

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.

