

Health is Wealth

COLOURING BOOK

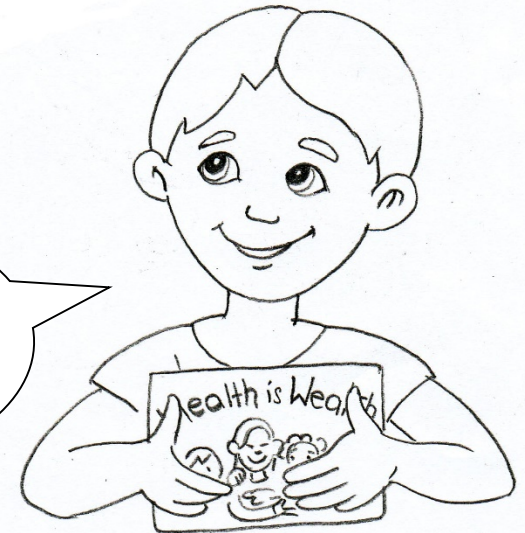


With
Love,
to You!



Children, this book is
for you!

Have fun
colouring the
drawings



Here are some tips for a happy and healthy life.

Be clean and care for yourself!

Wash

Time for a good wash!



I want you to be happy and healthy!

Don't forget to wash your
face, ears, mouth, nose...



Our body is
important. So
is our heart!

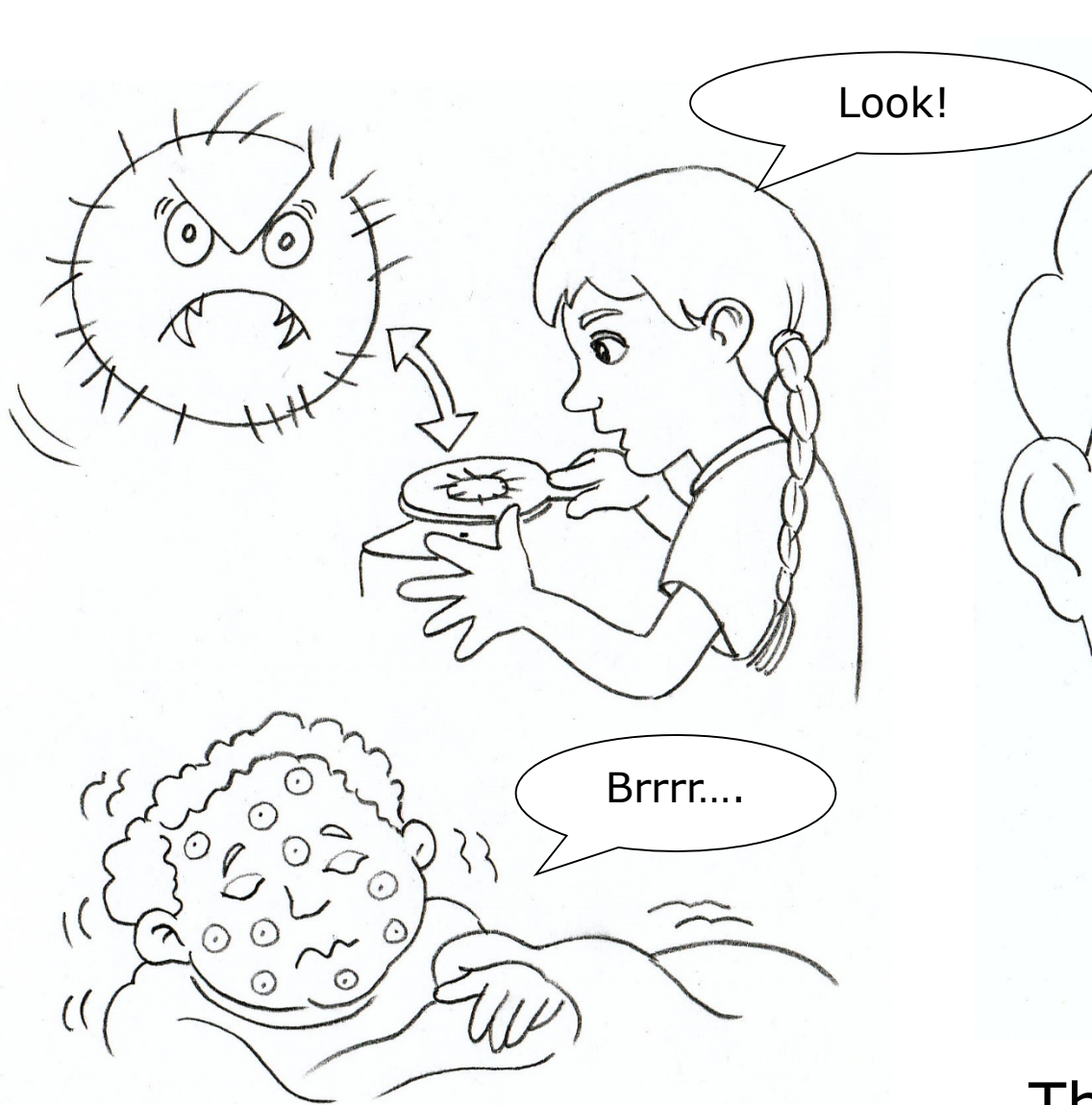


...hands

... and feet.

Why? Because germs hide in dirt.

Beware!



They make you ill.

They get into your nose,
your mouth, your ears,
your eyes and your hair.

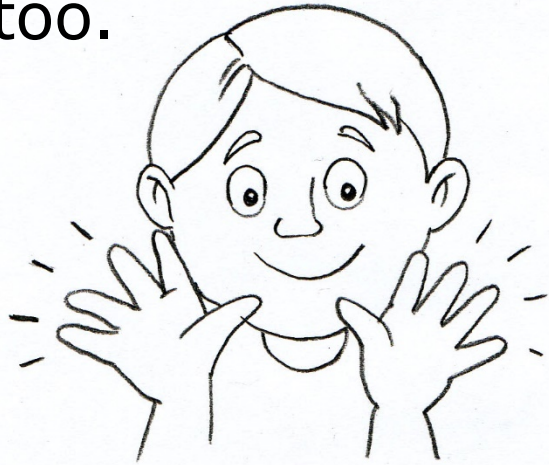
So be clean!

Soap



Use soap and water!

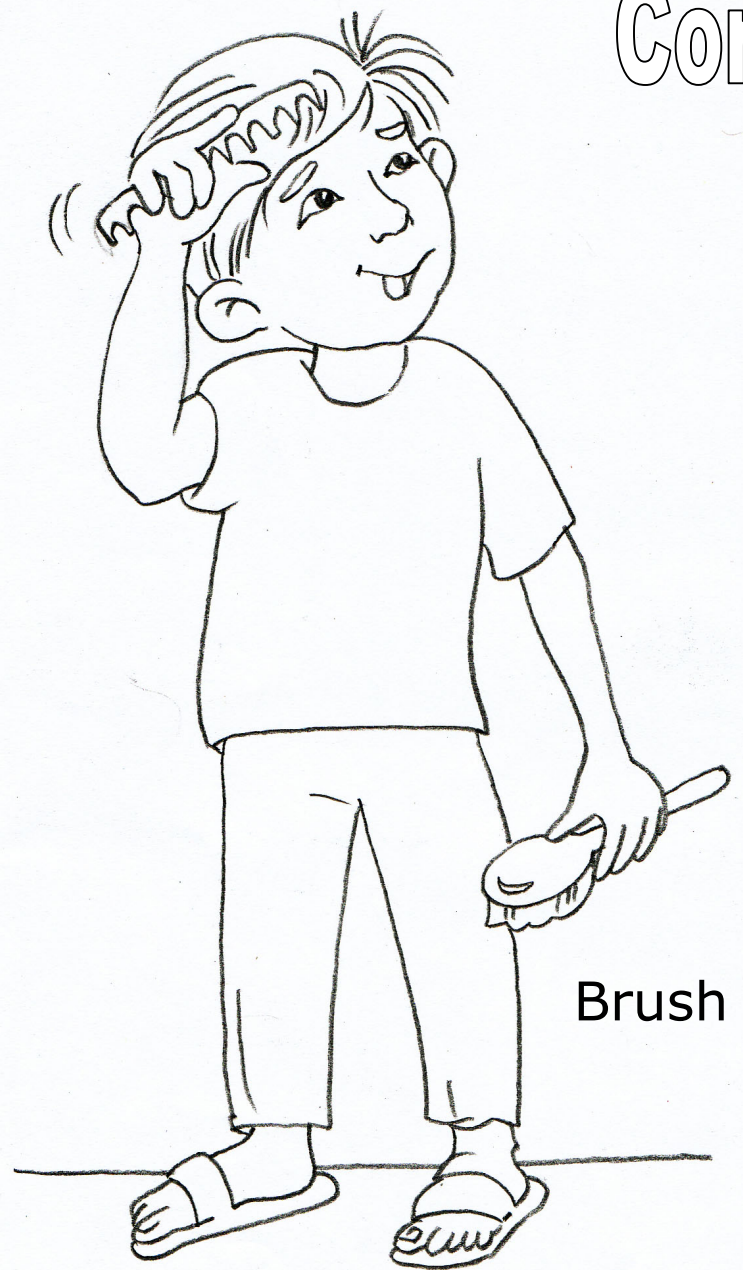
Keep your hands and nails clean too.



