

Ang Pagpapahalaga sa Sariling Katawan

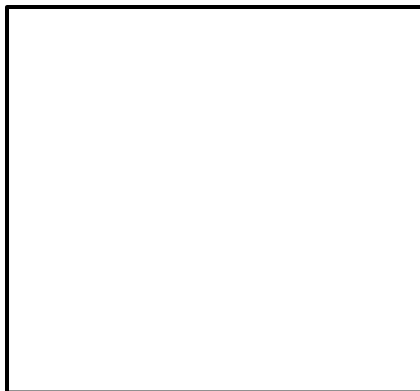
Igupit at idikit ang angkop na larawan sa tamang kahon.



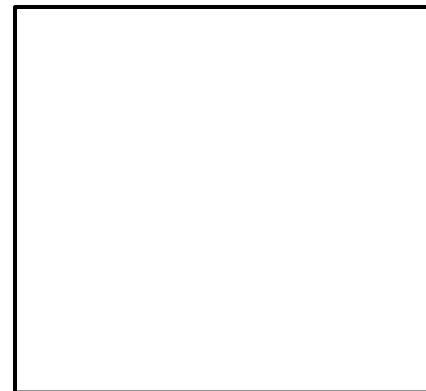
Kumain ng
masusustansiyang pagkain.



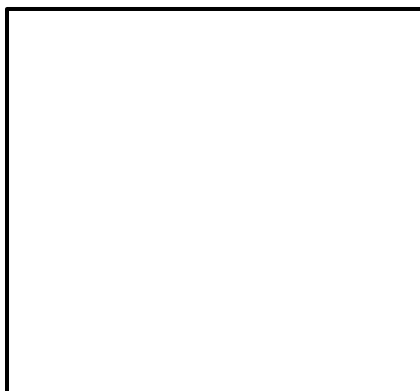
Magsipilyo
pagkatapos kumain.



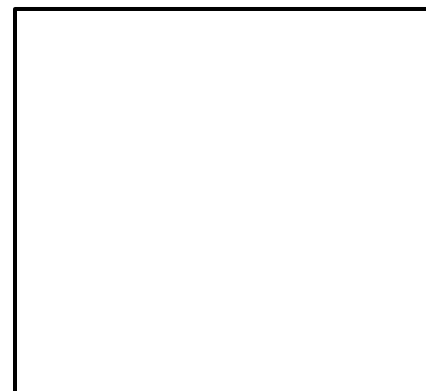
Maligo araw-araw.



Maghugas ng
mga kamay.

