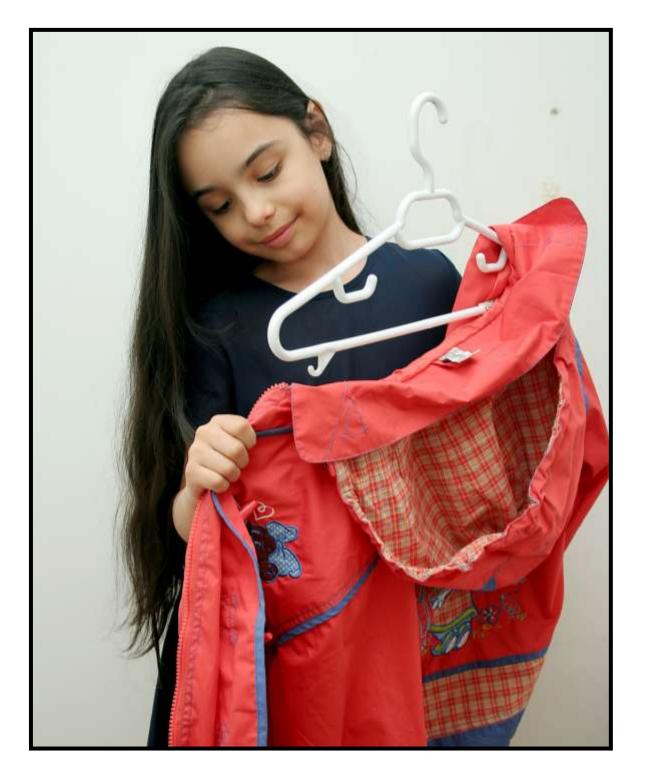


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**PEOPLE-SKILLS/PERSONAL PRESENTATION/LIFE-PREPARATION/PRINCIPLES/POSITIVE PRACTICES** 



Form good habits of caring for yourself and your things. **Practice good** care habits each day.



**Daily exercise** and play is necessary for good health. Keep your body fit and in shape.



Take proper care of your teeth, your eyes, and your ears. They are very important tools.



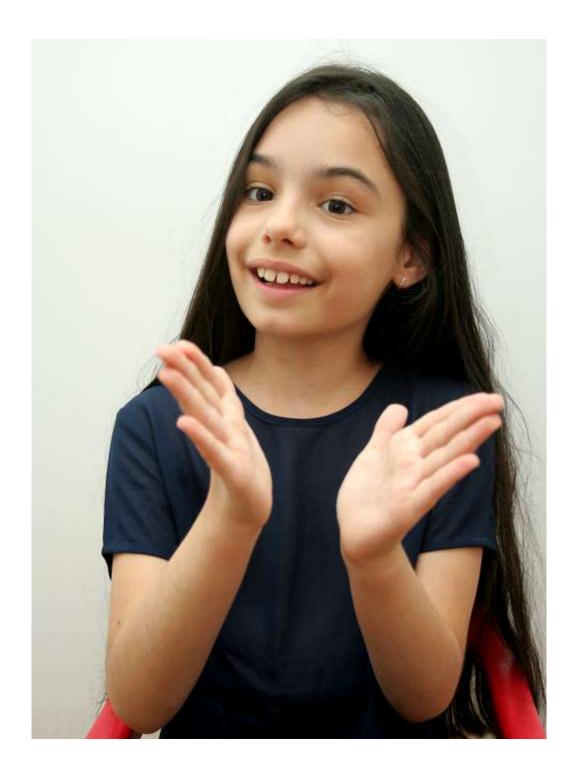
Think well of others. Speak well of others. Notice and talk about the good.



Be considerate. Be quiet when others need to rest, talk, study, or concentrate.



Listen more than you speak. You'll learn more that way. When you talk, say things that are good for others to hear.

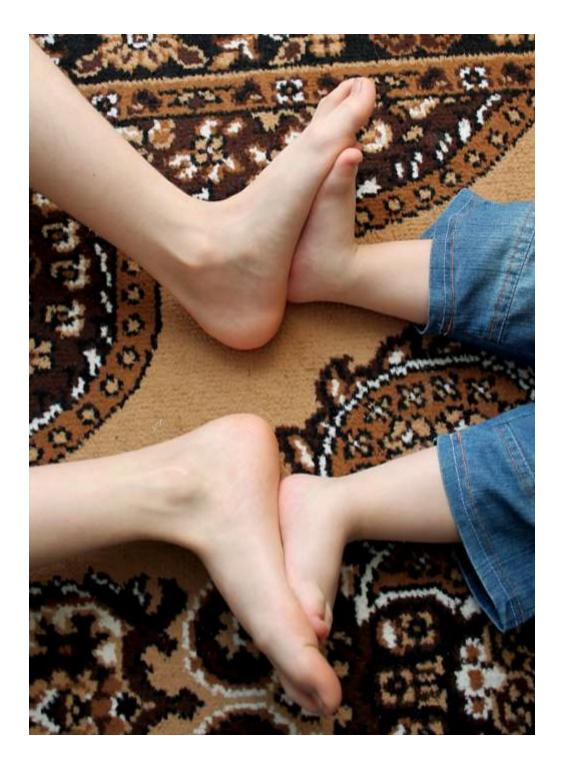


Appreciate the good others do.

Say "Thank you" to those who help you.



Stay safe. Listen to the precautions of those who care for you. Be careful and wise.



Everyone is different and has different things. Be happy for what you have, rather than comparing and wanting what others have.



When you need help, ask. When someone asks you for help, do what you can for them. We can all help each other.