Long



Short

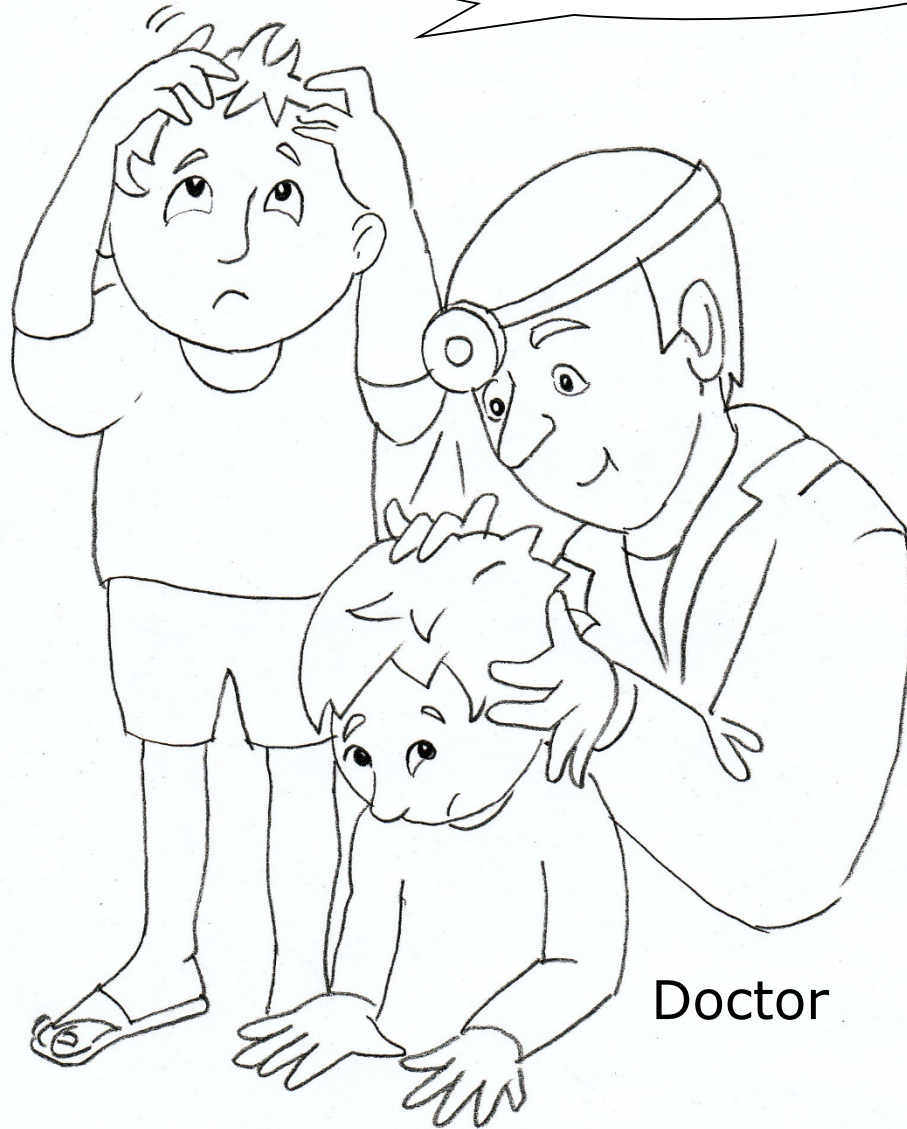


Comb your hair.

Comb

Watch out for louse and scabies.

My head is itchy.



Doctor

Your hair needs special care, and maybe a good cut!



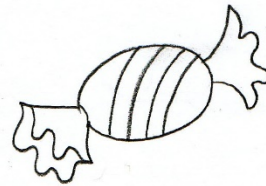
Special shampoo, comb and scissors

Eat good food. Eat Fruit and green vegetables.

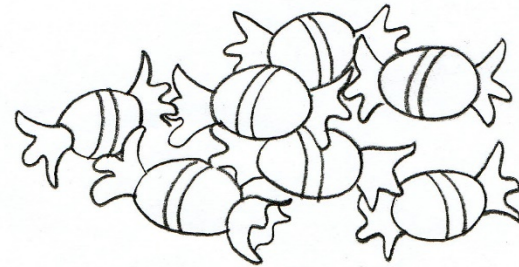
I love fruit and vegetables!



Wash your pots and pans.



YES!



No!

Candy is sweet. Not too much.

Thank God for your food.

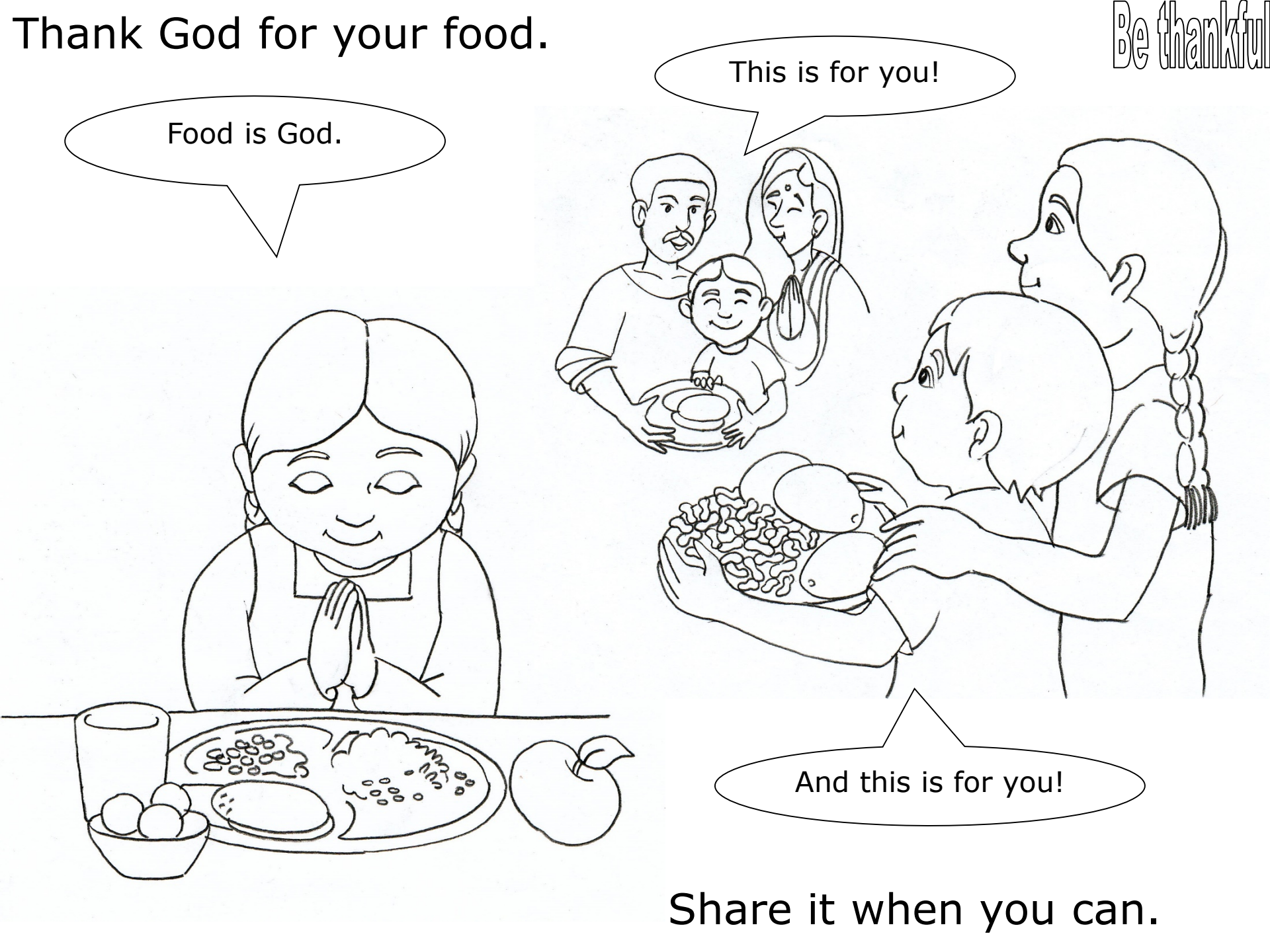
Be thankful

Food is God.

