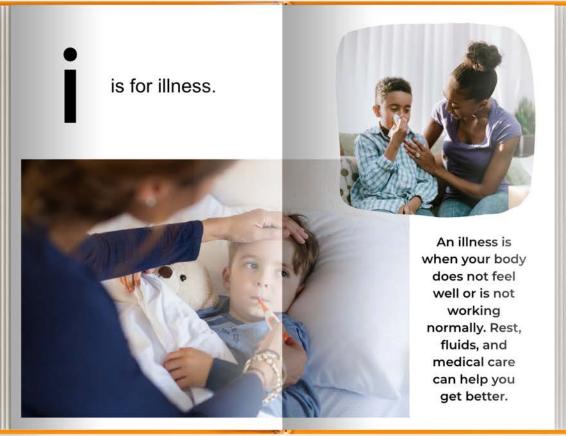


Body & Health



An ABC theme book with photos & descriptions.



is for back.



Your back
supports your
body when you
sit, stand, and
move. Keeping
your back
strong can help
prevent pain.

is for cough.



A cough is your body pushing air out to clear your throat or lungs. You might cough when you have a cold or allergies.

is f

is for doctor.



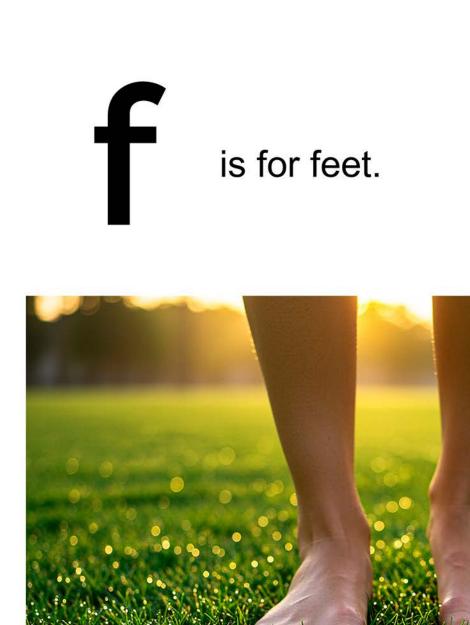
A doctor helps
you stay
healthy and
treats you when
you are sick.
Doctors can
check your
body and give
you advice or
medicine.

is for elbow.





Your elbow is
the bend in
your arm where
two bones
meet. It helps
your arm move
to eat, write,
and play.



Your feet help
you balance
and move from
place to place.
Wearing
comfortable
shoes can help
protect your
feet.

9

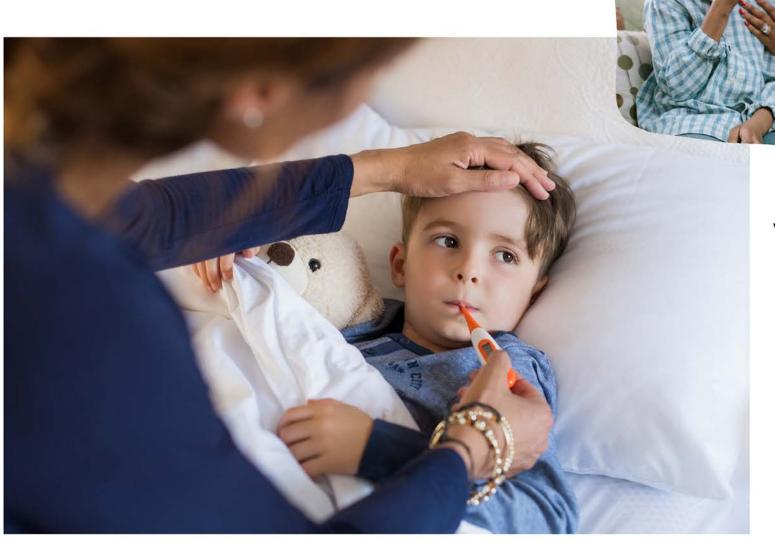
is for germs.



Germs are tiny organisms that can spread and make people sick. Washing hands helps keep germs from spreading.





