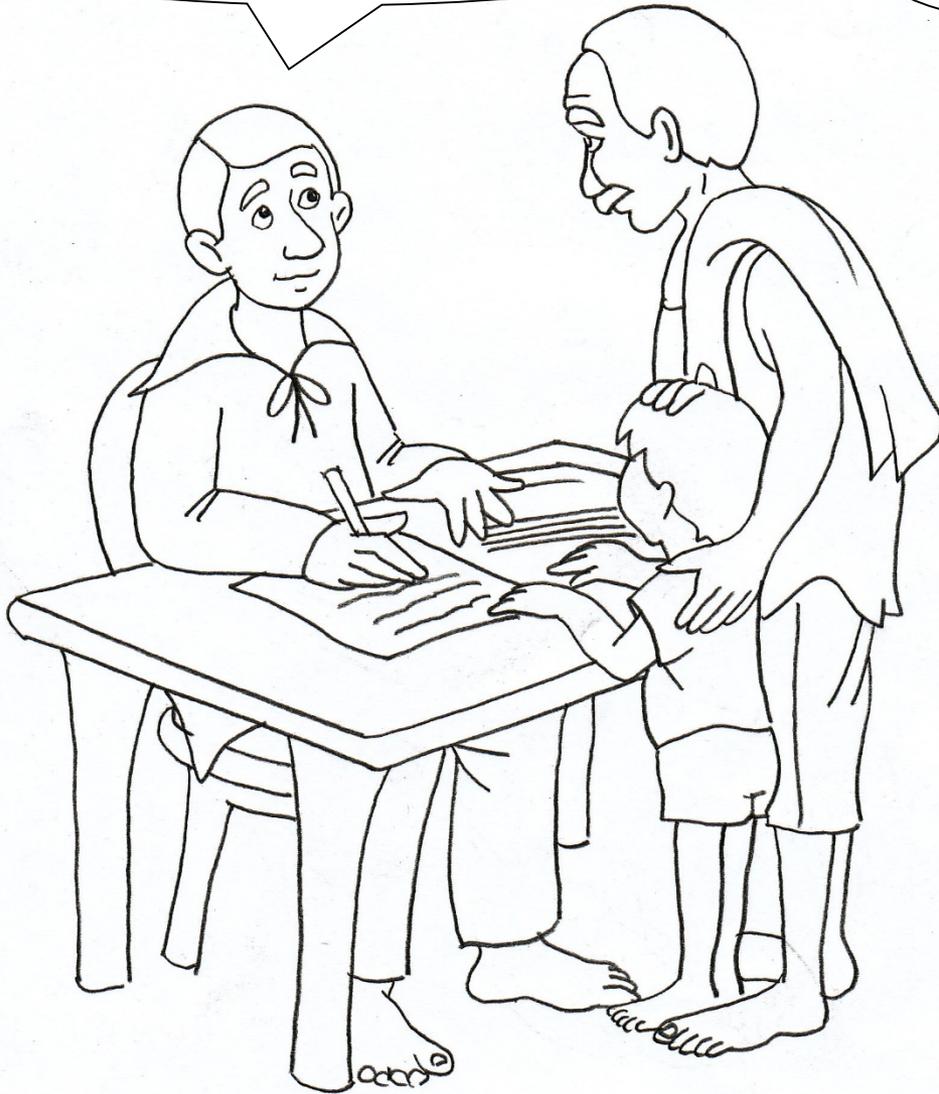
With God's help you will heal quicker.



Don't miss the medical camps.

Medical camps

How old is your son?



