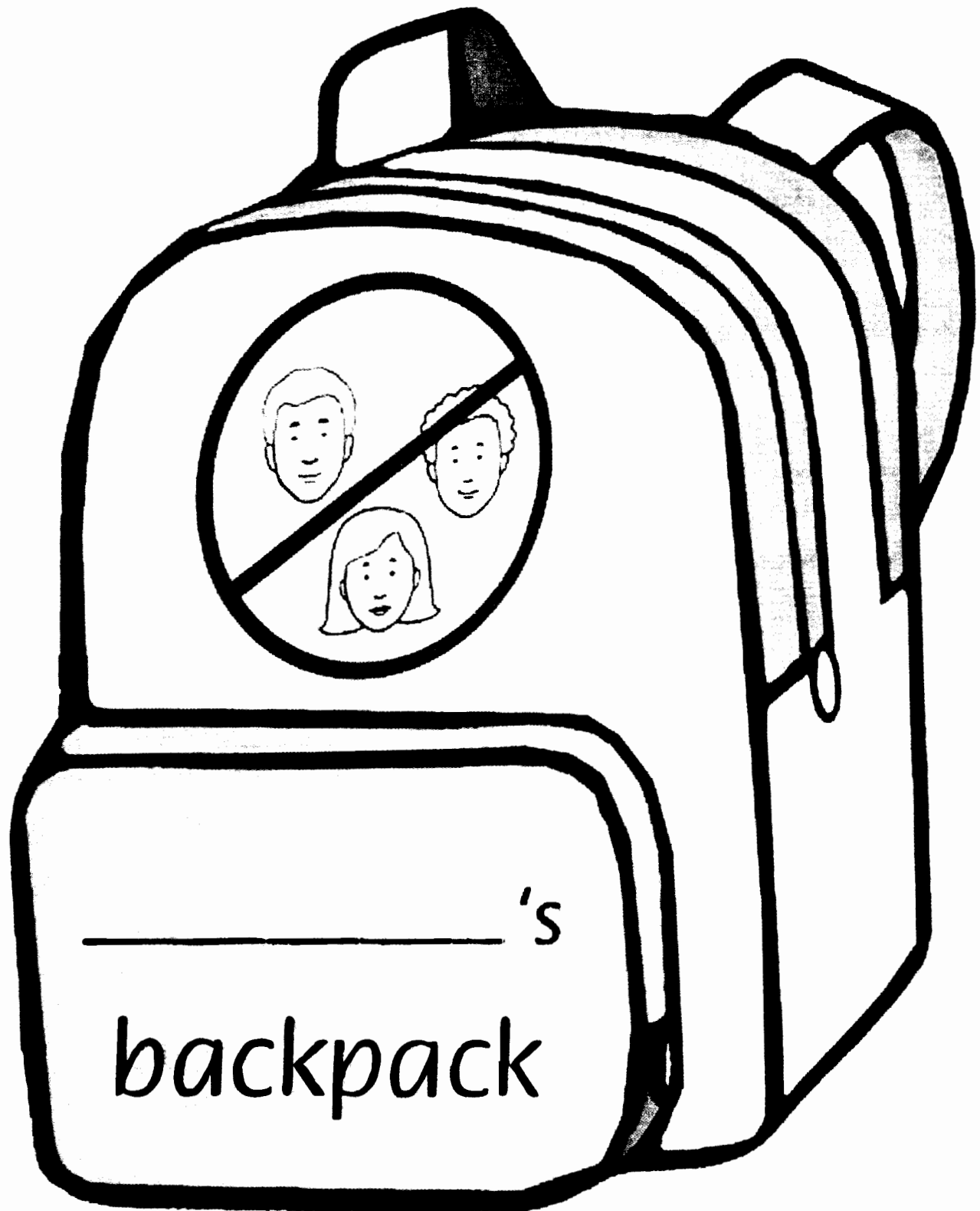


# Girl's Backpack



Name \_\_\_\_\_

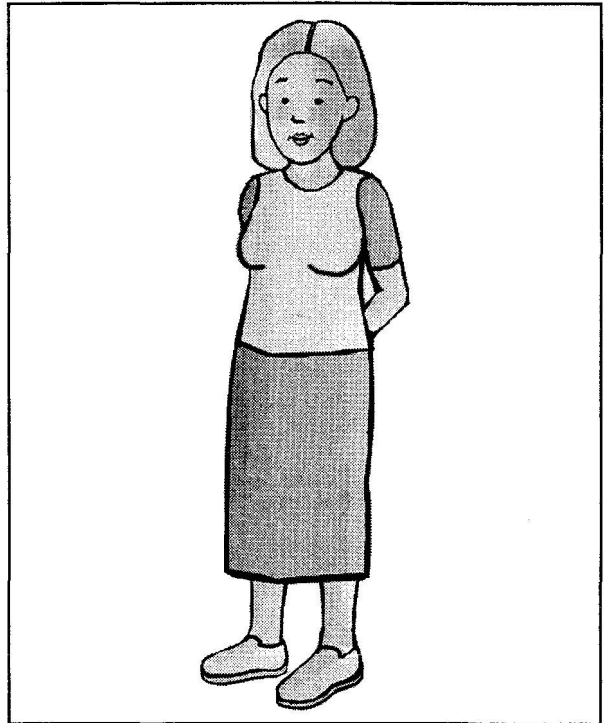
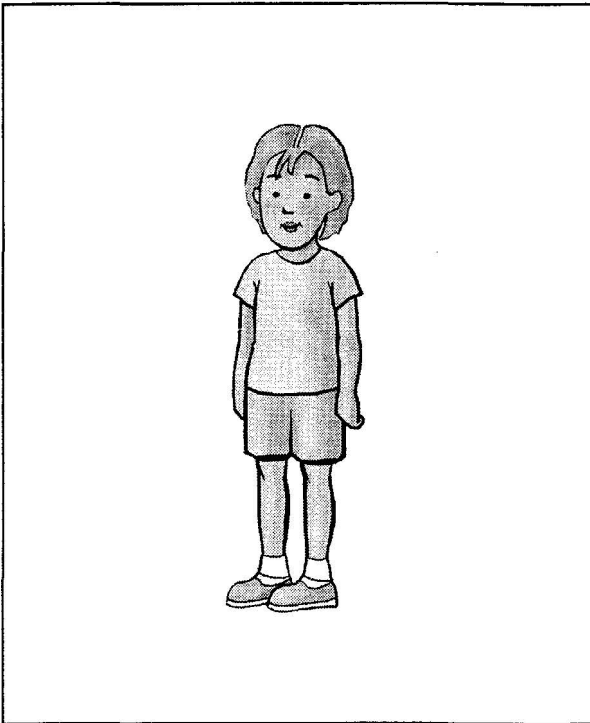
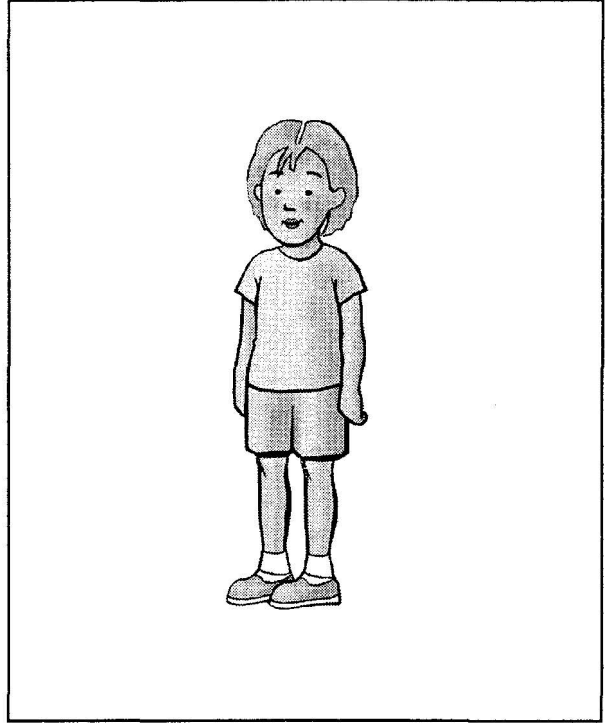
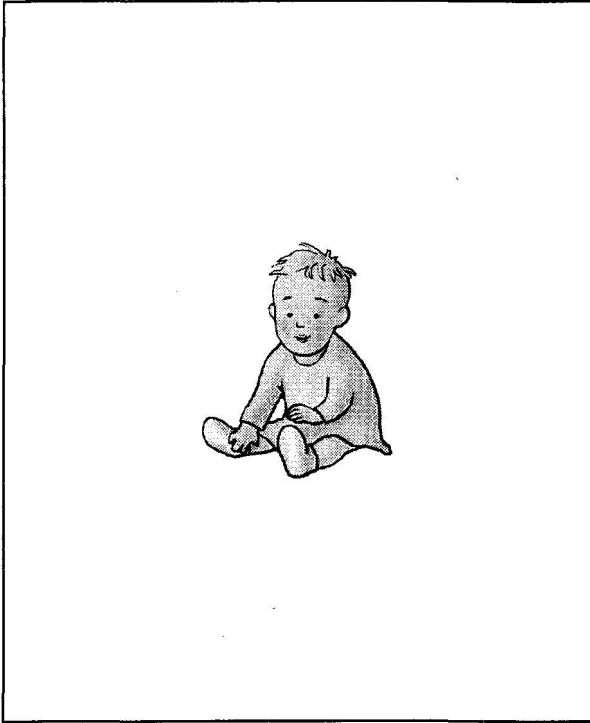
## Look At Me Now!

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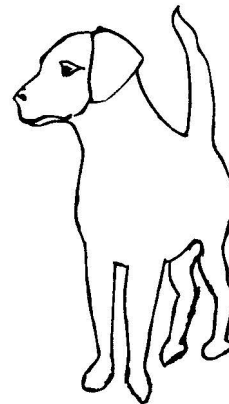
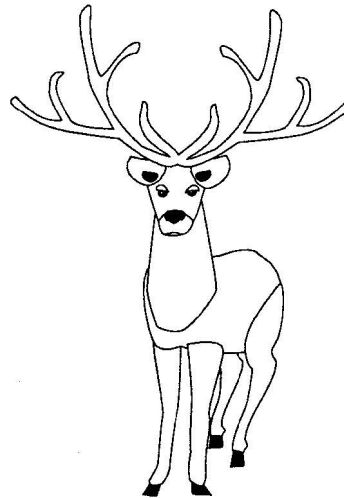
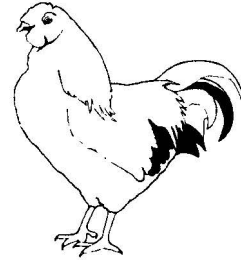
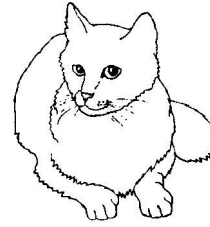