This is for you!

And this is for you!

Share it when you can.

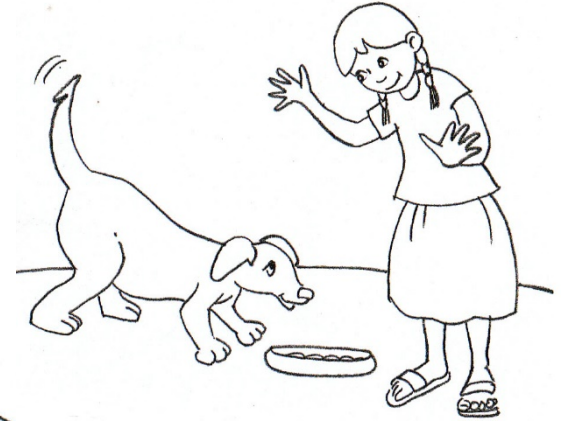


Always wash your mouth
and hands after you eat!

I need to
wash my
mouth!



And
hands!



soap

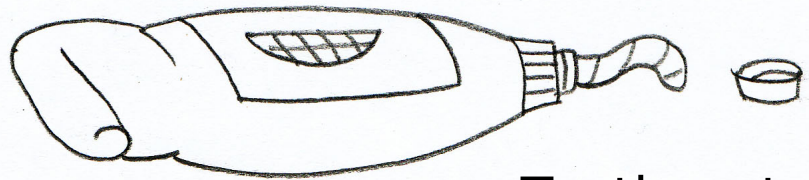
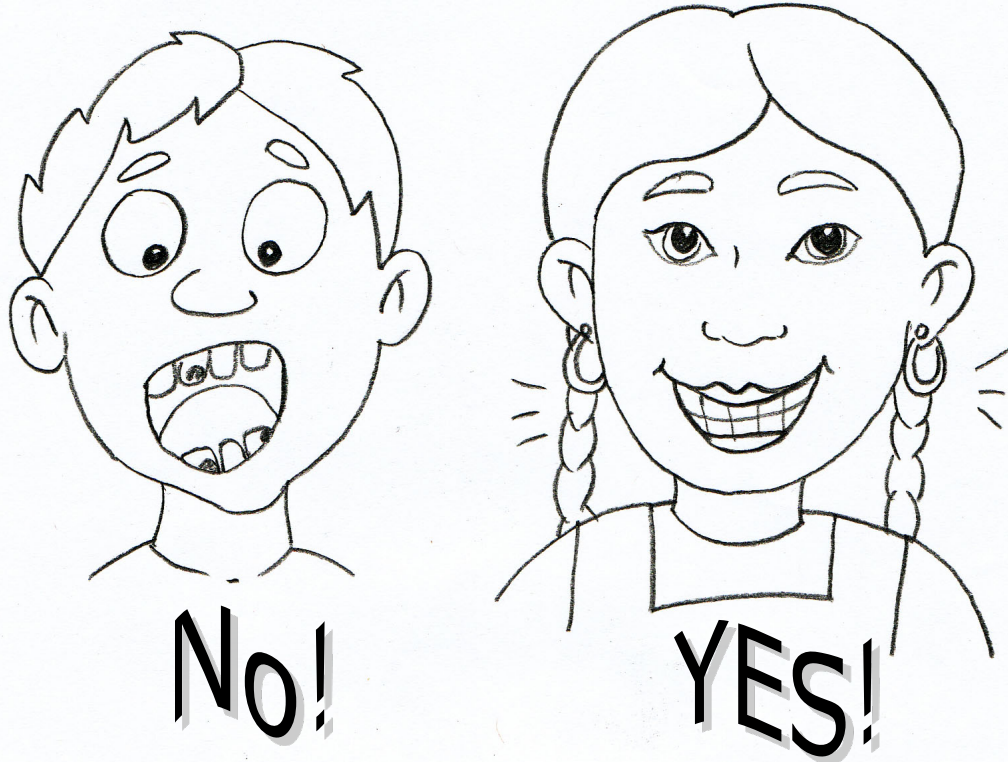
Never waste food.



Don't forget to brush your teeth.

In the
morning.

Teeth



Toothpaste



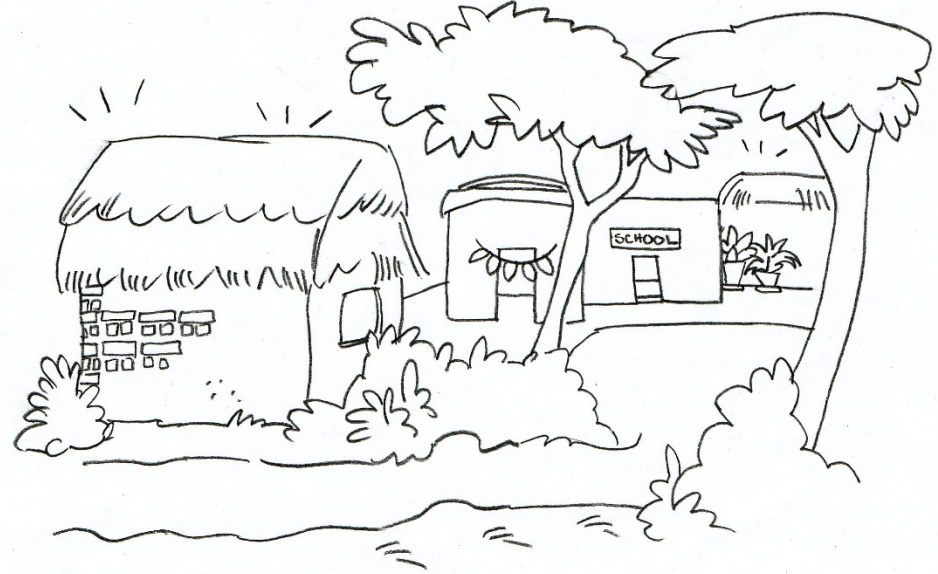
Toothbrush



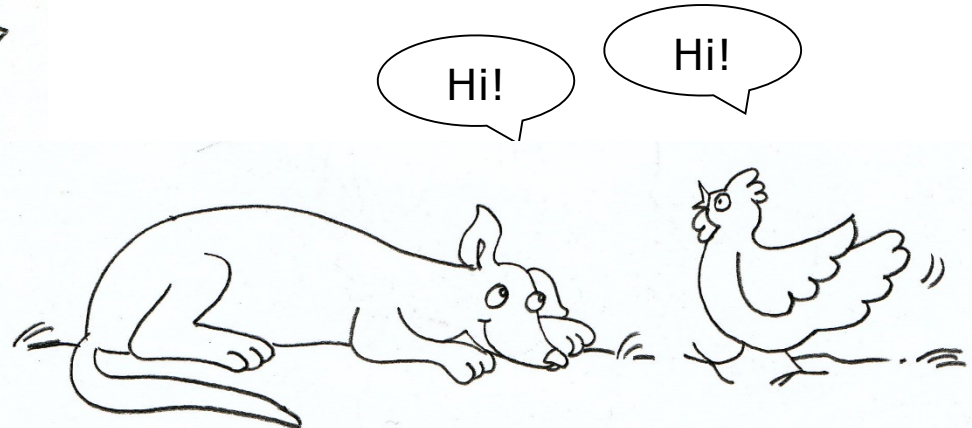
And before going to bed.

Keep your house clean, and
your clothes.

House



Help your village to be
clean too!



