Everyone has skin for a good reason and it comes in many shapes and colours.

Think about your skin. Write about why it is important to your body.

My Skin is important because

Think about your skin. Write about how beautiful it is.

My Skin is beautiful because

Think about your skin. Write about why it is smart and what it can do.

My skin is smart because

Think about your skin. Write about what you should do to take care of it.

I should take care of my skin by…

Draw a poster of why you love your skin and how you should take care of it.

For more games and activities visit www.preparecenter.org/kidskit