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# Spot the Difference

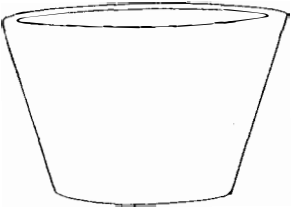


# Animal Families

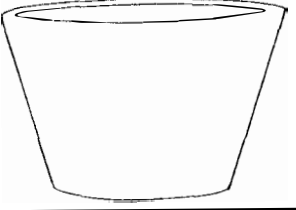


# Growth of a Seed

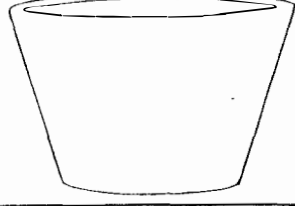
Date: \_\_\_\_\_  
Change: \_\_\_\_\_




Date: \_\_\_\_\_  
Change: \_\_\_\_\_



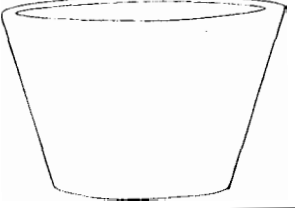
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Change: \_\_\_\_\_



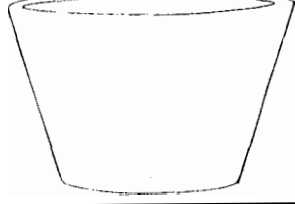
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Change: \_\_\_\_\_