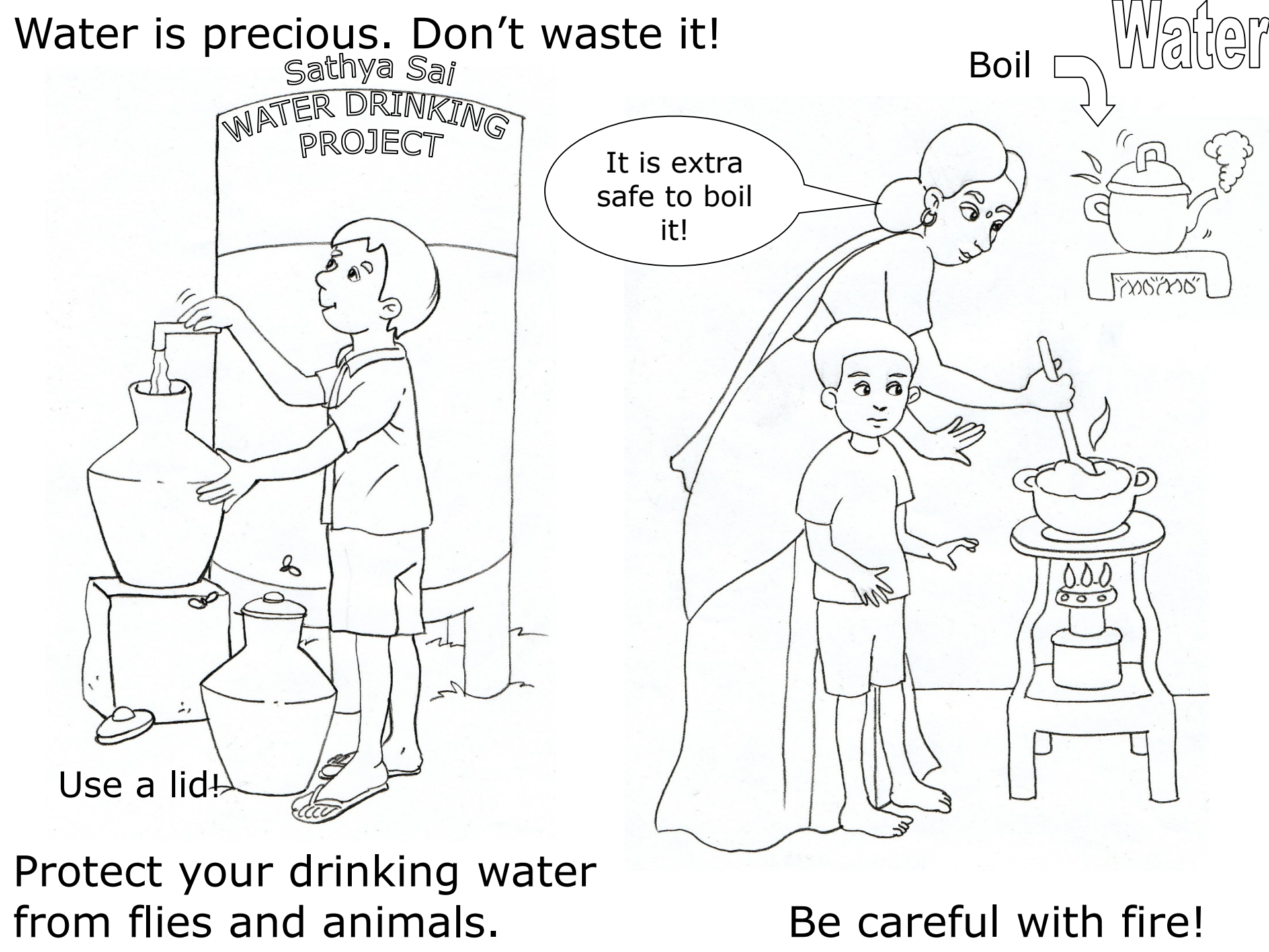
Flies carry germs!

Flies



Dirty flies

Don't let them sit on your food.



Water is precious. Don't waste it!

Sathya Sai

WATER DRINKING
PROJECT

It is extra
safe to boil
it!

Boil

Water

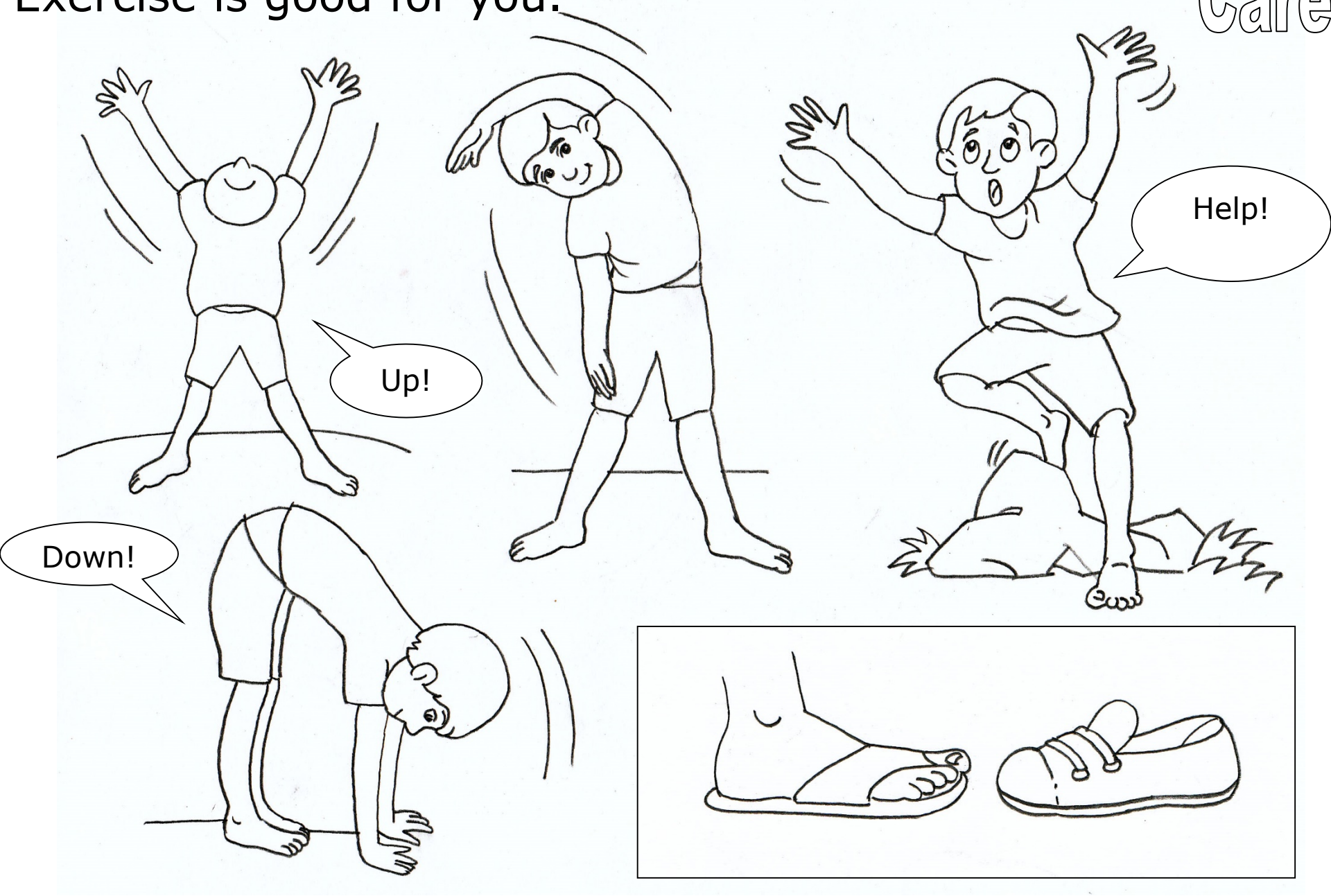
Use a lid!

Protect your drinking water
from flies and animals.

Be careful with fire!

Exercise is good for you.

Care



Protect your feet.

Watch out! Germs are running down your nose!

