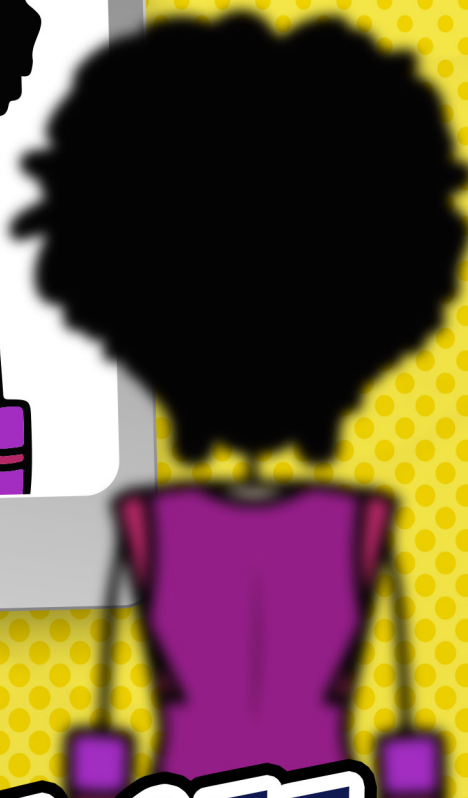
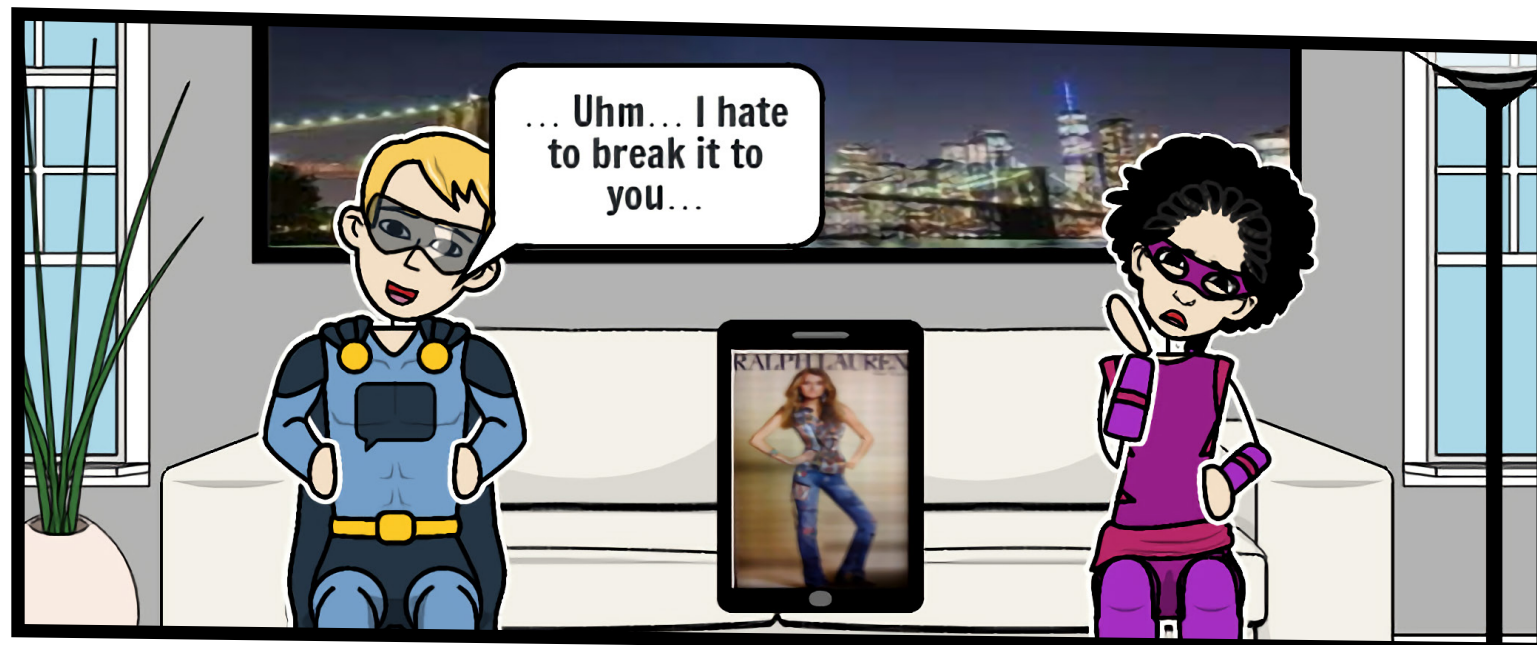
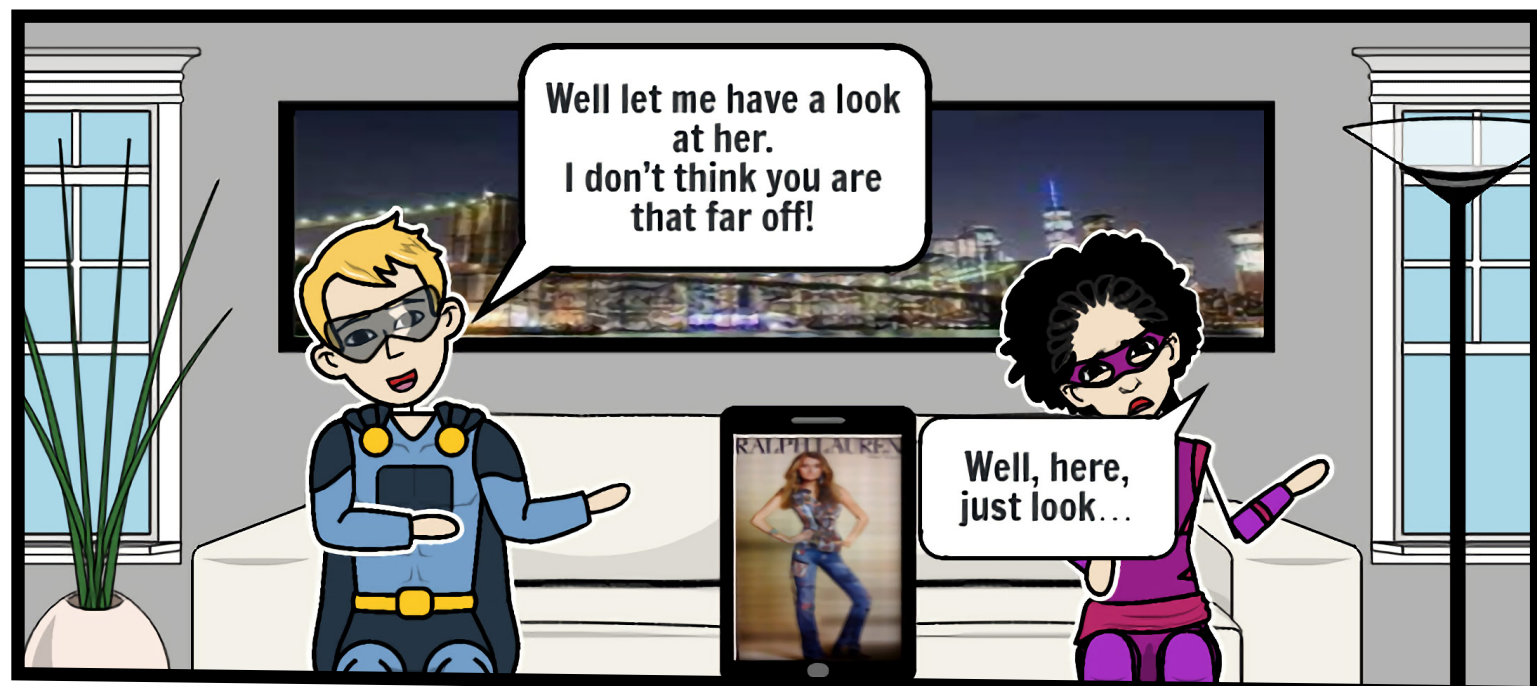
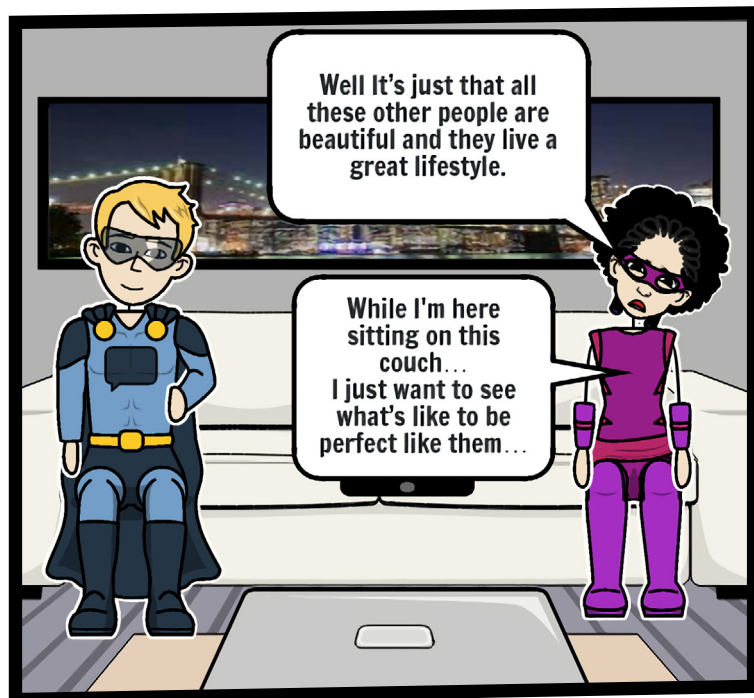
