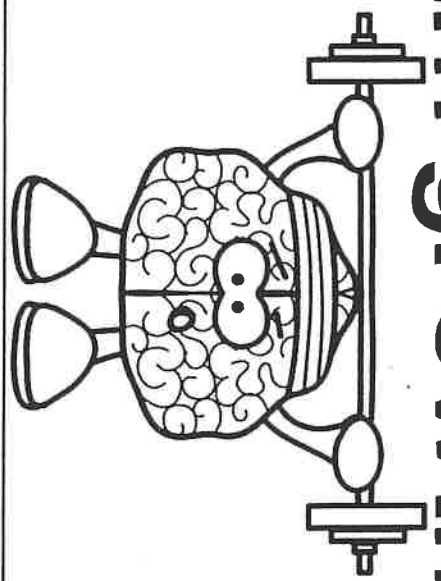
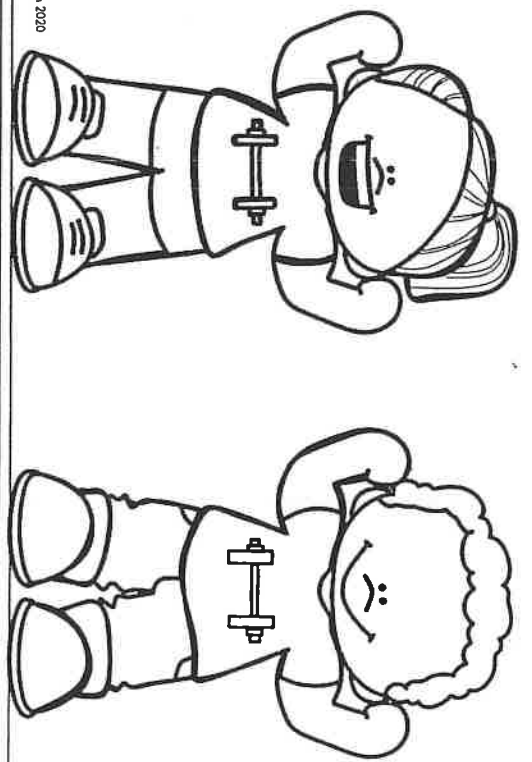


