

Baby Panda trusts her mother to take care of her and help her to be healthy. I trust Jesus to take care of me too.



I'm glad that Jesus made my animal friends so that they can teach me a few tricks for staying healthy--because I don't want to get sick.

16

I don't want to get sick so I am learning some tricks from my animal friends about how to stay healthy.



1

Spotty the Sparrow takes a bath and cleans his feathers. It helps to keep him healthy.



I don't want to get sick so I take a bath and brush my hair and teeth too.

14

Ricky the Raccoon washes his hands and his food before he eats. It helps him to be healthy.



I don't want to get sick so I wash my hands after I go to the bathroom, before I eat, and whenever my hands are dirty.

3

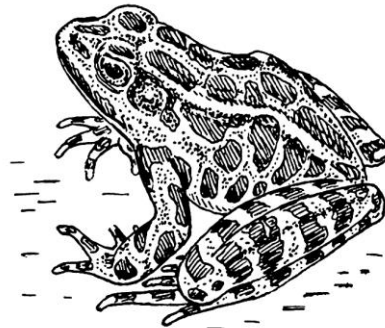
Penny the Pony eats oats and other grains. It helps her to be healthy and gives her energy to play.



I don't want to get sick so I eat brown rice, barley and other whole grains. It gives me energy to run and jump and have great fun.

12

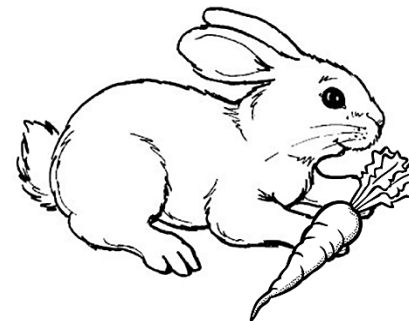
Freddy the Frog gulps in lots of fresh air each day. Ribbit! Fresh air helps him to be healthy.



I don't want to get sick so I breathe deeply of fresh air everyday too.

5

Benny the Bunny likes to eat colorful things from the garden like carrots and berries. They help him to be healthy.



I don't want to get sick so I eat lots of colorful fruits and vegetables too.

10

Kitty Cat likes to sleep when she is tired. Resting helps her to be healthy.



I don't want to get sick so I rest and sleep at night too.

7

Lizzy the Lizard likes to play in the warm sunshine. Sunshine helps her to be healthy.



I don't want to get sick so I get some sunshine every day.

4

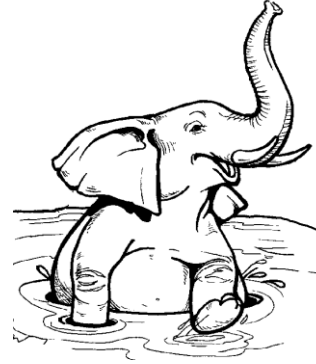
Susy the Squirrel finds lots of food, but she doesn't eat it all at once. She saves some for later. This helps her to be healthy.



I don't want to get sick so I don't eat all the desserts at once. I save some for another day too.

13

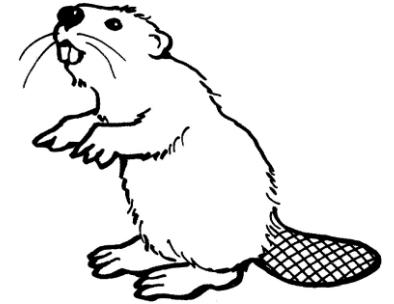
Elly the Elephant drinks lots of water with her long trunk. Drinking water helps her to be healthy.



I don't want to get sick so I drink lots of water everyday too.

2

Buddy the Beaver smacks his tail on the water and warns other beavers of danger. It helps to keep them safe.



I don't want people to get sick so I warn my friends that alcohol and drugs are bad for them.

15

Molly the Meadowlark does NOT smoke cigarettes. They are not good for her. She sings pretty songs instead.



I know cigarettes will make me sick and I don't want to get sick so I sing songs instead of smoking too.

8

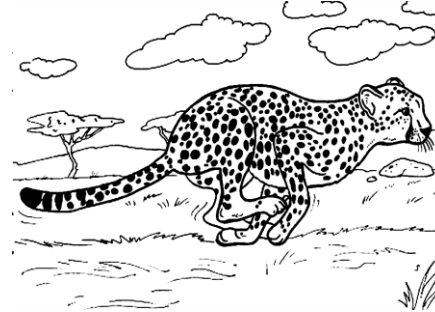
Felix the Fawn likes to eat green leafy grass and clover. It helps him to be healthy.



I don't want to get sick so I eat green leafy vegetables and broccoli.

9

Chester the Cheetah runs and plays outside every day. Exercise helps him to stay healthy.



I don't want to get sick so I play outside too.

6

Chippy the Chipmunk stuffs his cheeks full of nuts. Nuts and seeds help him to be healthy.



I don't want to get sick so I eat almonds and other nuts and seeds too.

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