Taking care of myself
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The mother is watching her child playing. They are wearing hats to protect themselves from the sun.
The mother is exercising next to the house. The child is skipping rope. They exercise to take care of their bodies and be healthy.
Children are playing in the mud, getting themselves dirty, and they do not take care of their bodies.
The child is sleeping on the bed because she is ill.
The mother is taking the child to the hospital because she is ill.
The mother and child arrive at the hospital for a check-up and a diagnosis.
The nurse gives the mother the child’s medicines so she can drink them at supper.
The child is taking a bath to keep herself clean. She is taking care of her body.
The child holds a fruit, an apple, and a vegetable, a carrot. She eats them to stay healthy.
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