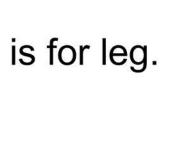


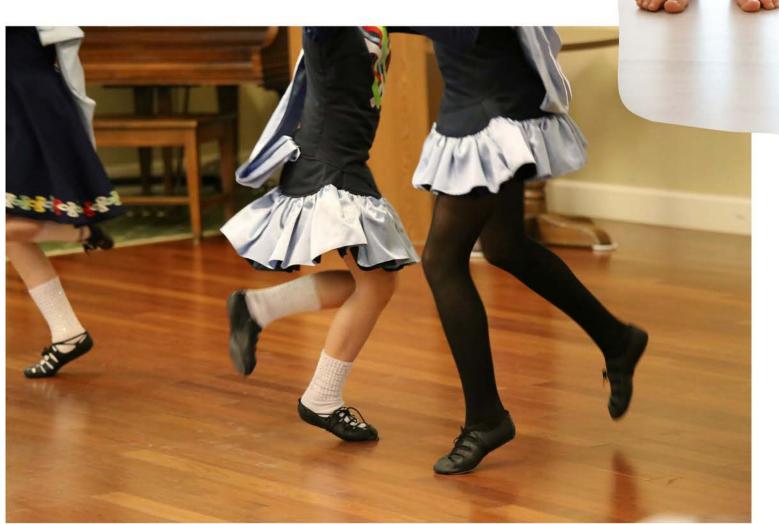
An illness is
when your body
does not feel
well or is not
working
normally. Rest,
fluids, and
medical care
can help you
get better.





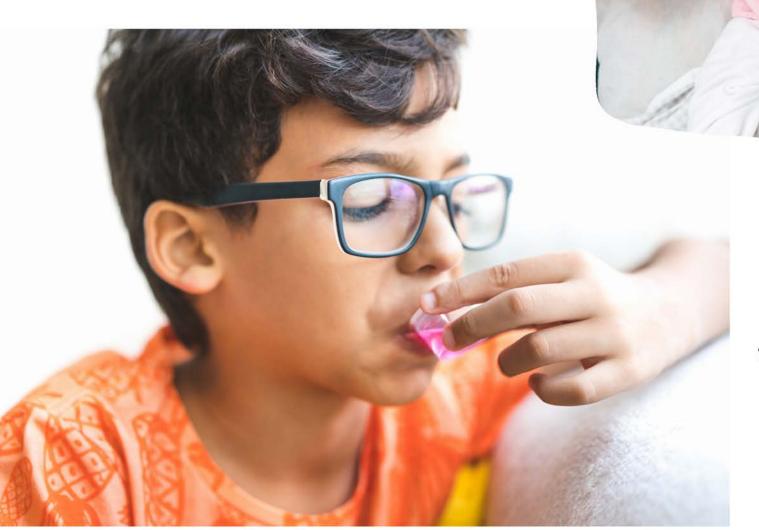
Your knee is a joint that helps your leg bend and straighten. It is important for walking, climbing, and running.



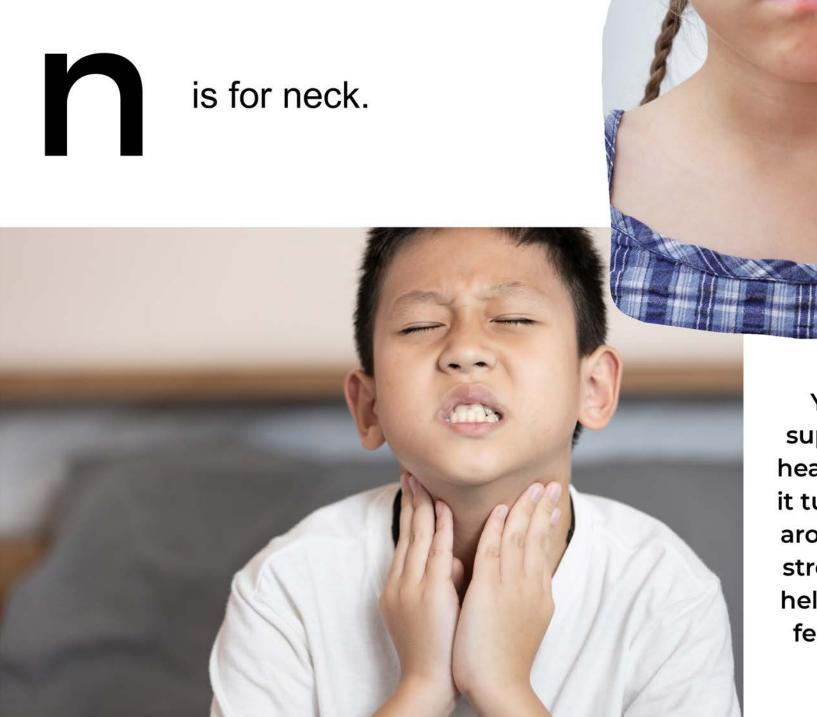


Your leg helps
you walk, jump,
and kick.
Strong legs
help your body
stay steady and
active.

is for medicine.