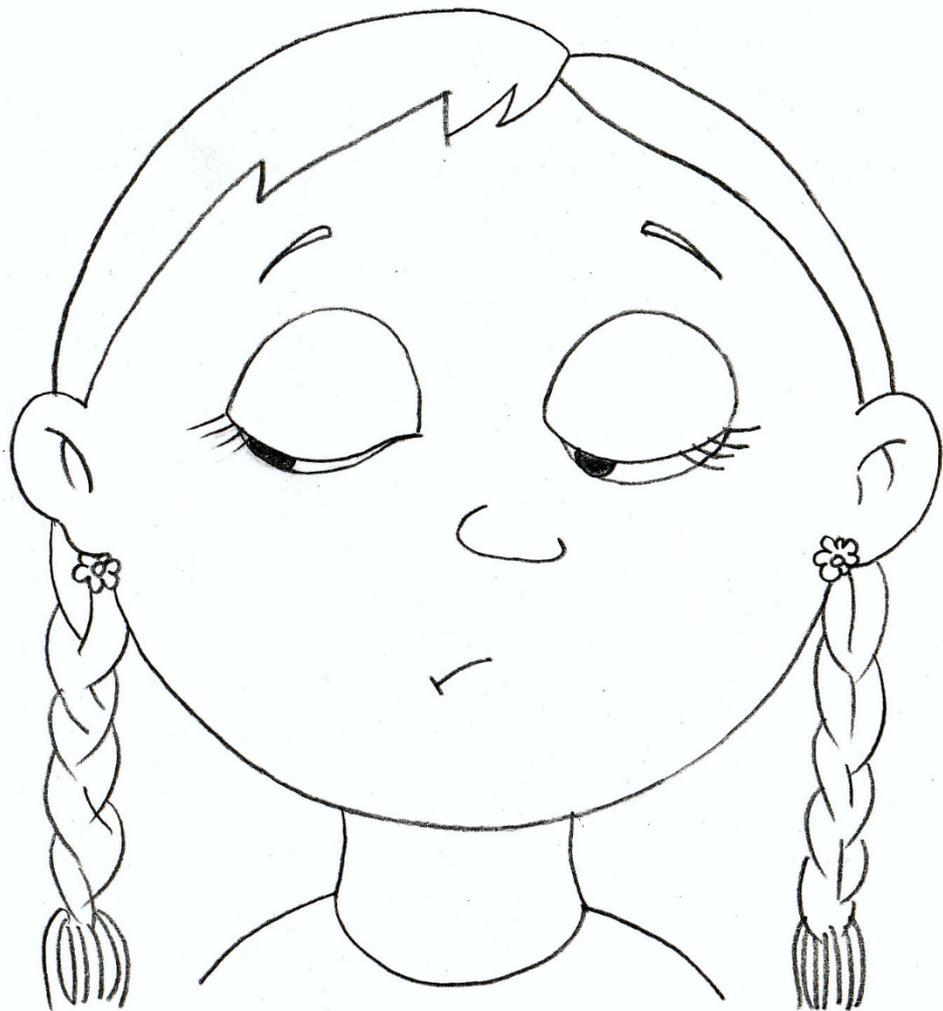
How old are you?



You can go for a check.

If your eyes become red or puffy...

