

**Murchison PeaceBuilders achieve their dreams!**

**ACHIEVE  
your dreams!**

Make healthy choices  
so you can do your best to  
make your dreams come true.



**ACTIVITY**

Here are some things you need to do to take good care of yourself. Draw a line from the words to the matching picture.

1. GET ENOUGH SLEEP

A.



2. EAT WELL

B.



3. RELAX

C.



4. STAY ACTIVE

D.

