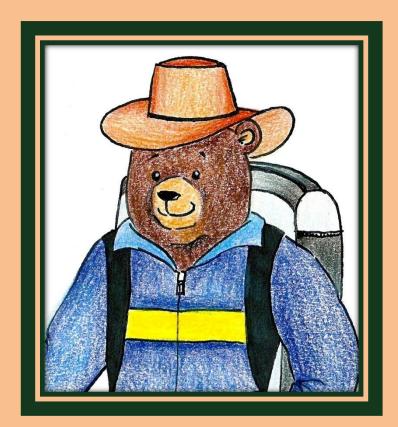


## **Beary Great Tips**

## By Charles (5) and Liam (7)



## **Berry Beary Fit**

–A character from the story series:

"Berry Beary Kind"

Art by: Fleur Celeste/ Graphics by: Naomi/ Photos by: Chariane Quille

## Fresh air, sunshine, and exercise are good for your health.



When out in nature, don't just touch whatever you think is interesting. Some things might hurt you, so be careful.



God made plants and trees green, because it's a good colour for your eyes to see. So it's good to spend time outdoors.