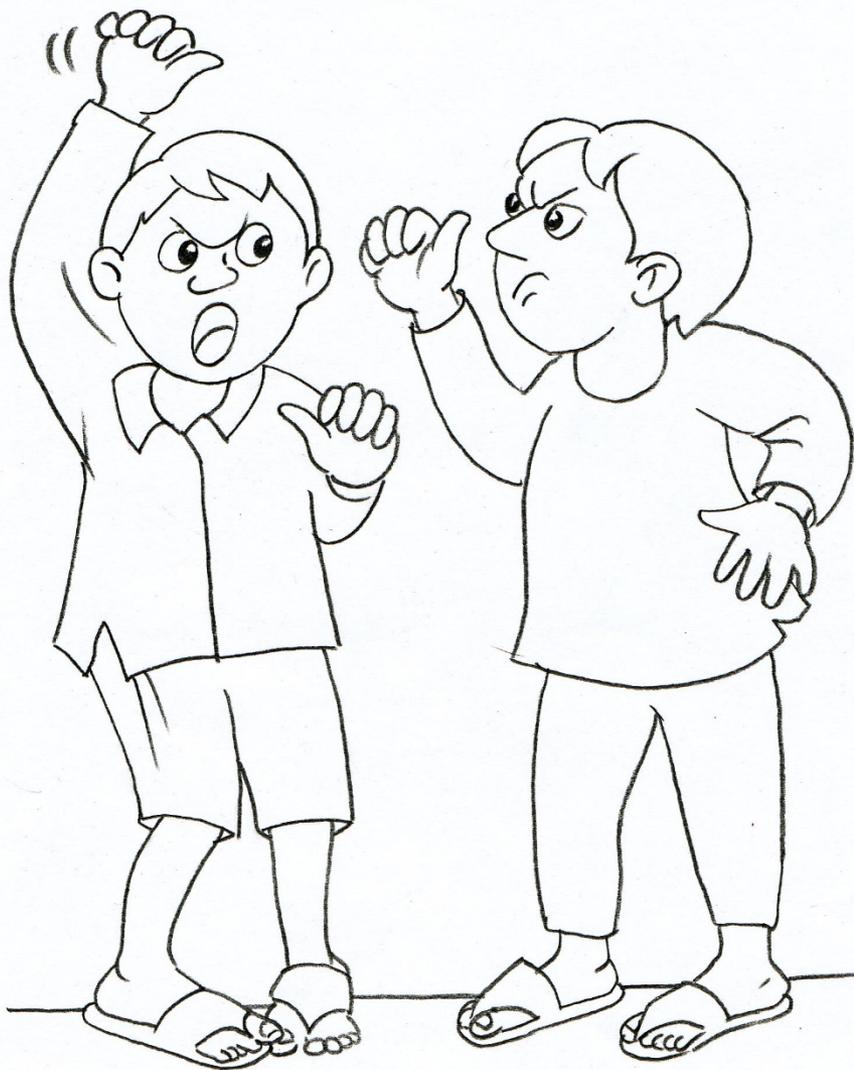
Glasses



Sometimes children need
to wear glasses too!

Go for an eye check.

Don't fight. Don't say bad words.



Can you help me, please?

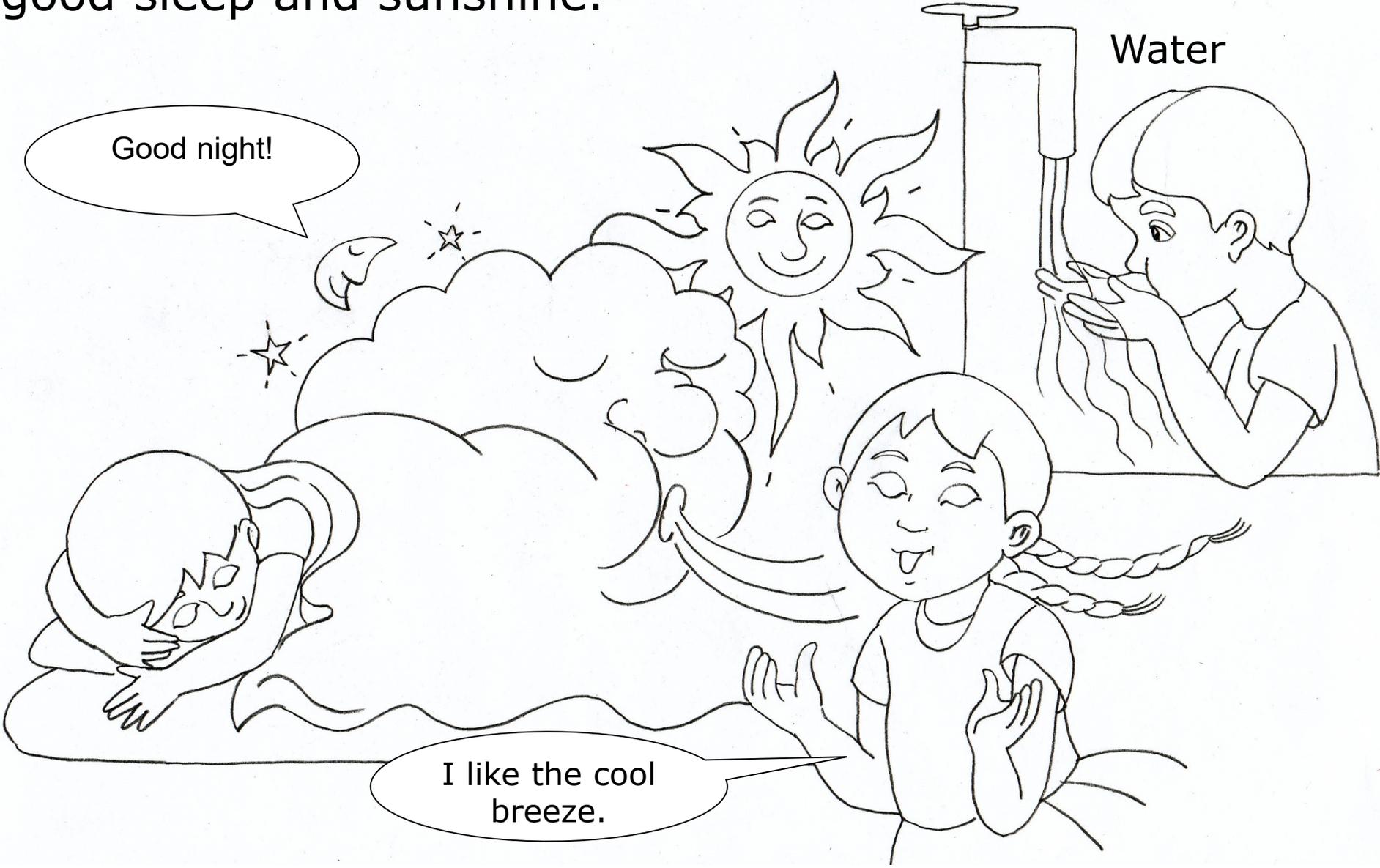


I will be happy to help you!