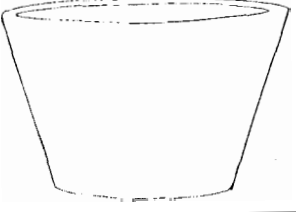
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Change: \_\_\_\_\_



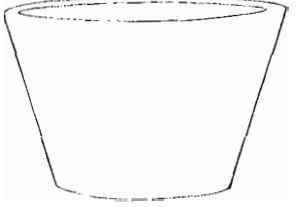
Date: \_\_\_\_\_  
Change: \_\_\_\_\_




Date: \_\_\_\_\_  
Change: \_\_\_\_\_

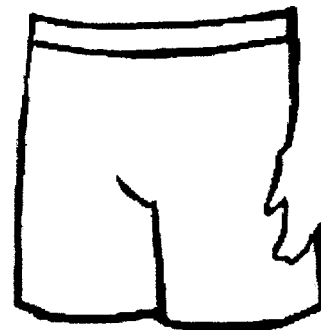
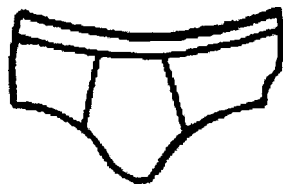
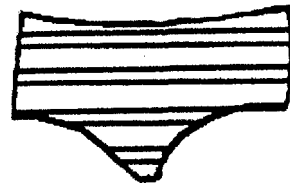
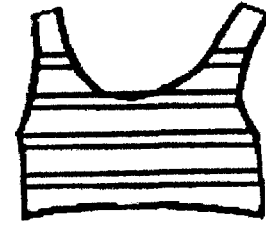


