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PSHE: Caring for myself

There are many people who we can thank for looking after us. Parents, guardians, the police and teachers. Although, it is also very important that we learn to look after ourselves. Even at a young age, we can do a lot to look after ourselves.

Can you write a list below of ways you can look after yourself. It can be as simple as pouring yourself a drink or getting your own breakfast in the morning.