Germs



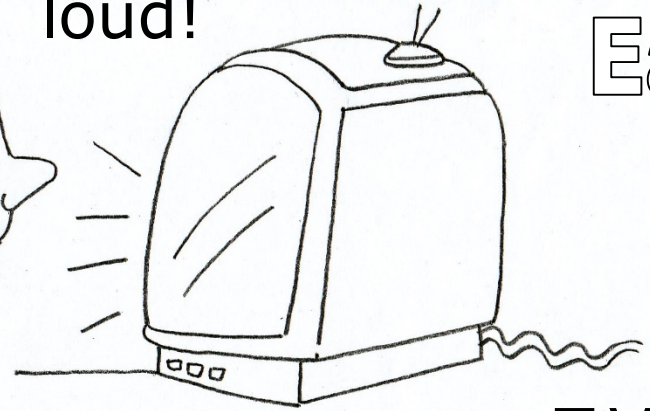
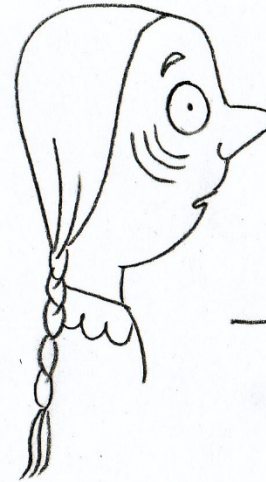
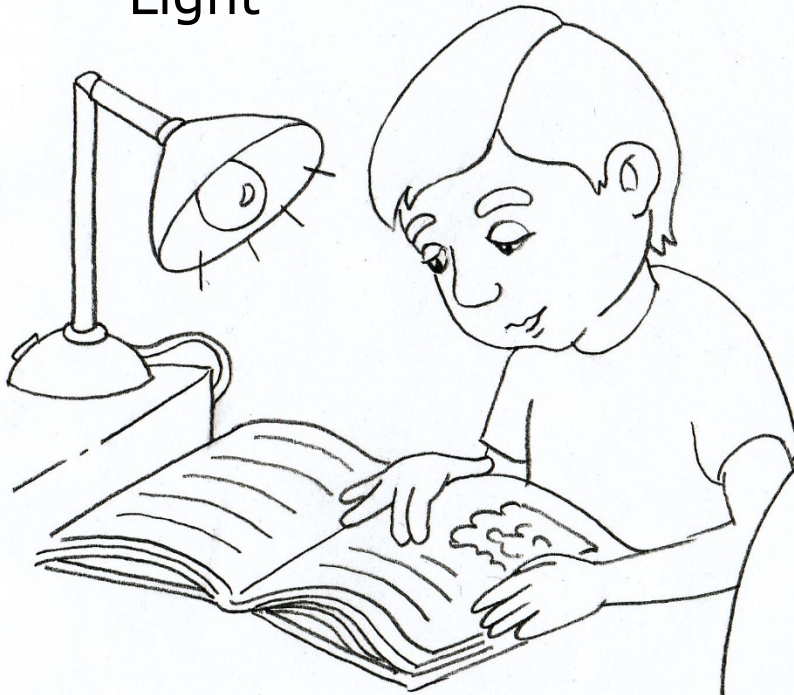
Don't blow your nose on your sleeve.

Your eyes and ears are precious. Take care of them.

Not too loud!

Eyes
Ears

Light



T.V.

Bad

When too much!

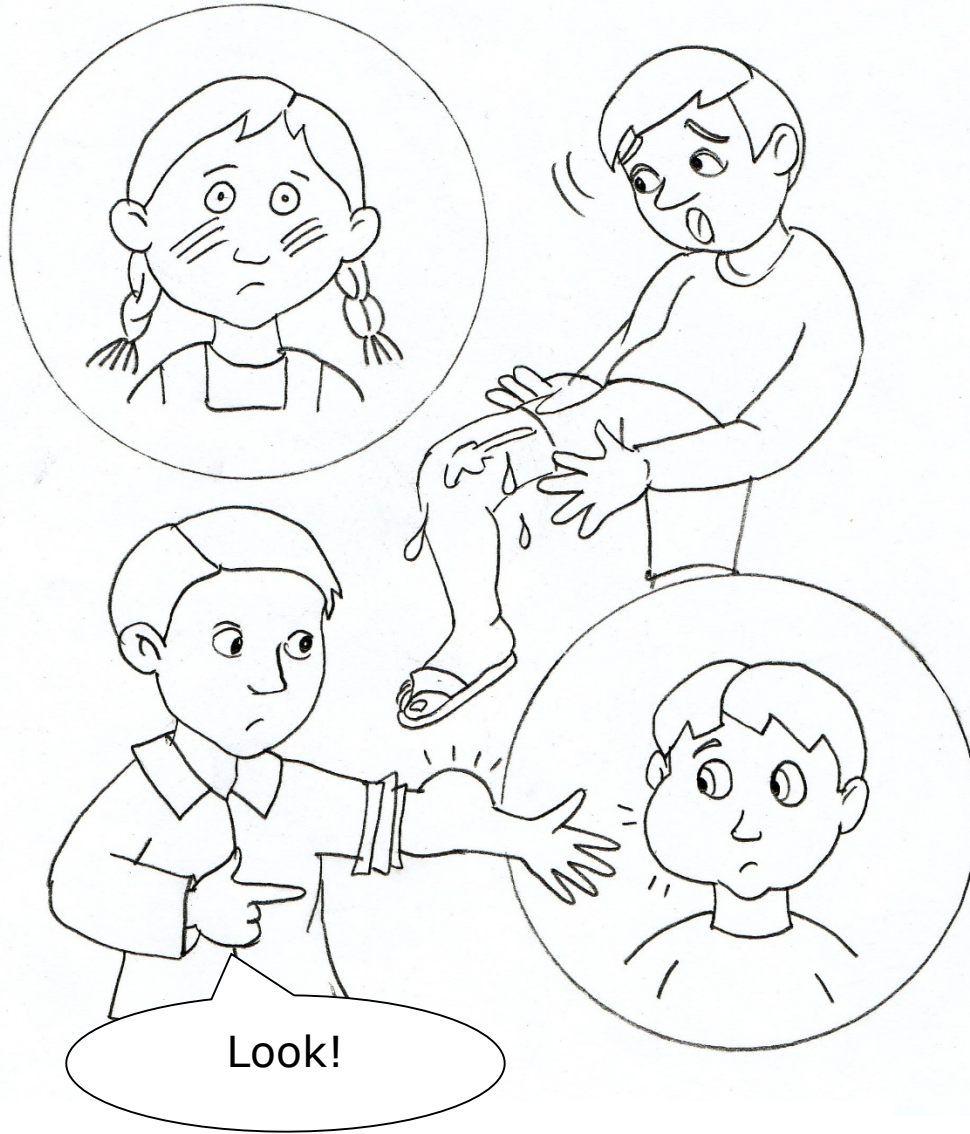
Good



Video games

Computer

When you hurt yourself...



... or become red or puffy...

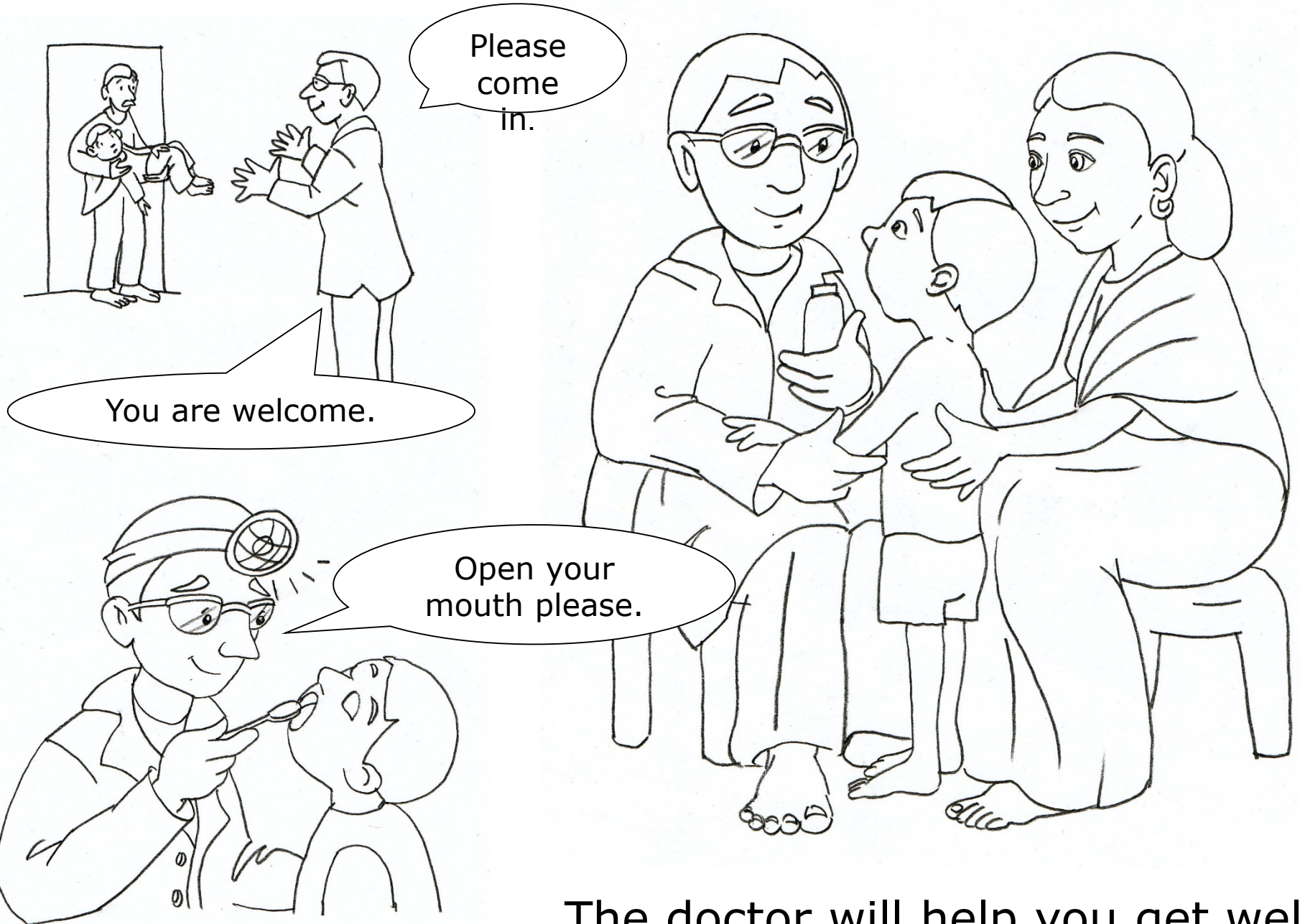
When you feel hot...