Date: \_\_\_\_\_  
Change: \_\_\_\_\_

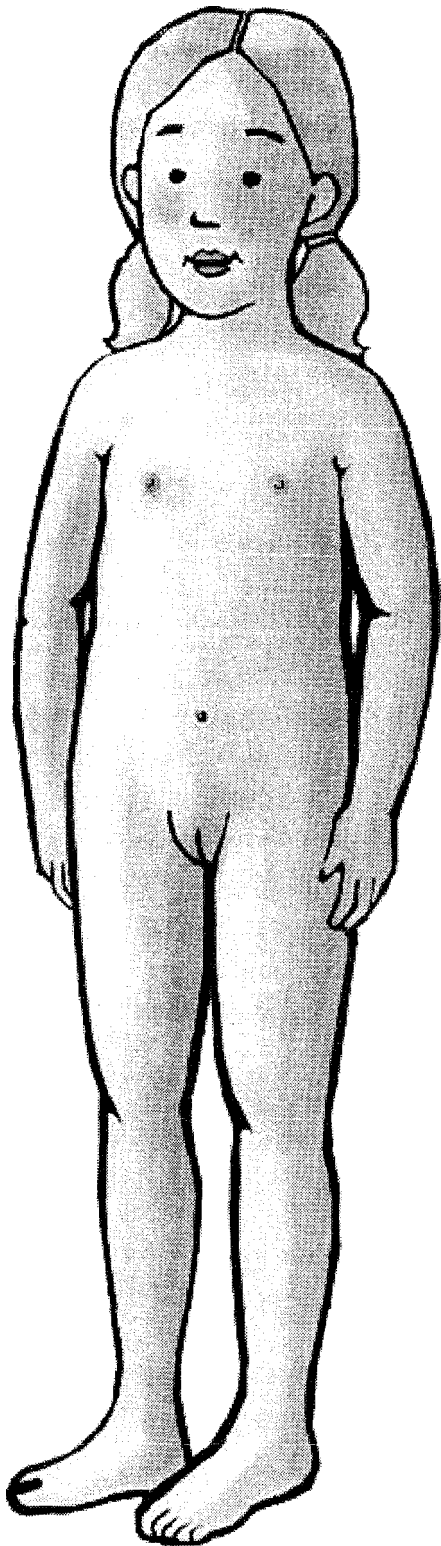


Date: \_\_\_\_\_  
Change: \_\_\_\_\_





# My Body



head

arms

nipples

breasts

back

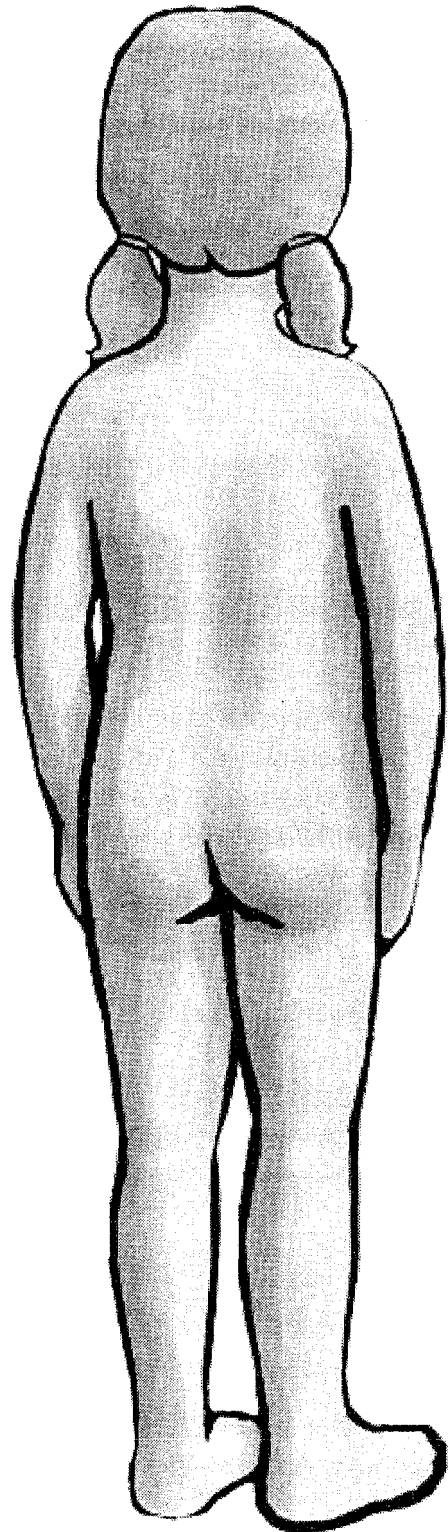
pubic area

vagina

rectum

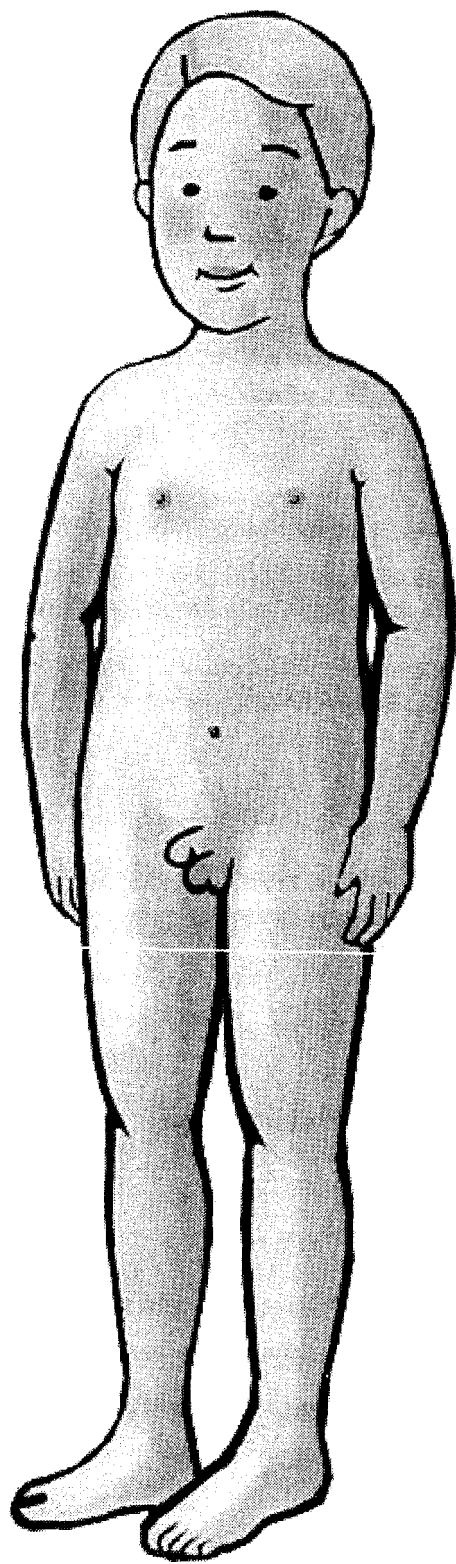
legs

feet



Name\_\_\_\_\_

# My Body



head

arms

back

pubic area

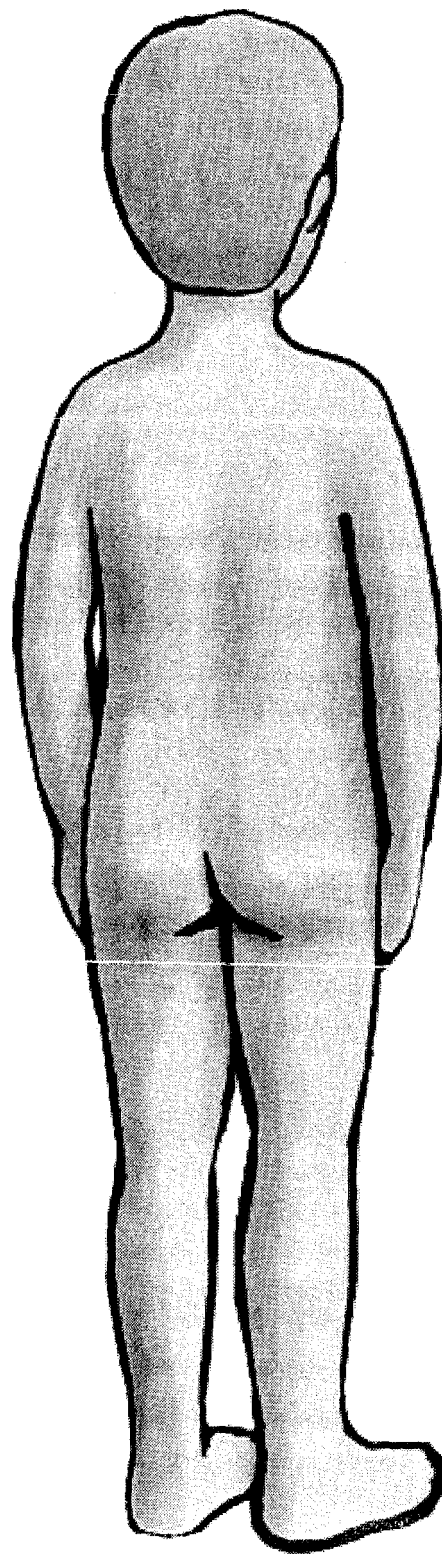
penis

scrotum

rectum

legs

feet





Name \_\_\_\_\_

### Public and Private Parts Activity

## Word List

head  
arms

nipples  
breasts

back  
penis

vagina  
rectum

scrotum  
feet

legs  
pubic area

## Public Parts

[illegible]

