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Staying Well

Your body is a wonderful _____. Just think of all the things it can do. But you must take care of it to stay _____. You need plenty of _____, water, fresh food, and sleep. You need to _____ every day to keep yourself clean!

Brush your teeth with _____ to keep them clean and white.

If you cut your skin, wear a _____ to keep it clean while it mends.



_____ is for washing your skin.

Soft, thick _____ keep you warm in bed.

_____ gets rid of the dirt in your hair.