Tell your mommy.

If you get very ill go see a doctor.

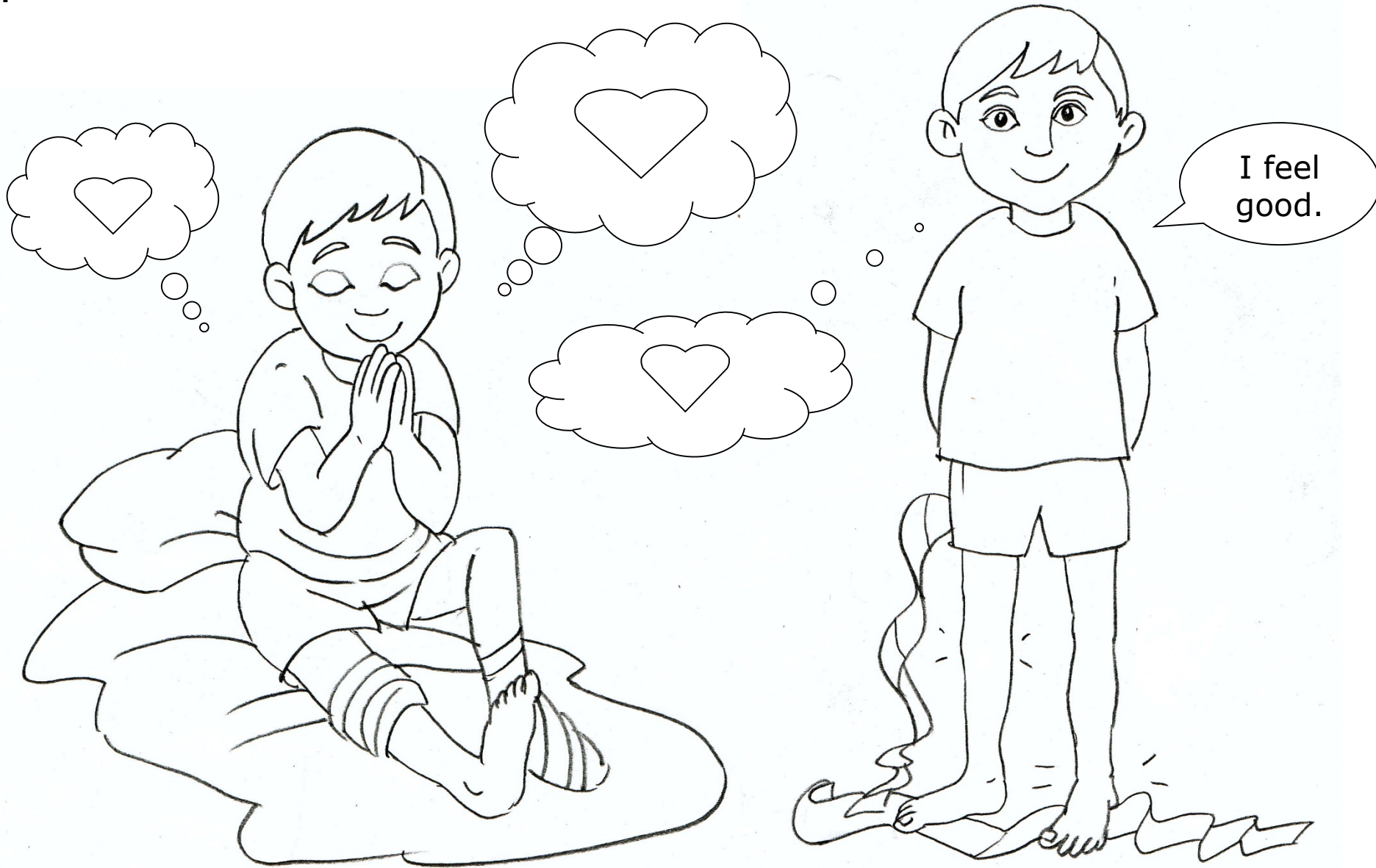
Doctor



The doctor will help you get well.

With God's help you will heal
quicker.

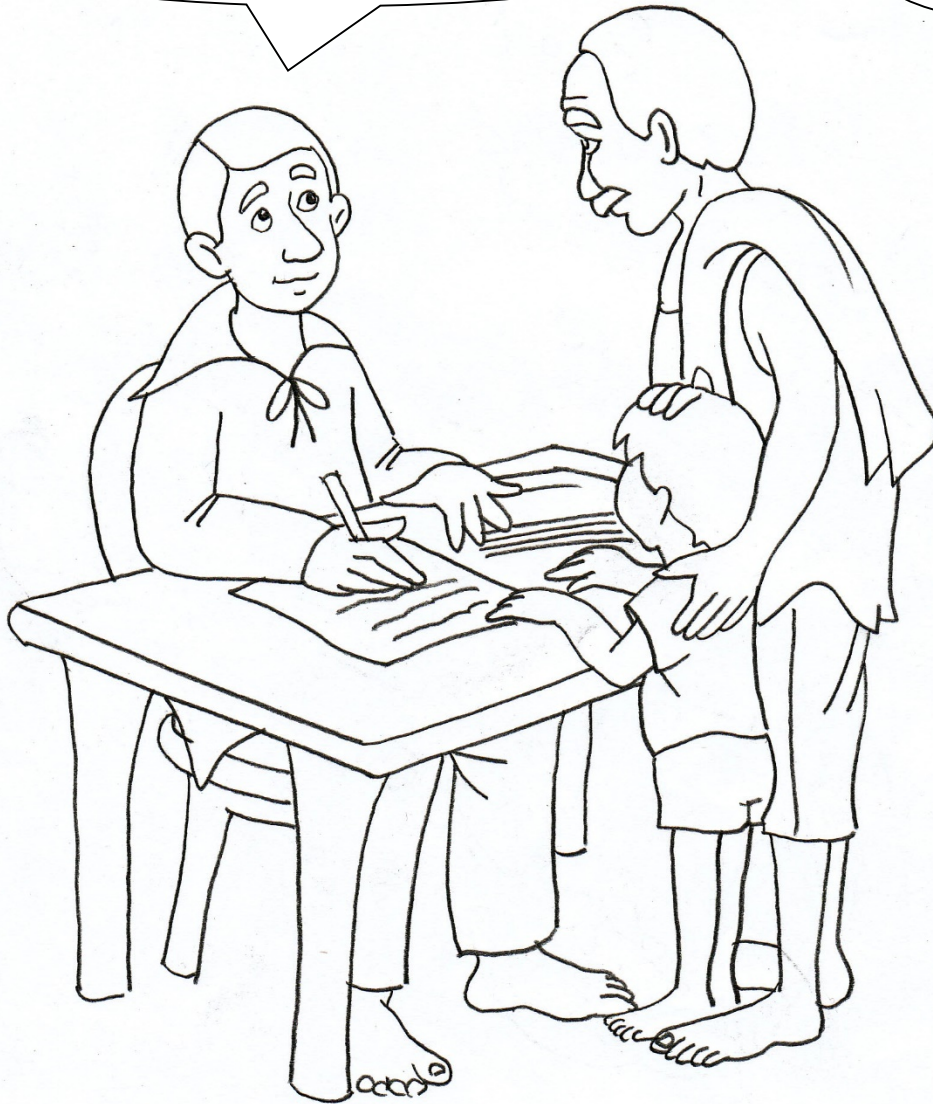
Prayer



Don't miss the medical camps.

Medical camps

How old is your son?