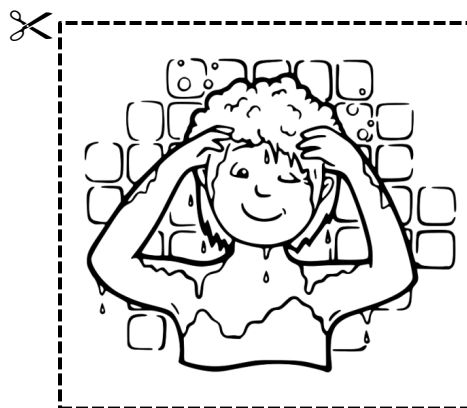
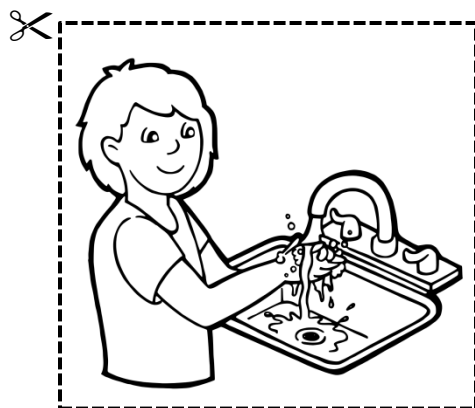
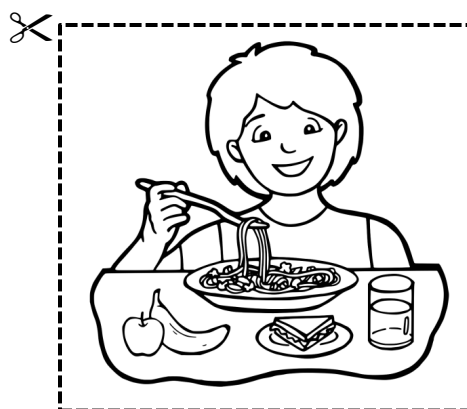
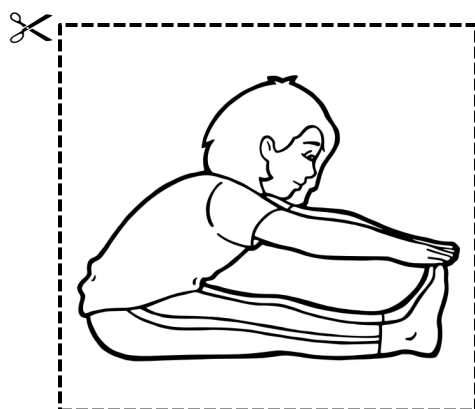
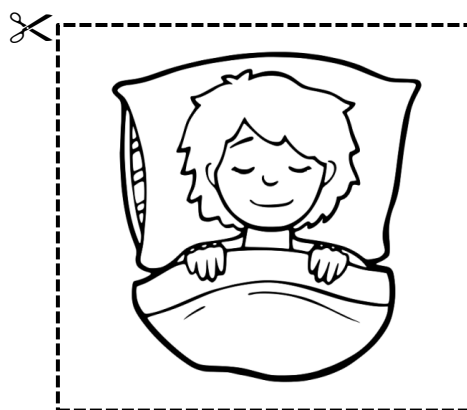
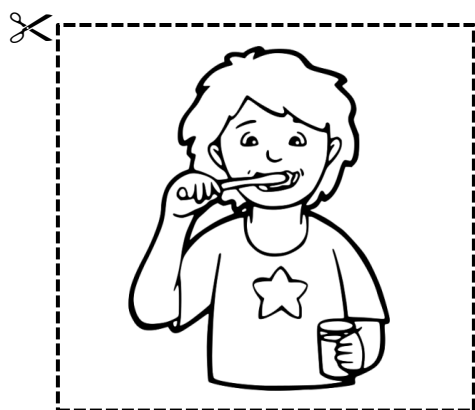


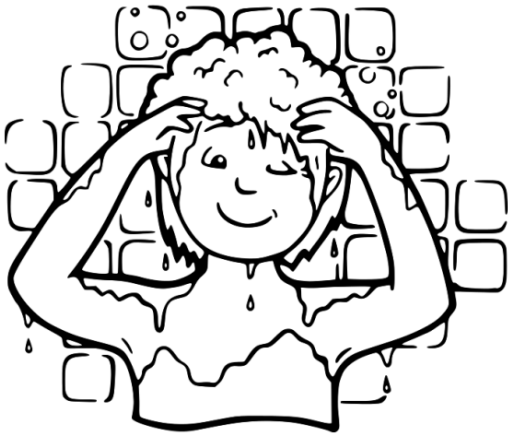
Matulog nang
sapat na oras.



Mag-ehersisyo
araw-araw.

Ang Pagpapahalaga sa Sariling Katawan

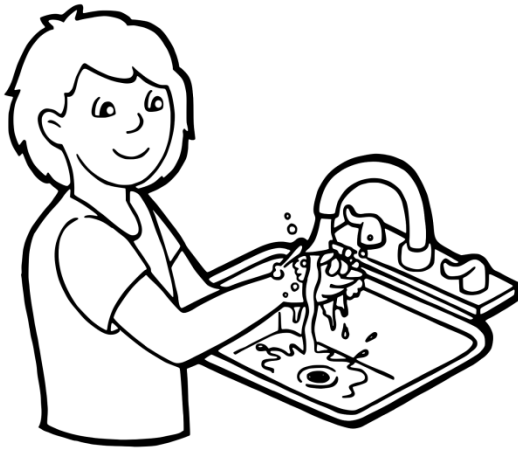




Maligo araw-araw.



Magsipilyo pagkatapos kumain.



Maghugas ng mga kamay.



Kumain ng masusustansiyang pagkain.



Matulog nang sapat na oras.



Mag-ehersisyo araw-araw.