



Did you know your whole body is covered by something amazing?

It's your skin!

Your skin has a very important job. It helps protect your body and keeps things that could hurt you from getting inside.

Your skin also helps you feel the world around you.

Soft blankets.

Warm sunshine.

Cool water.

A furry puppy.

Your skin can even help your body stay at the right temperature. When you get hot, you may sweat to help cool down!

You can take care of your skin, too. Keep it clean, protect it from too much sun, drink water, and tell a grown-up if you have a cut, burn, or something on your skin that hurts.

Your amazing skin is protecting you every day.

So touch.

Feel.

Play.

Explore.

And take good care of your amazing skin!

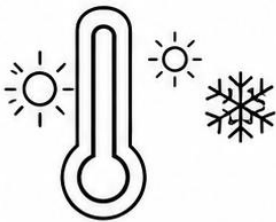


♥ MY AMAZING SKIN!

1. My skin protects me and keeps me safe!



3. My skin helps keep me at the right temperature!



2. My skin helps me feel things!



4. I take care of my skin every day!



5. My skin helps me stay strong and healthy!



I take care of my amazing skin every day!



Wash



Protect



Drink Water



Eat Healthy



Get Rest



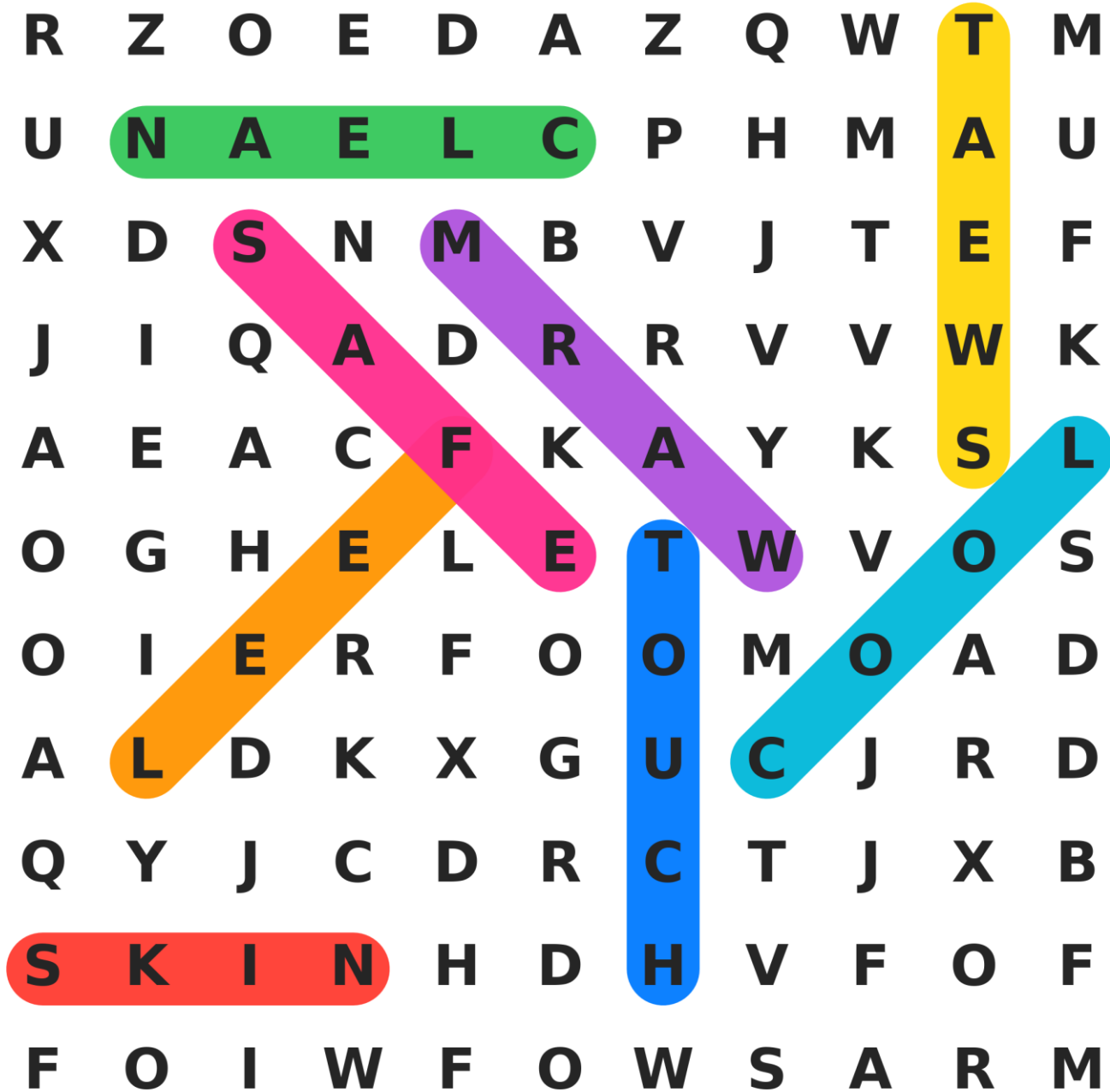
My Amazing Skin!

R Z O E D A Z Q W T M
U N A E L C P H M A U
X D S N M B V J T E F
J I Q A D R R V V W K
A E A C F K A Y K S L
O G H E L E T W V O S
O I E R F O O M O A D
A L D K X G U C J R D
Q Y J C D R C T J X B
S K I N H D H V F O F
F O I W F O W S A R M

CLEAN • COOL • FEEL • SAFE •
SKIN • SWEAT • TOUCH • WARM



My Amazing Skin!



CLEAN • COOL • FEEL • SAFE •
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What Did You Learn About Your Amazing Skin?

1. What covers your whole body?

- A. Paper
- B. Skin
- C. Shoes

2. What is one important job of your skin?

- A. It protects your body
- B. It helps you fly
- C. It reads books

3. Your skin helps you feel things that are:

- A. On Mars
- B. Near and far
- C. Warm and cool

4. What might your body do when you get hot?

- A. Sweat
- B. Grow taller
- C. Make glitter

5. Which is a good way to take care of your skin?

- A. Never wash it
- B. Protect it from too much sun
- C. Hide cuts from grown-ups



Check Your Work!

★ Answer Key

My Amazing Skin

B — Skin

A — It protect your body

C — Warm and cool

A — Sweat

B — Protect it from too much sun

Great Job!

In the space below, draw and color a picture of something that you learned about your amazing skin.

Maybe it will be a picture of your favorite soft blanket.

Maybe it will be a picture of how you keep your skin healthy. 🤝🤝

You can draw and color anything you want!