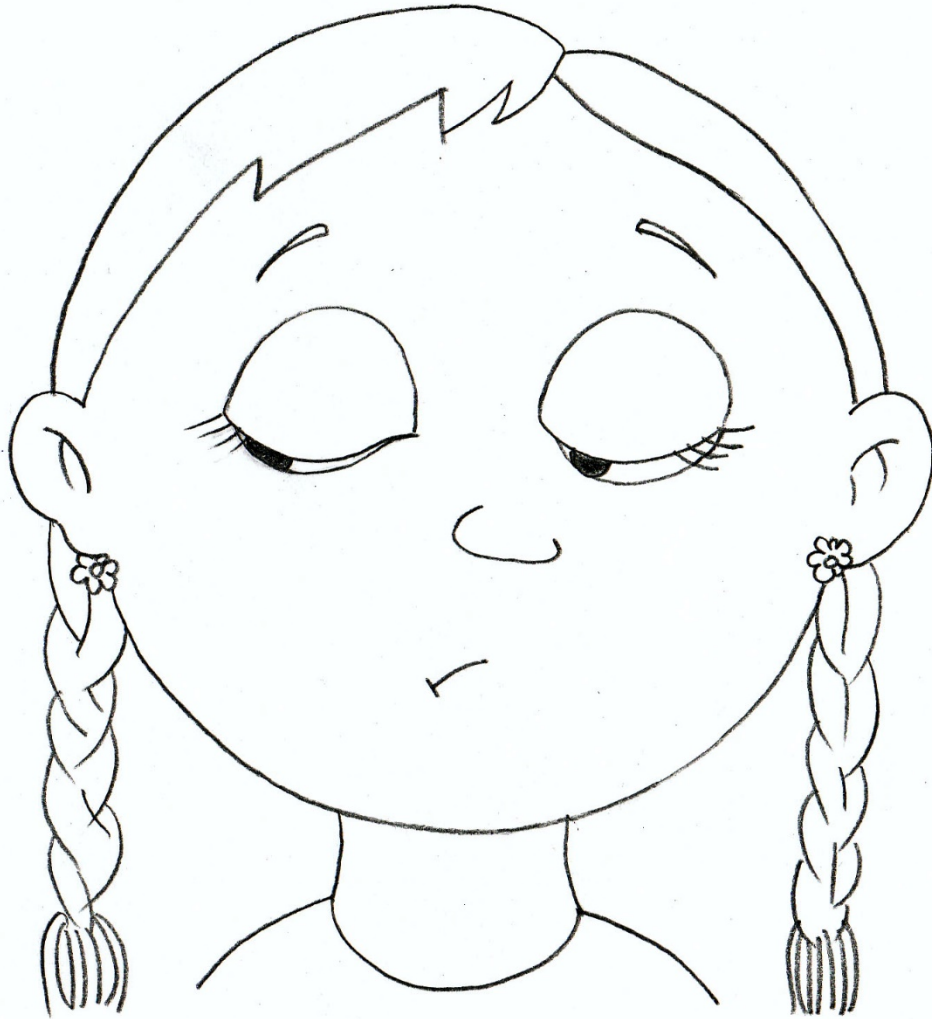
How old are you?



You can go for a check.

If your eyes become red or puffy...

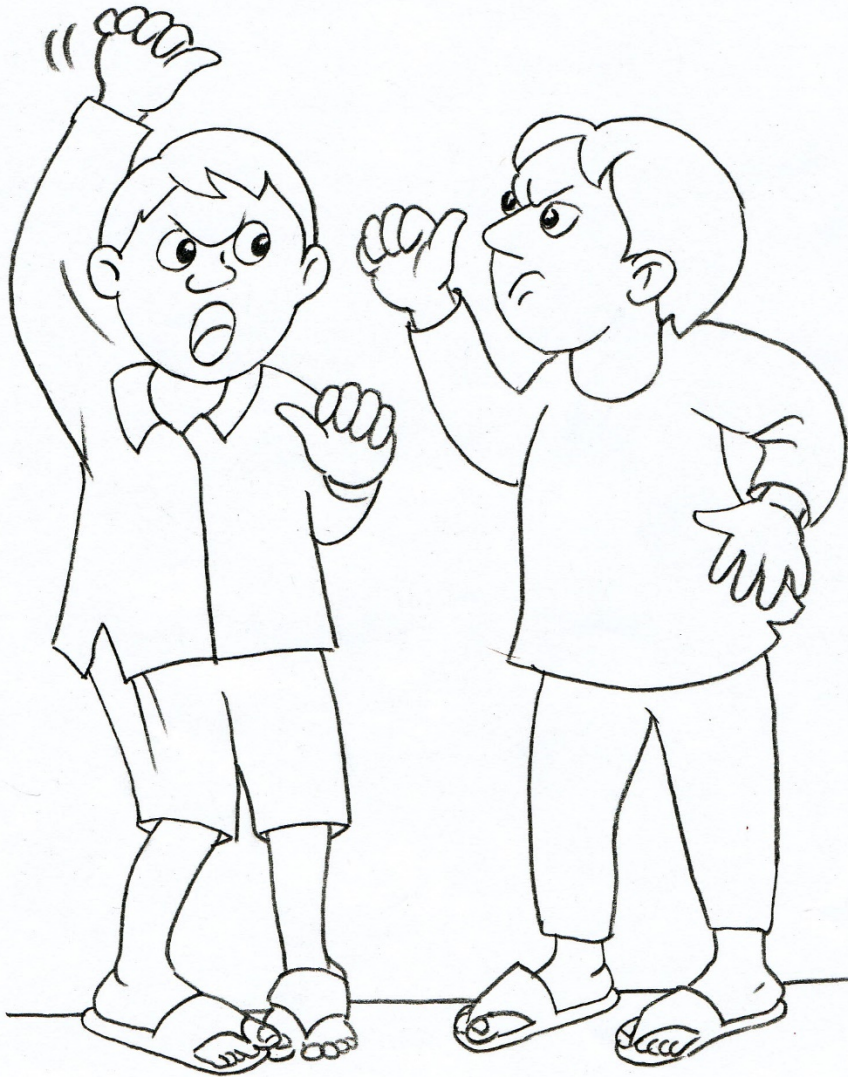
Glasses



Sometimes children need
to wear glasses too!

Go for an eye check.

Don't fight. Don't say bad words.

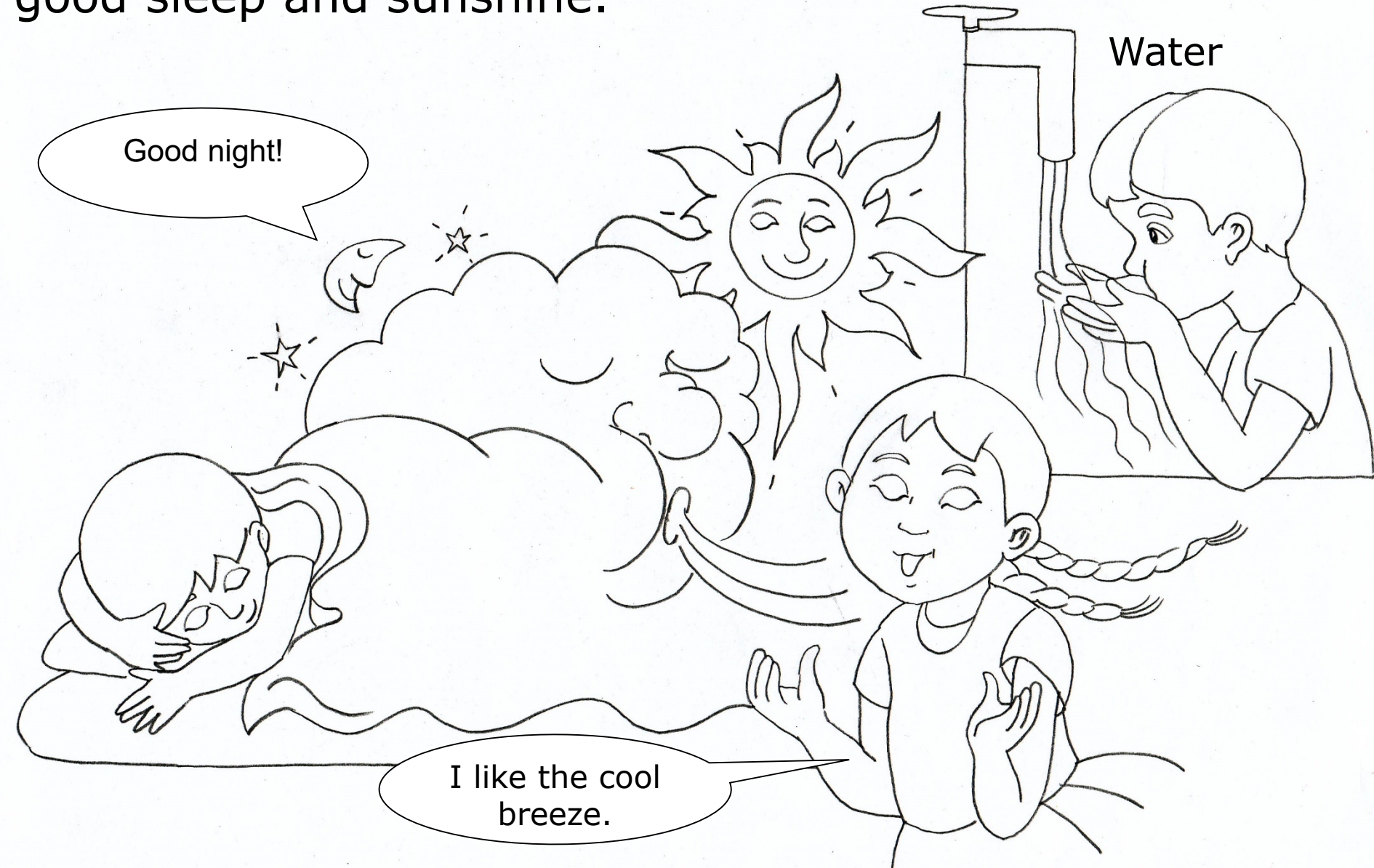


Anger is bad for your health.