## Private Parts

2287 2288 2289 2290 2291 2292 2293 2294 2295 2296 2297 2298 2299 2300 2301 2302 2303 2304 2305 2306 2307 2308 2309 2310 2311 2312 2313 2314 2315 2316 2317 2318 2319 2320 2321 2322 2323 2324 2325 2326 2327 2328 2329 2330 2331 2332 2333 2334 2335 2336 2337 2338 2339 2340 2341 2342 2343 2344 2345 2346 2347 2348 2349 2350 2351 2352 2353 2354 2355 2356 2357 2358 2359 2360 2361 2362 2363 2364 2365 2366 2367 2368 2369 2370 2371 2372 2373 2374 2375 2376 2377 2378 2379 2380 2381 2382 2383 2384 2385 2386 2387 2388 2389 2390 2391 2392 2393 2394 2395 2396 2397 2398 2399 2400 2401 2402 2403 2404 2405 2406 2407 2408 2409 2410 2411 2412 2413 2414 2415 2416 2417 2418 2419 2420 2421 2422 2423 2424 2425 2426 2427 2428 2429 2430 2431 2432 2433 2434 2435 2436 2437 2438 2439 2440 2441 2442 2443 2444 2445 2446 2447 2448 2449 2450 2451 2452 2453 2454 2455 2456 2457 2458 2459 2460 2461 2462 2463 2464 2465 2466 2467 2468 2469 2470 2471 2472 2473 2474 2475 2476 2477 2478 2479 2480 2481 2482 2483 2484 2485 2486 2487 2488 2489 2490 2491 2492 2493 2494 2495 2496 2497 2498 2499 2500 2501 2502 2503 2504 2505 2506 2507 2508 2509 2510 2511 2512 2513 2514 2515 2516 2517 2518 2519 2520 2521 2522 2523 2524 2525 2526 2527 2528 2529 2530 2531 2532 2533 2534 2535 2536 2537 2538 2539 2540 2541 2542 2543 2544 2545 2546 2547 2548 2549 2550 2551 2552 2553 2554 2555 2556 2557 2558 2559 2560 2561 2562 2563 2564 2565 2566 2567 2568 2569 2570 2571 2572 2573 2574 2575 2576 2577 2578 2579 2580 2581 2582 2583 2584 2585 2586 2587 2588 2589 2590 2591 2592 2593 2594 2595 2596 2597 2598 2599 2600 2601 2602 2603 2604 2605 2606 2607 2608 2609 2610 2611 2612 2613 2614 2615 2616 2617 2618 2619 2620 2621 2622 2623 2624 2625 2626 2627 2628 2629 2630 2631 2632 2633 2634 2635 2636 2637 2638 2639 2640 2641 2642 2643 2644 2645 2646 2647 2648 2649 2650 2651 2652 2653 2654 2655 2656 2657 2658 2659 2660 2661 2662 2663 2664 2665 2666 2667 2668 2669 2670 2671 2672 2673 2674 2675 2676 2677 2678 2679 2680 2681 2682 2683 2684 2685 2686 2687 2688 2689 2690 2691 2692 2693 2694 2695 2696 2697 2698 2699 2700 2701 2702 2703 2704 2705 2706 2707 2708 2709 2710 2711 2712 2713 2714 2715 2716 2717 2718 2719 2720 2721 2722 2723 2724 2725 2726 2727 2728 2729 2730 2731 2732 2733 2734 2735 2736 2737 2738 2739 2740 2741 2742 2743 2744 2745 2746 2747 2748 2749 2750 2751 2752 2753 2754 2755 2756 2757 2758 2759 2760 2761 2762 2763 2764 2765 2766 2767 2768 2769 2770 2771 2772 2773 2774 2775 2776 2777 2778 2779 2780 2781 2782 2783 2784 2785 2786 2787 2788 2789 2790 2791 2792 2793 2794 2795 2796 2797 2798 2799 2800 2801 2802 2803 2804 2805 2806 2807 2808 2809 2810 2811 2812 2813 2814 2815 2816 2817 2818 2819 2820 2821 2822 2823 2824 2825 2826 2827 2828 2829 2830 2831 2832 2833 2834 2835 2836 2837 2838 2839 2840 2841 2842 2843 2844 2845 2846 2847 2848 2849 2850 2851 2852 2853 2854 2855 2856 2857 2858 2859 2860 2861 2862 2863 2864 2865 2866 2867 2868 2869 2870 2871 2872 2873 2874 2875 2876 2877 2878 2879 2880 2881 2882 2883 2884 2885 2886 2887 2888 2889 2890 2891 2892 2893 2894 2895 2896 2897 2898 2899 2900 2901 2902 2903 2904 2905 2906 2907 2908 2909 2910 2911 2912 2913 2914 2915 2916 2917 2918 2919 2920 2921 2922 2923 2924 2925 2926 2927 2928 2929 2930 2931 2932 2933 2934 2935 2936 2937 2938 2939 2940 2941 2942 2943 2944 2945 2946 2947 2948 2949 2950 2951 2952 2953 2954 2955 2956 2957 2958 2959 2960 2961 2962 2963 2964 2965 2966 2967 2968 2969 2970 2971 2972 2973 2974 2975 2976 2977 2978 2979 2980 2981 2982 2983 2984 2985 2986 2987 2988 2989 2990 2991 2992 2993 2994 2995 2996 2997 2998 2999 3000 3001 3002 3003 3004 3005 3006 3007 3008 3009 3010 3011 3012 3013 3014 3015 3016 3017 3018 3019 3020 3021 3022 3023 3024 3025 3026 3027 3028 3029 3030 3031 3032 3033 3034 3035 3036 3037 3038 3039 3040 3041 3042 3043 3044 3045 3046 3047 3048 3049 3050 3051 3052 3053 3054 3055 3056 3057 3058 3059 3060 3061 3062 3063 3064 3065 3066 3067 3068 3069 3070 3071 3072 3073 3074 3075 3076 3077 3078 3079 3080 3081 3082 3083 3084 3085 3086 3087 3088 3089 3090 3091 3092 3093 3094 3095 3096 3097 3098 3099 3100 3101 3102 3103 3104 3105

# Changing Your Pad



Pull down underwear



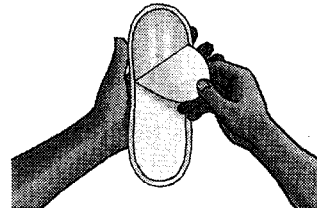
Sit on toilet  
Remove used pad  
Wrap in toilet paper



