

Physical Well-Being Series

My Special Self



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Illustrated by Enrico Sallustio

Joy Cowley Well-Being Series

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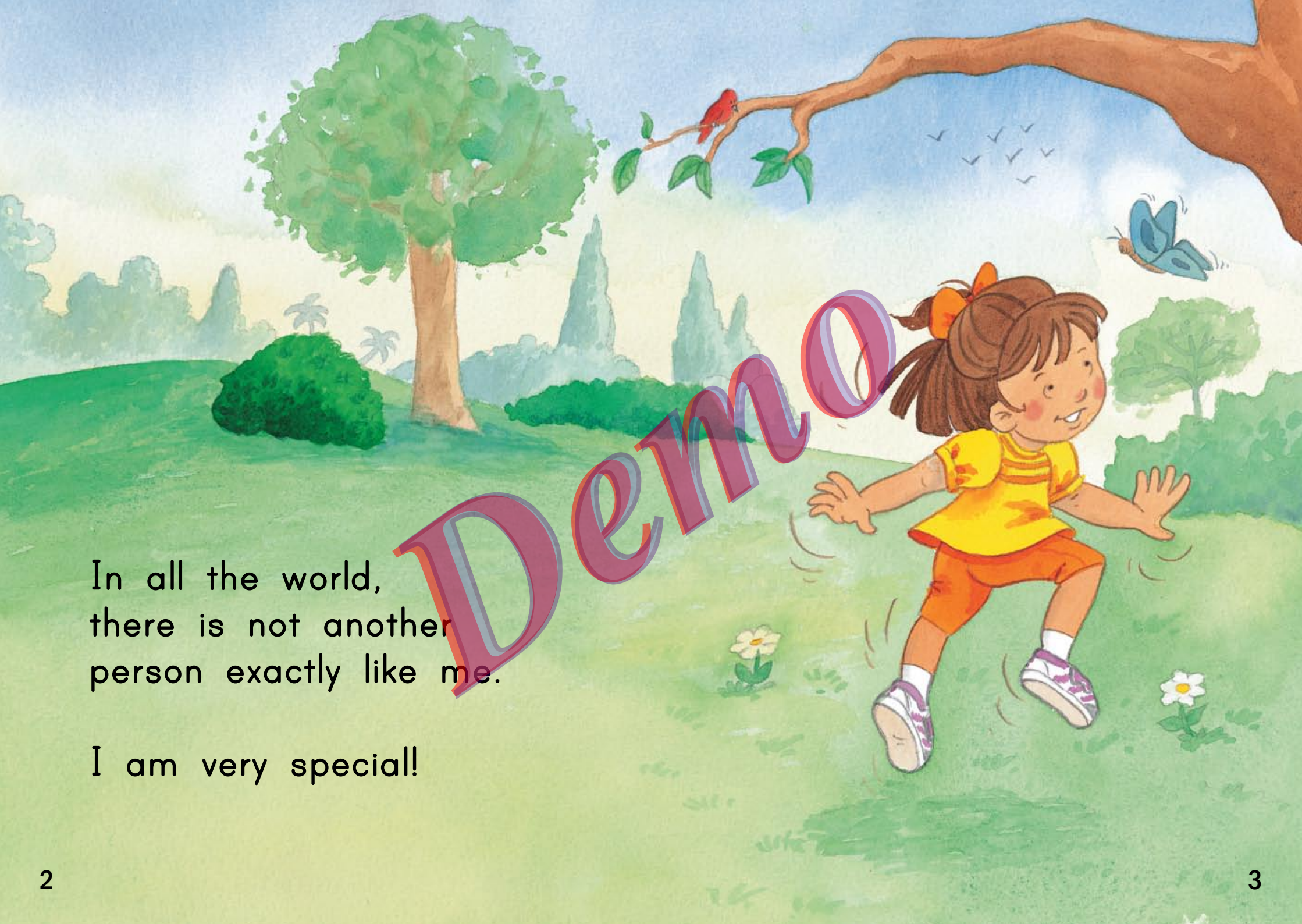