Be kind to everyone.

In order to be healthy you need...
good sleep and sunshine.



Fresh air and fresh water!

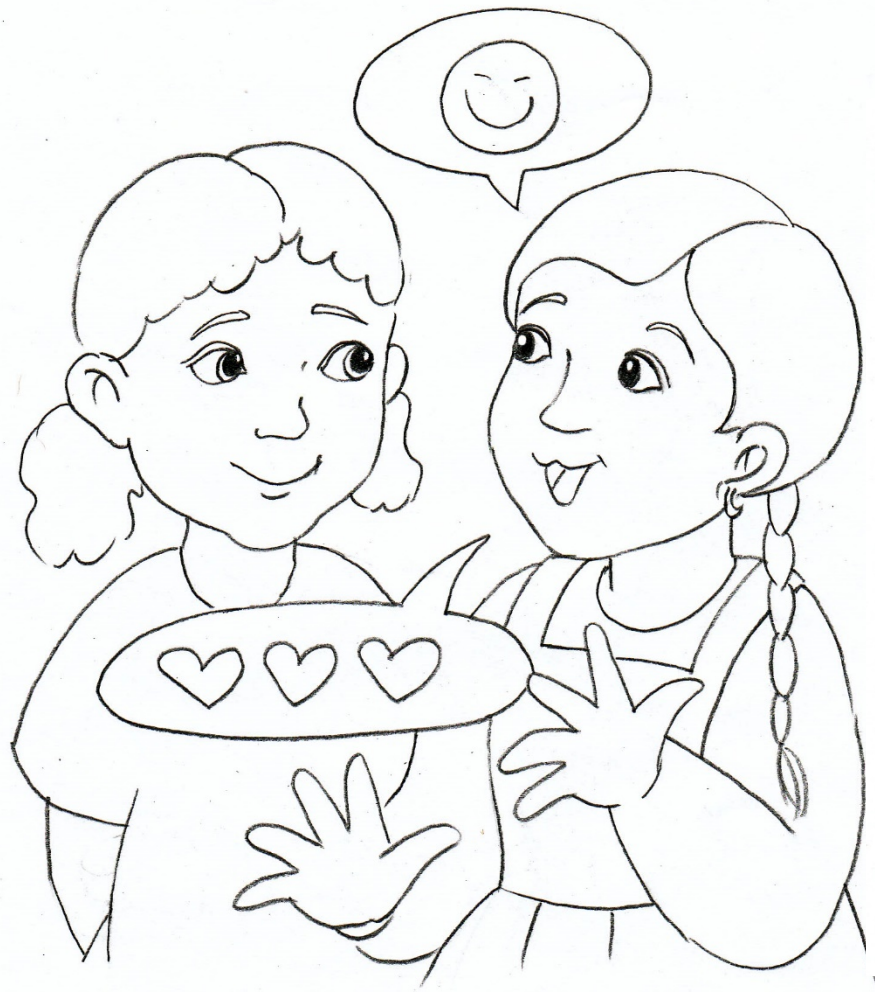
Good thoughts bring good health. Be positive!

Think good



Listen to good stories.

Always tell the truth.



Speak from your heart.

Speak good



And praise God.

Helping hands are God's hands.

Do Good



Thank
you



Look around. Beauty is everywhere.

See good



I love nature.



In everything and in everyone.

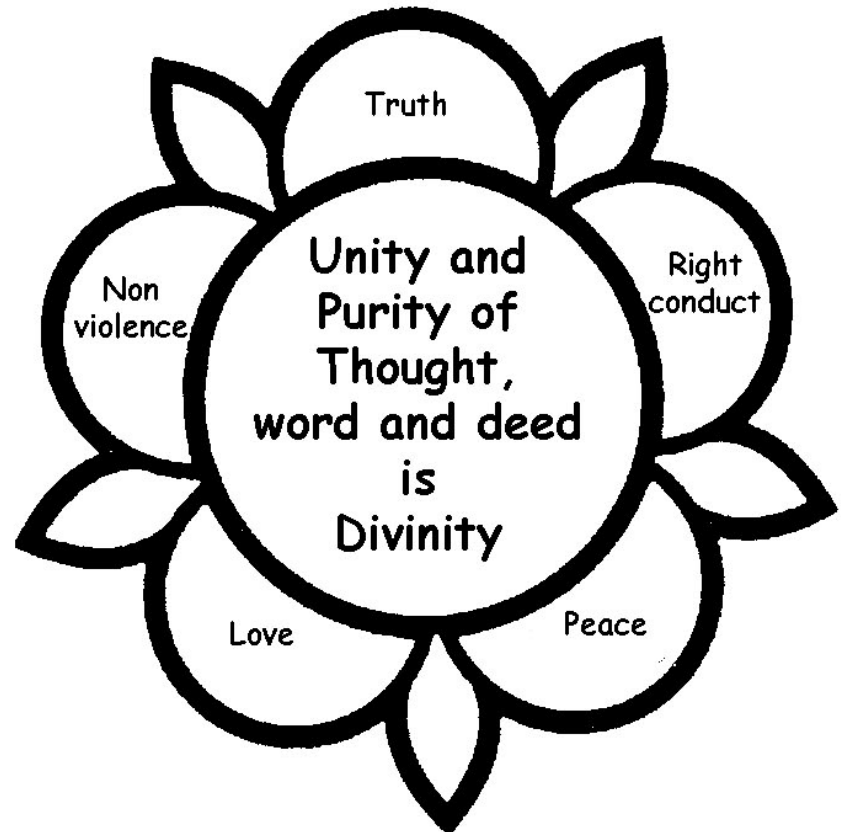
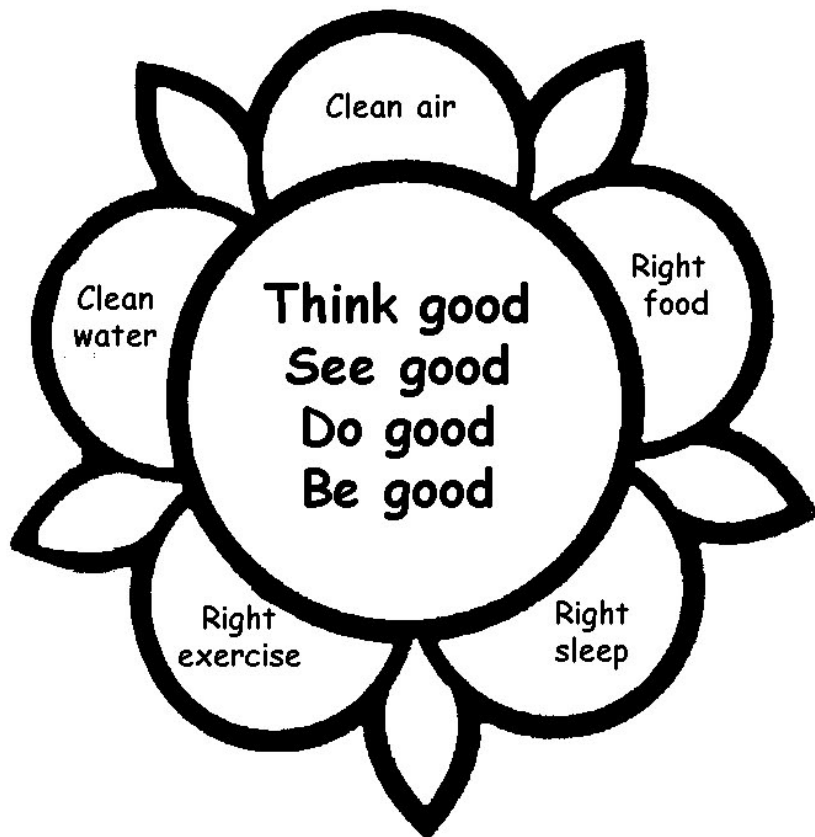
It is in you too!

Be a friend to all.

Be Good



Health is Wealth!



Beauty is Character!