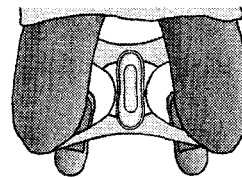
Put used pad in trash



Open clean pad  
Peel sticky strip cover off



Stick pad to inside of underwear



Pull up underwear



Wash hands



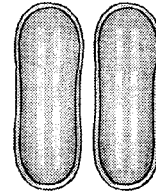
# Handy Bag Checklist



Check here

☐

Two pads


☐

Changing your pad

Pull down underwear



Sit on toilet

Remove used pad

Wrap in toilet paper

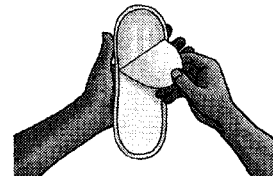


Put used pad in trash

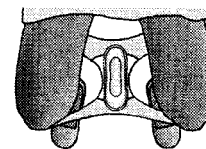


Open clean pad

Peel sticky strip cover off



Stick pad to inside of underwear



Pull up underwear

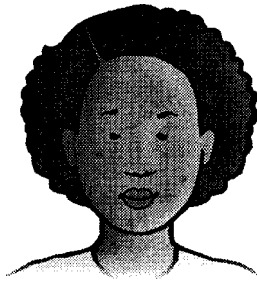


Wash hands



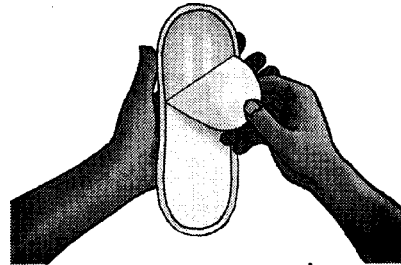
# I Know What to Do

When I ...

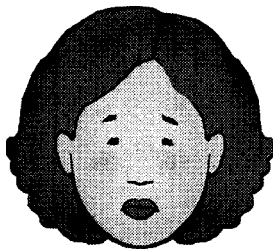


get pimples

I would ...



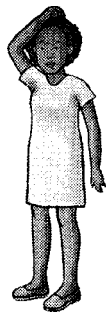
wear a pad



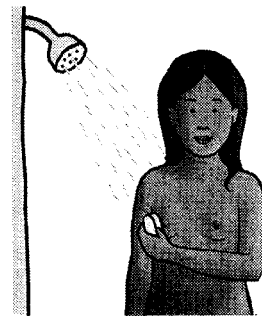
feel sad



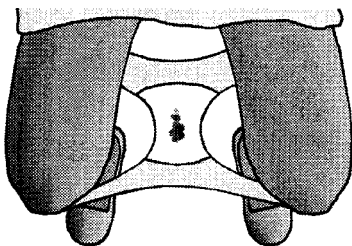
put on deodorant



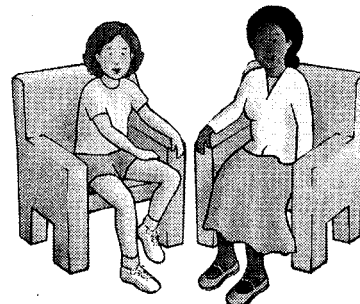
begin to sweat



wash with soap and water



start my period

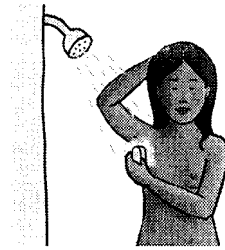


talk to someone I trust

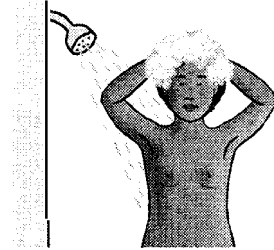
# Get Ready!

**Have I remembered to:**

☐ Wash my body with soap and water?



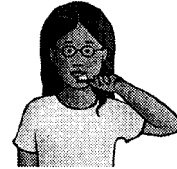
☐ Wash my hair?



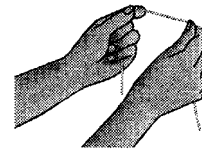
☐ Put on deodorant?



☐ Brush my teeth?



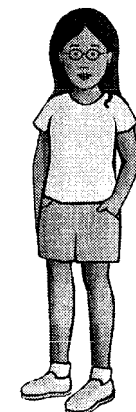
☐ Clean my teeth with dental floss?



☐ Brush my hair?



☐ Put on clean clothes?