# I am growing!

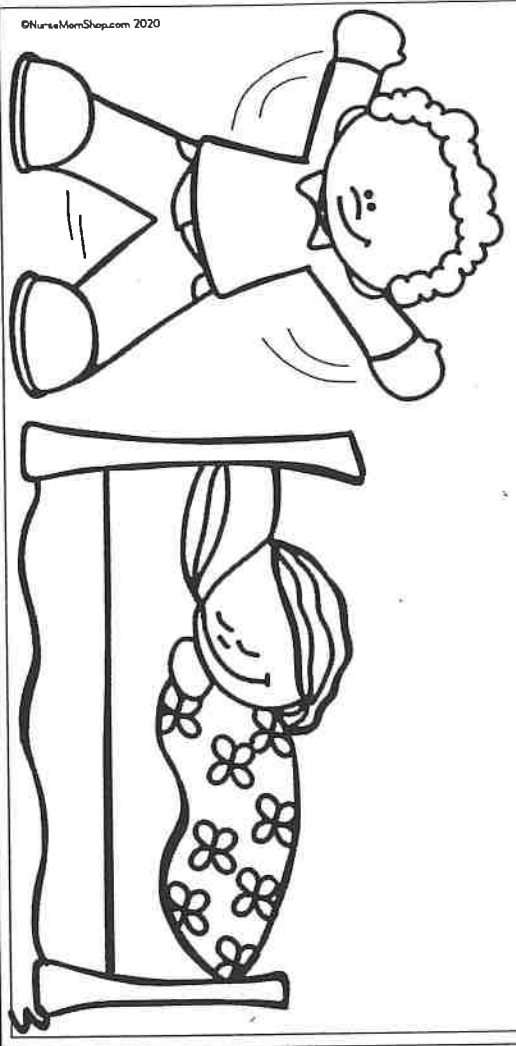


By: \_\_\_\_\_

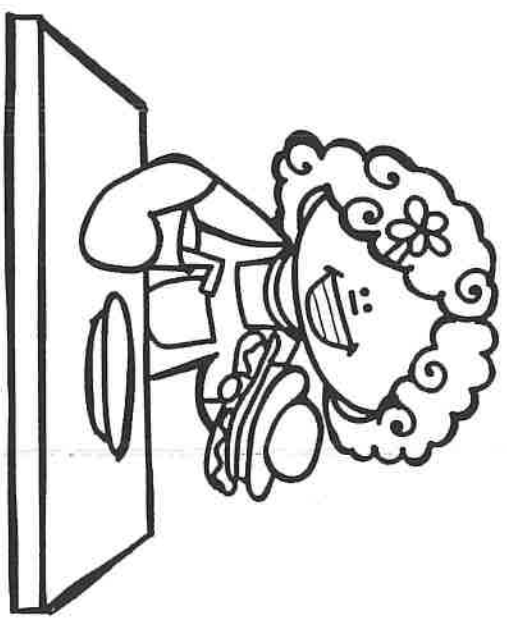
My body is getting taller and stronger every day.



I can help my body grow by exercising and getting good rest.

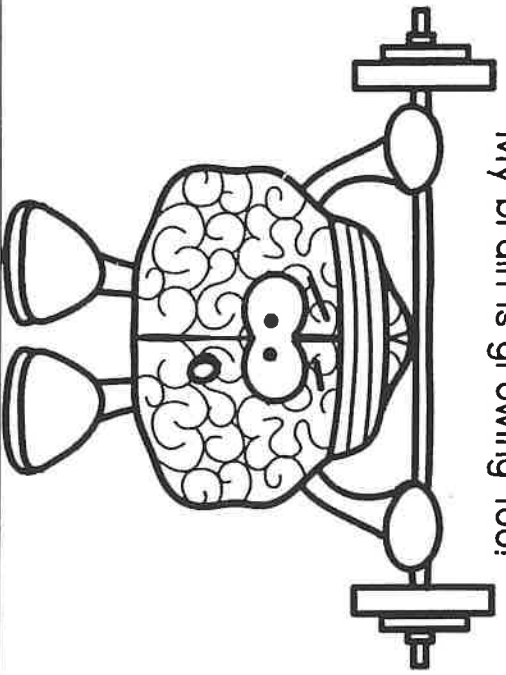


My body also needs lots of healthy food to grow.



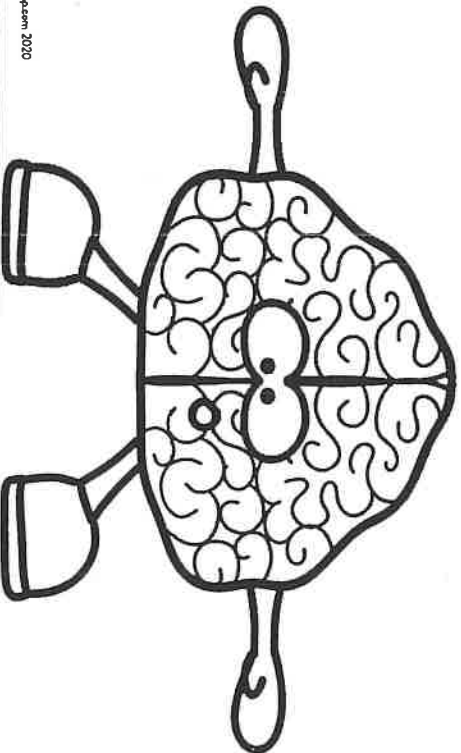
My body isn't the only thing growing.

My brain is growing too!

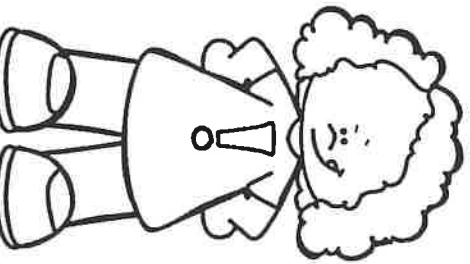
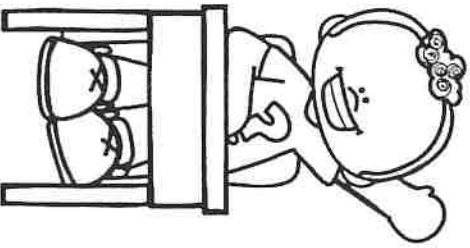


I can help my brain become more flexible.

I can try new things. My brain can stretch!



I can ask questions and learn new ideas. I can choose to not give up when things are hard to learn.



My brain and my body are unique and amazing!

