

**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

2. EAT WELL

3. RELAX

4. STAY ACTIVE

A.



B.



C.



D.