Anger is bad for your health.

Be kind to everyone.

In order to be healthy you need...
good sleep and sunshine.



Good night!

Water

I like the cool breeze.

Fresh air and fresh water!

Good thoughts bring good health. Be positive!

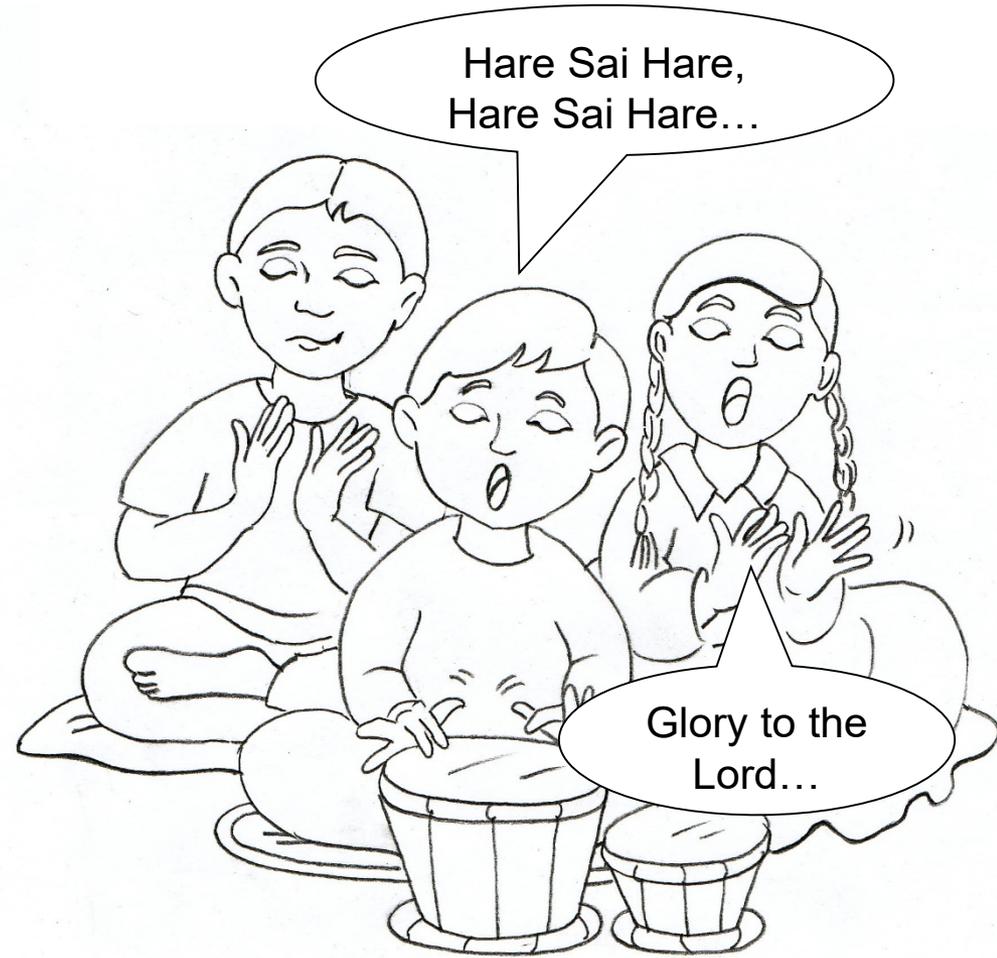
Think good



Listen to good stories.

Always tell the truth.

Speak good



Speak from your heart.

And praise God.

Helping hands are God's hands.

Do Good



Thank you

Thank you



Look around. Beauty is everywhere.

See good



I love nature.



In everything and in everyone.

It is in you too!

Be a friend to all.

Be Good

Bye! Bye!