Name \_\_\_\_\_

## Personal Feelings and Trust

### Identifying Feelings



Joy



Accepted



Aware



Angry



Sadness



Rejected



Surprised



Fearful

### Who can you talk to?

Good People

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Do Not Talk to People

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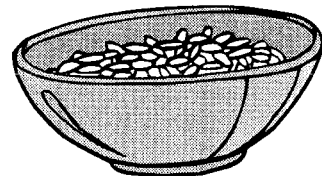
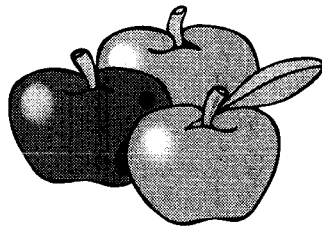
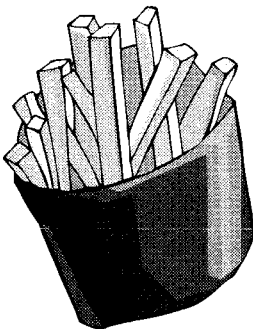
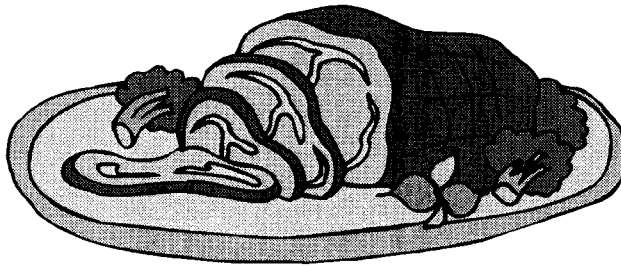
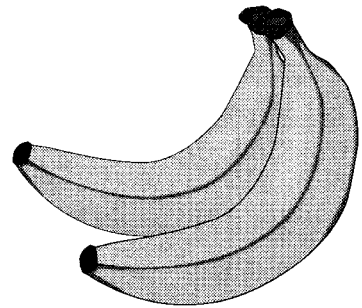
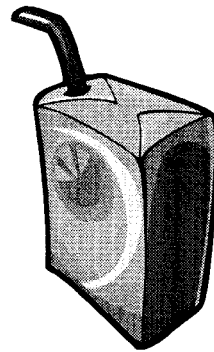
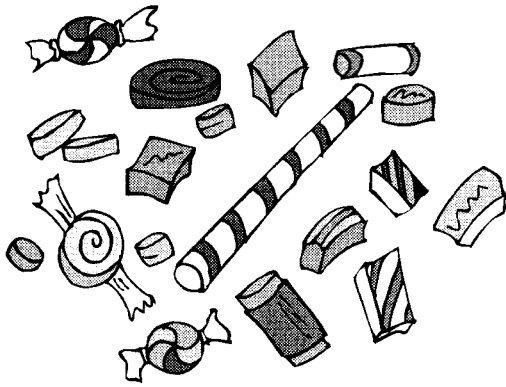
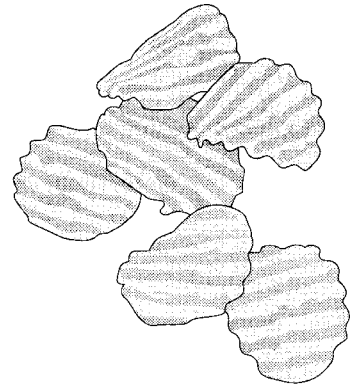
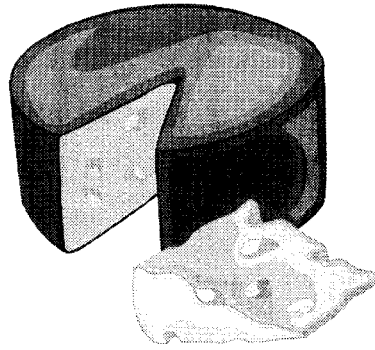
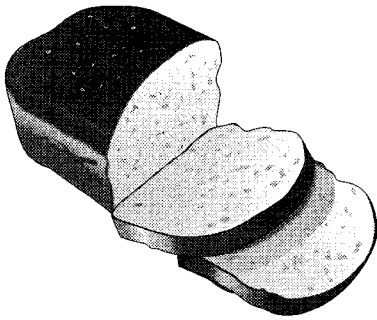
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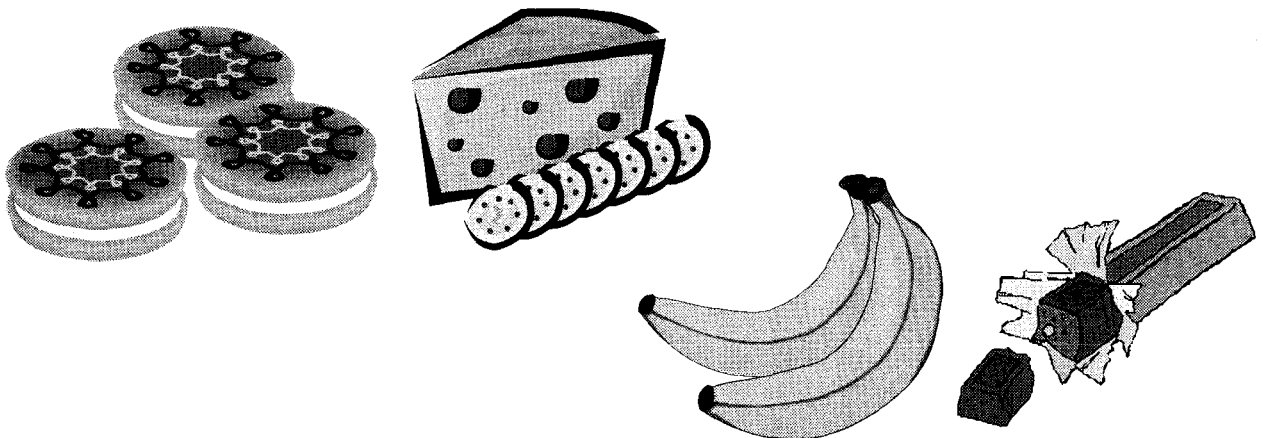
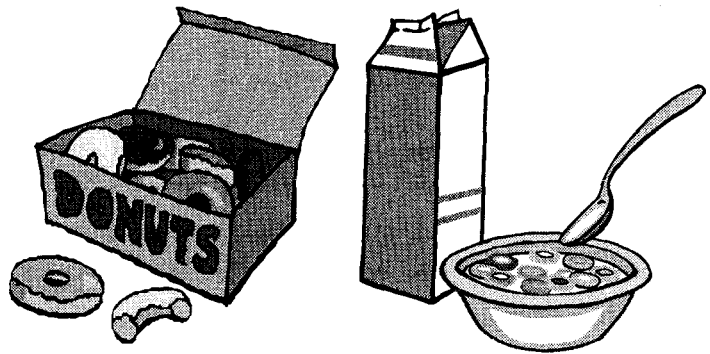
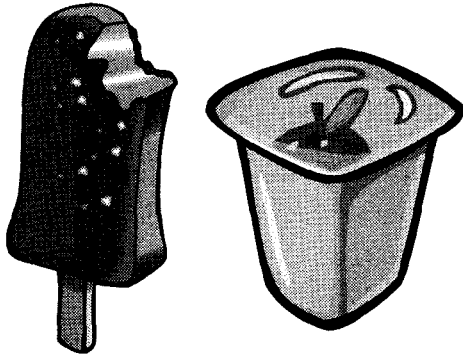
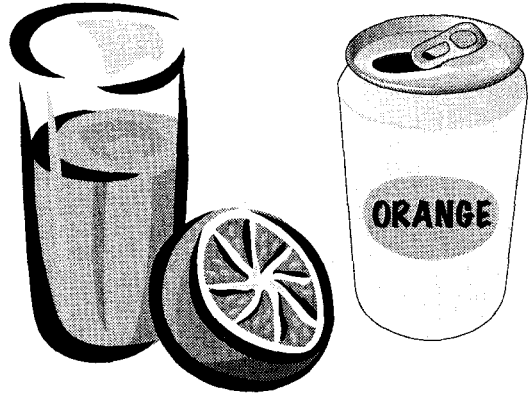
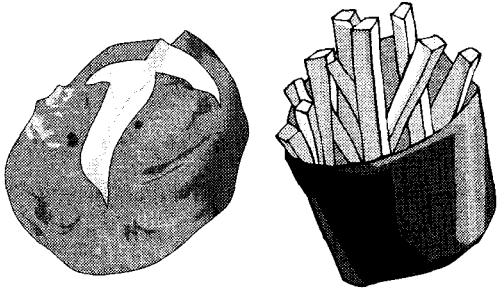
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# Choose Your Food