Medicine can help your body fight illness or feel better. It should only be taken with help from a trusted adult or doctor.



Your neck supports your head and helps it turn and look around. Gentle stretching can help your neck feel less stiff.



is for "ouch!"



"Ouch" is a word you might say when something hurts. It can help others know you need help.

is for pain.



Pain is a signal that something in your body may be hurt or irritated. Telling an adult where it hurts can help you get support.

is for quiet rest.



Quiet rest gives your body time to recover and rebuild energy. Resting can help when you feel sick or sore.



is for sore throat.



A sore throat
can make
swallowing feel
painful or
scratchy. Warm
drinks, rest, and
checking with a
doctor can help.

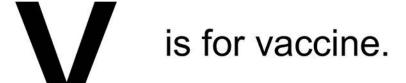


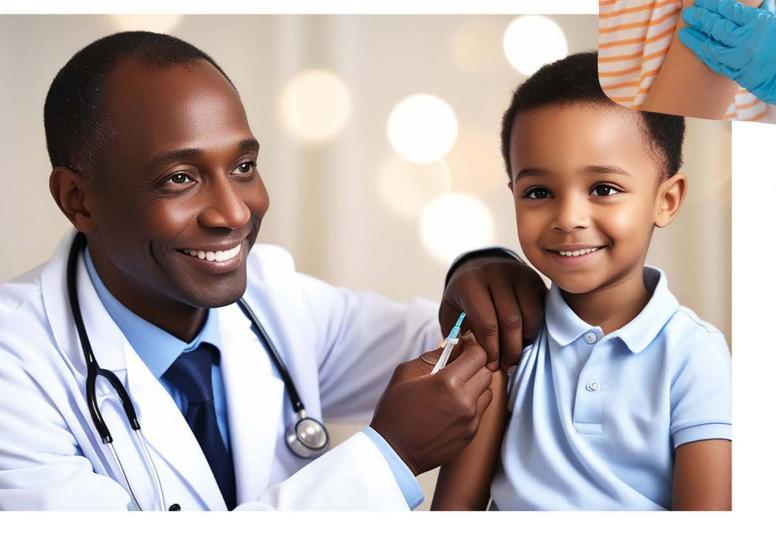
U

is for urgent care.



Urgent care is a clinic that helps when you need medical help quickly. It is often used when it is not an emergency but you cannot wait.





A vaccine helps your immune system learn how to fight certain germs. Vaccines can help prevent serious illnesses.

is for wash hands.



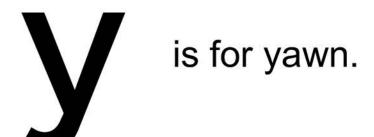
Washing hands
with soap
removes germs
from your skin.
Clean hands help
protect you and
others from
getting sick.



is for x-ray.

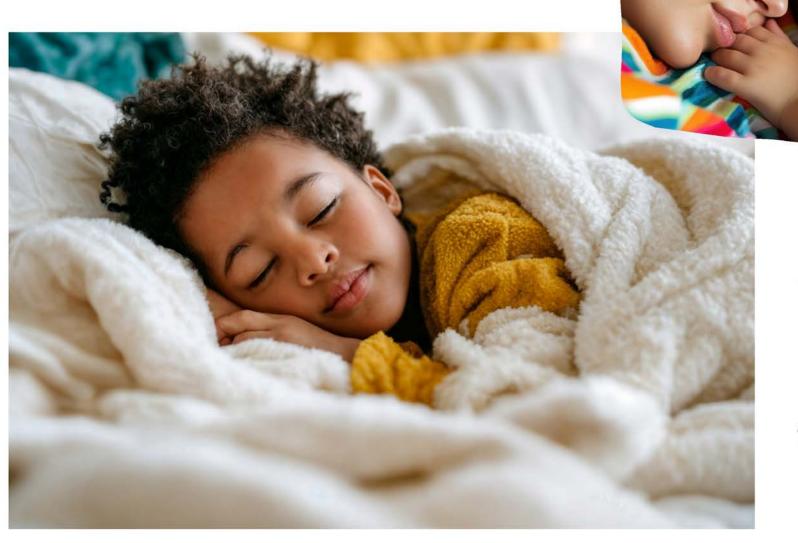


An X-ray is a picture doctors use to look at bones inside your body. It can help find breaks or other injuries.





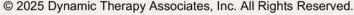
A yawn can mean your body is tired or needs more oxygen. Getting enough sleep helps your body stay healthy. is for "Zzzzz" sleep.



Sleep helps your body heal, grow, and stay strong. Good sleep can also help your brain focus and learn.



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