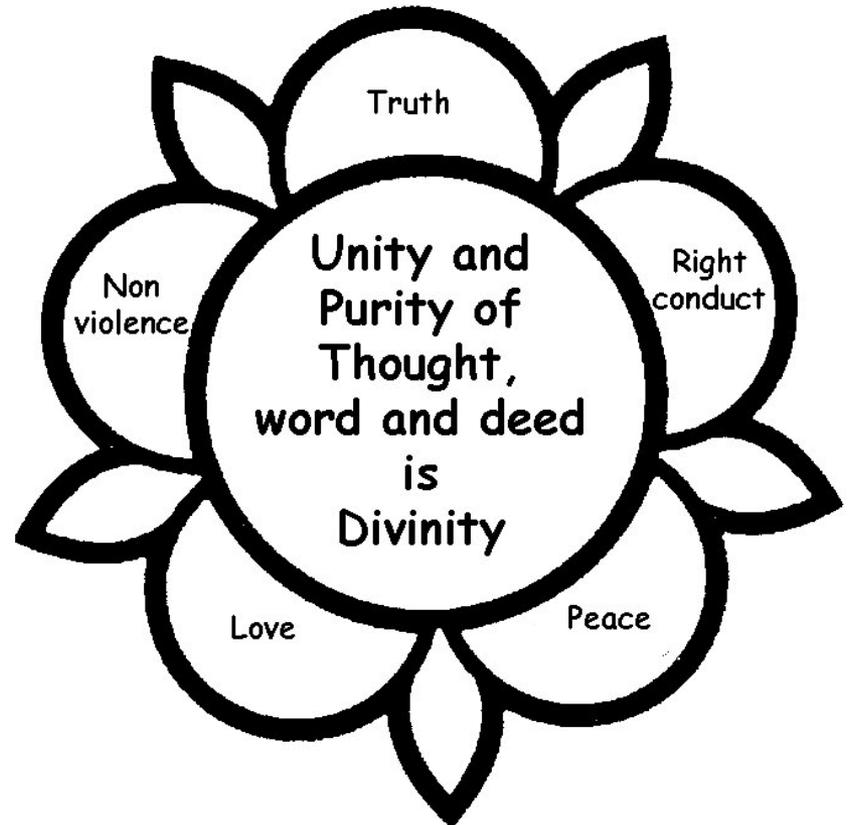
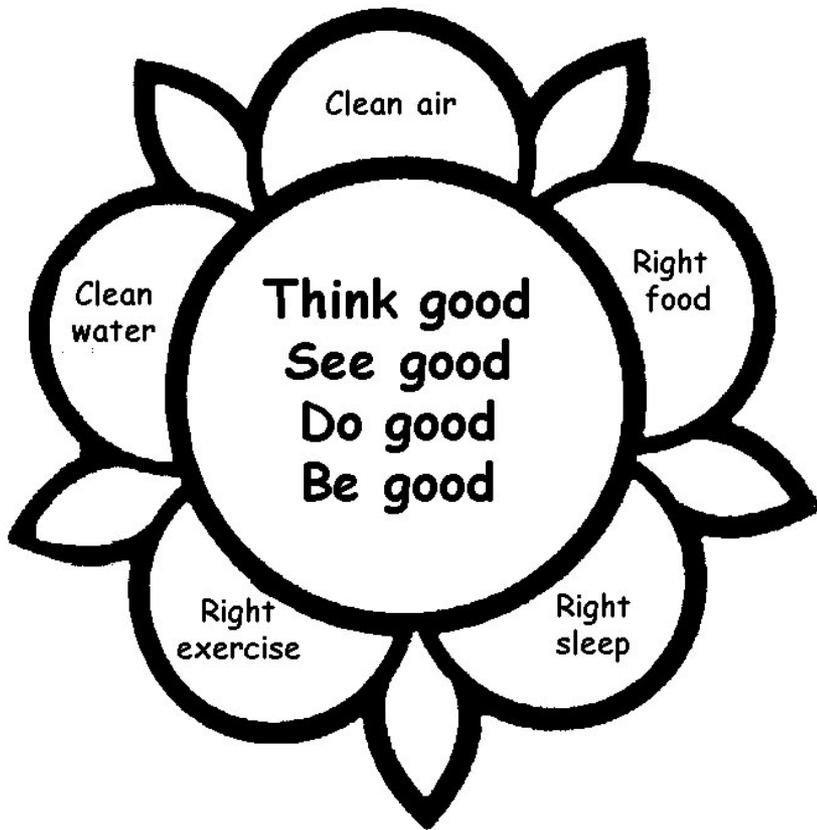
Bye!
Bye!

Good
company is
God
company!

Good company
is important!



Health is Wealth!



Beauty is Character!