## Which One Is Better?





Take a Bath



Listen to Music

Take a Nap

Go to a body of water

Watch the clouds



Light a candle

REST your legs up on a wall



Let out a sigh



Watch the stars



Learn something NEW



Listen to a guided relaxation



# 50 Ways to Take a Break

Sit in NATURE



Write a Letter



2x Move twice as slowly

Take Deep Belly Breaths



MEDITATE



Call a Friend



Meander around Town

WRITE in a journal

Notice your Body



Buy Some Flowers



Find a relaxing scent



WALK Outside



Go for a run



Sit in SILENCE



Turn off all electronics



Go to a park



pet a furry creature



Create your own coffee break



View some ART



Examine an everyday object with Fresh Eyes



Drive somewhere NEW



Go to a Farmer's Market



read or watch something FUNNY



COLOR with Crayons



Make some MUSIC



Climb a tree



Let go of something



Engage in small acts of KINDNESS



Do some gentle stretches



Paint on a surface other than paper



Write a quick poem



Read poetry



Put on some music and DANCE

# HOBBIES AND INTERESTS PICTURE DICTIONARY



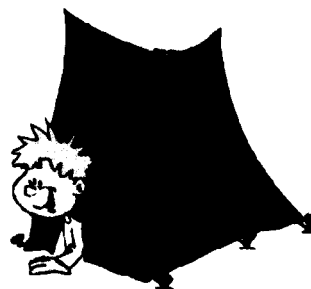
doing ballet



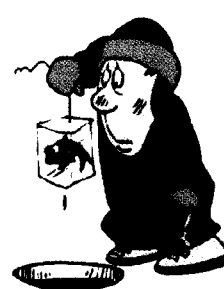
riding a horse



singing songs



camping



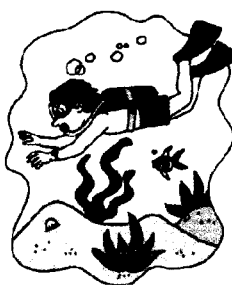
fishing



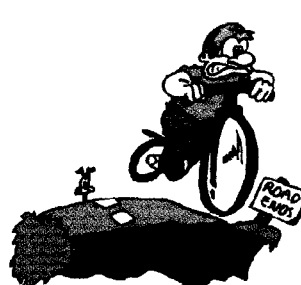
reading books



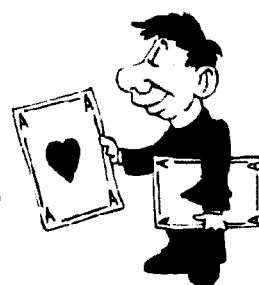
playing paintball



scuba-diving



riding a bike



playing cards



playing tennis



taking photos



playing the guitar



playing checkers



walking



doing puzzles



swimming



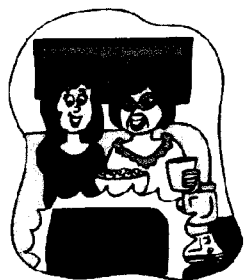
climbing



playing hopscotch



hiking



watching TV



flying a kite



playing pc games

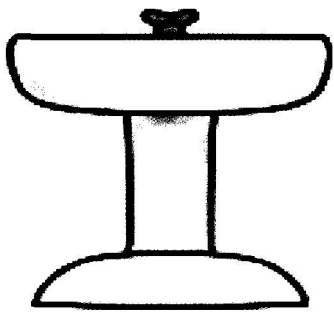


skipping rope

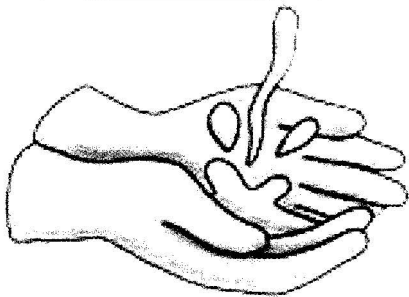


ice skating

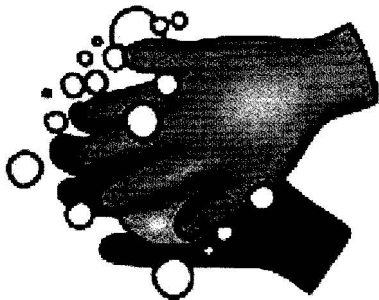
# hand washing steps:



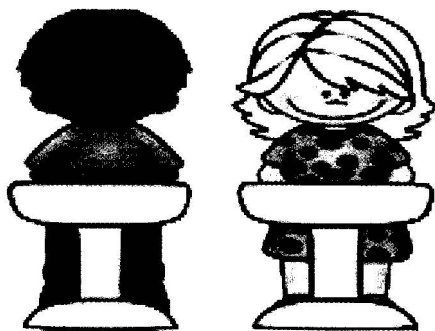
1. turn on water



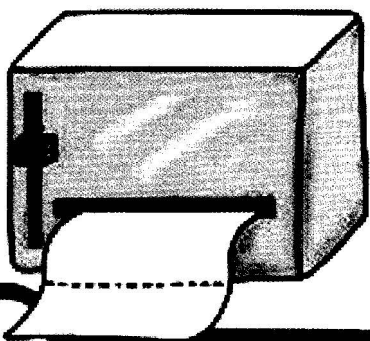
2. wet hands



3. scrub with soap



4. rinse clean

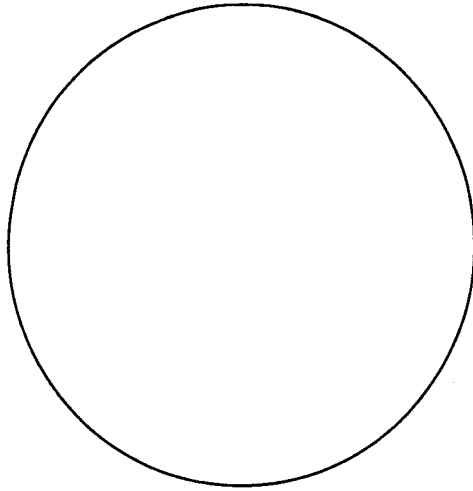


5. dry hands

# Wash Those Hands!



**Private! Do Not Disturb!**



**PRIVATE!**

**Do Not**

**Disturb!**