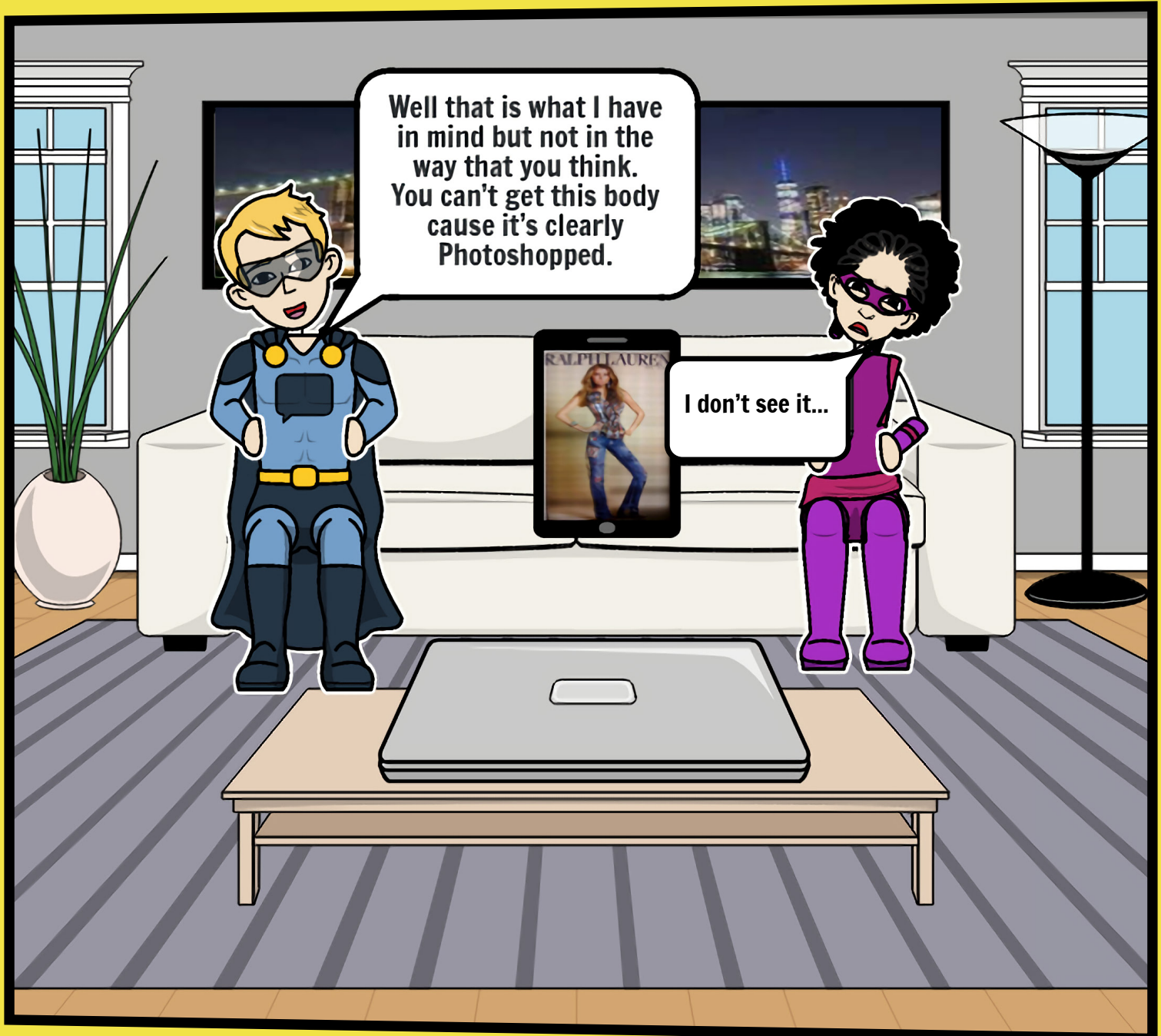


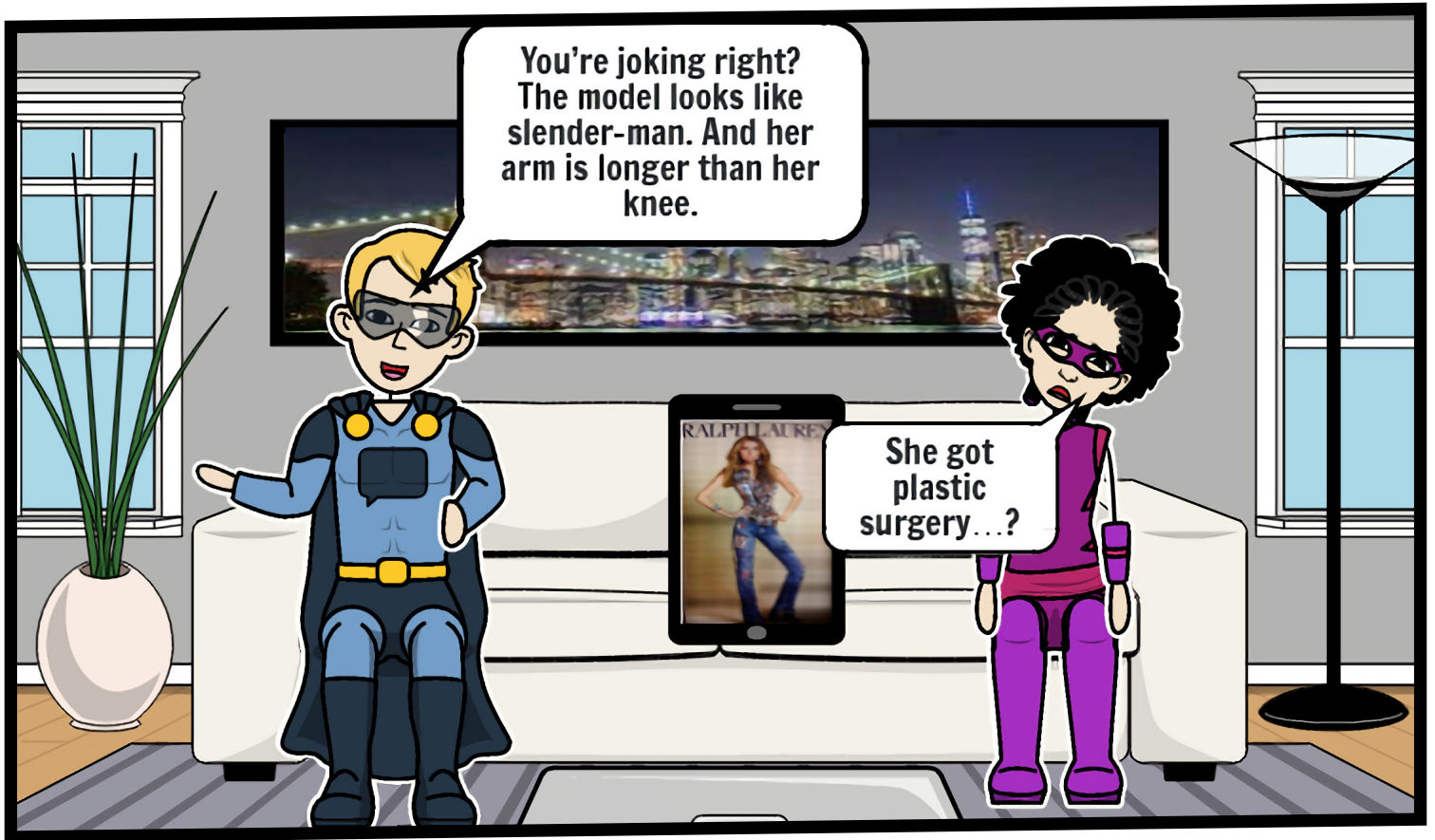
THE ADVENTURES OF CYBER-SURFER

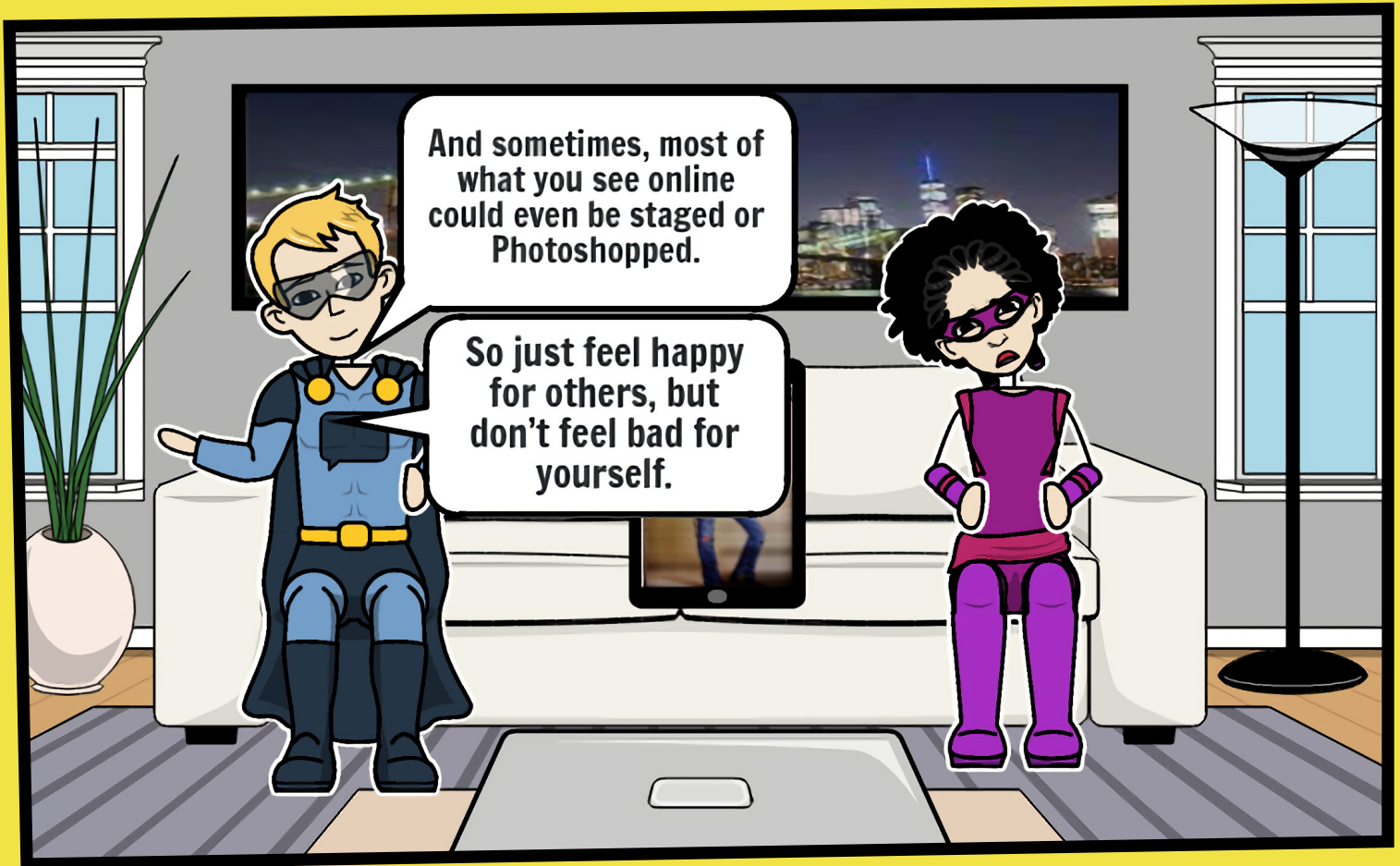


**HOW I SEE
MY SELF-IE**









