Take care of yourself
Acknowledgements

The following partners have played a valuable role in the co-creation of this storybook:

The North West Province Department of Education, Ngaka Modiri Molema District, South Africa.
The Department of Basic Education, Directorate: Rural Education, South Africa.
London South Bank University, United Kingdom.
The Economic & Social Research Council (ESRC) (ES/T005149/1), United Kingdom (funder).

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The children went to play when it was very cold in winter.
It was fun to play different games. We did not eat. We did not bathe. We were not wearing warm clothes.
We were cold, we coughed, we infected one another, and we became bored with the game.
Our mothers came, and we went home. They bathed us. Our fathers went to the garden and picked vegetables and fruit.
Our mothers cooked us delicious food with different winter vegetables.
The mothers called a doctor, who checked us, gave us medicine, and advised us to exercise and eat vegetables and fruit.
Mother turned on the heater for us, and we started getting warm. She read interesting stories to us. We got stronger and we did our homework together.
Our mothers reminded us that it is important to take care of ourselves, to exercise and to eat vegetables and fruit all the time.
We thank you, our mothers and fathers, for your love and for teaching us children to take care of ourselves.
Take care of yourself

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