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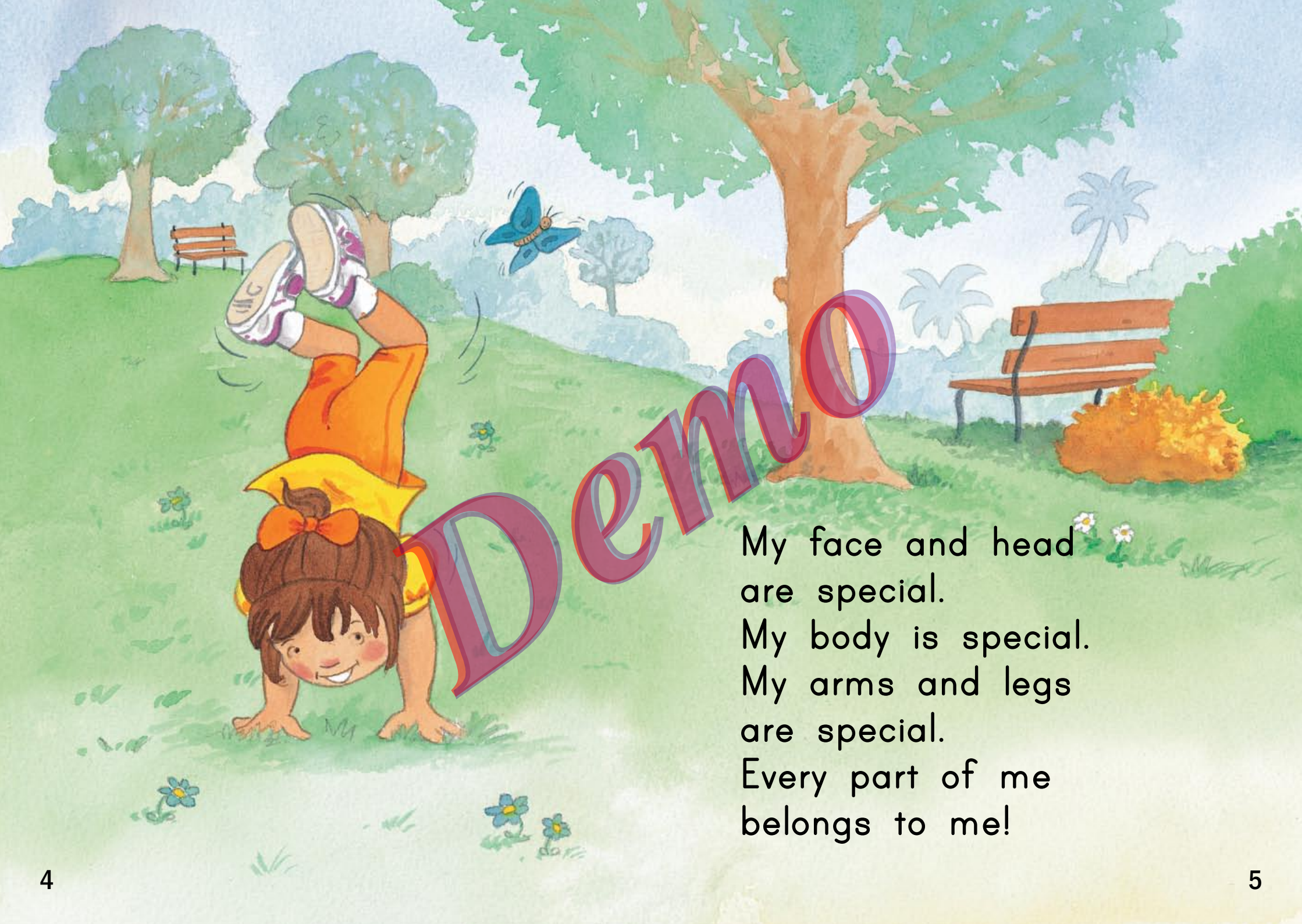


How can you look after yourself?



In all the world,
there is not another
person exactly like me.

I am very special!



My face and head
are special.
My body is special.
My arms and legs
are special.
Every part of me
belongs to me!