TIPS FOR PARENTS

Promoting your child's body image can help them to take pride in their appearance and feel good about themselves. This leads to healthy self-esteem. To help your child build a healthy body image, you can:

- Teach them about their body
- Guide them to take care of their body
- Say nice things about how they look
- Show them that you are proud of what they do

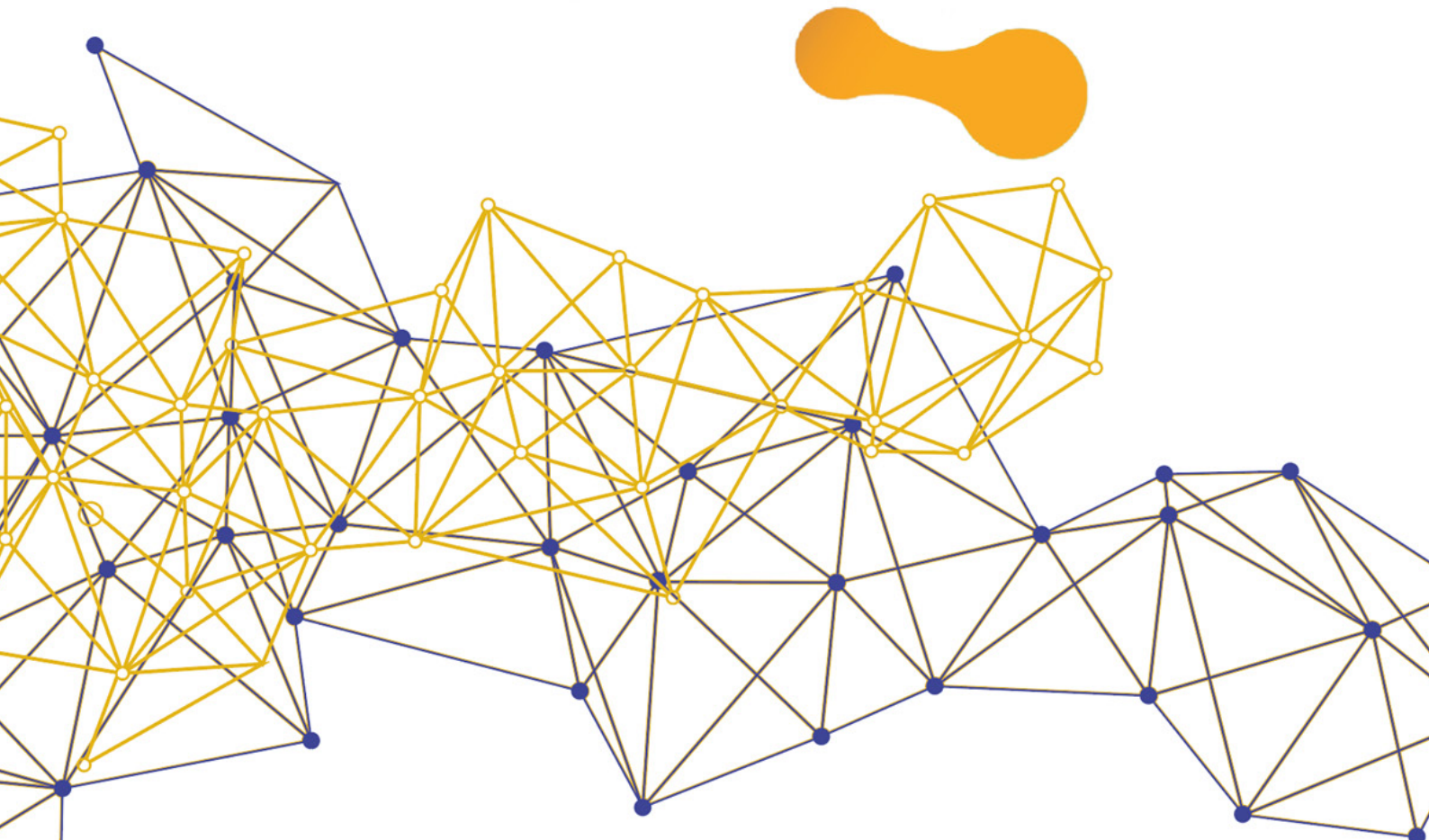
FUN ACTIVITY FOR YOUNG LEARNERS:

Your body image is how you see yourself. Having a good body image can help you to feel confident and proud! Complete the activity below, filling in what makes you happy about yourself.





WOWSA



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