

## Room 101 Healthy Promises

I will eat \_\_\_\_\_.

I will \_\_\_\_\_ to make my bones, muscles, and heart stronger.

I will get enough \_\_\_\_\_ so I have energy every morning.

I will use a \_\_\_\_\_ when I ride in a car or truck.

I will brush my \_\_\_\_\_ to take care of them.

I will wear a \_\_\_\_\_ to protect my smart brain!

I will try to always use \_\_\_\_\_ to talk about my feelings.

I will try to \_\_\_\_\_ other people because that will help me feel good too!

Signed: \_\_\_\_\_