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!

Time for a good wash!

I want you to be happy and healthy!
Don’t forget to wash your face, ears, mouth, nose...

...hands

... and feet.

Our body is important. So is our heart!
Why? Because germs hide in dirt.

They make you ill.

Look!

Brrrr....

They get into your nose, your mouth, your ears, your eyes and your hair.
So be clean!

I like being clean.

Use soap and water!
Keep your hands and nails clean too.

Long

No!

Short

Yes!

Comb your hair.

Brush
Watch out for louse and scabies.

My head is itchy.

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!

Never waste food.
Don’t forget to brush your teeth.

In the morning.

And before going to bed.

No!  

Yes!

Toothpaste

Tootbrush

Teeth
Keep your house clean, and your clothes.

Help your village to be clean too!

Hi!

Hi!
Flies carry germs!

Don’t let them sit on your food.
Water is precious. Don’t waste it!

Sathya Sai

WATER DRINKING PROJECT

Be careful with fire!

It is extra safe to boil it!

Use a lid!

Protect your drinking water from flies and animals.

Boil

Water
Exercise is good for you.

Protect your feet.
Watch out! Germs are running down your nose!

Use a hanky!

No!

Yes!

Don’t blow your nose on your sleeve.
Your eyes and ears are precious. Take care of them.

Good

Video games

Bad

When too much!

Not too loud!

T.V.

Light
When you hurt yourself...

... or become red or puffy...

Look!

When you feel hot...

I don’t feel good.

Tell your mommy.
If you get very ill go see a doctor.

You are welcome.

Open your mouth please.

The doctor will help you get well.
With God’s help you will heal quicker.

I feel good.
Don’t miss the medical camps.

How old is your son?

How old are you?

You can go for a check.
If your eyes become red or puffy...

Sometimes children need to wear glasses too!

Go for an eye check.
Anger is bad for your health. Be kind to everyone.

Don’t fight. Don’t say bad words.

Can you help me, please?

I will be happy to help you!

I will be happy to help you!
In order to be healthy you need... good sleep and sunshine.

I like the cool breeze.

Good night!

Fresh air and fresh water!
Good thoughts bring good health. Be positive!

Listen to good stories.
Always tell the truth.

Speak from your heart.

Hare Sai Hare, Hare Sai Hare…

Glory to the Lord…

And praise God.
Helping hands are God’s hands.
Look around. Beauty is everywhere.

I love nature.

In everything and in everyone. It is in you too!
Be a friend to all.

Good company is important!

Bye! Bye!

Good company is God company!
Health is Wealth!

Think good
See good
Do good
Be good

Clean air
Clean water
Right exercise
Right food
Right sleep

Truth
Unity and Purity of Thought, word and deed is Divinity
Non violence
Love
Peace
Right conduct

Beauti is Character!