

Taking Care of Yourself

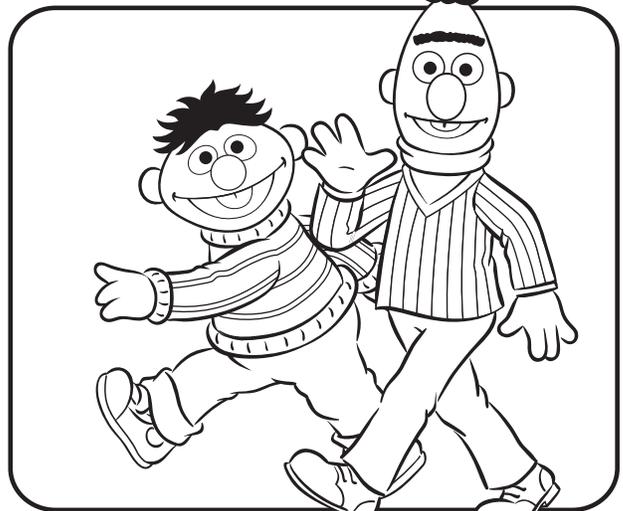


A Is for Active!



Color the pictures of Dani, Zoe, and all the Sesame pals. What is each one doing? Which of these activities would you enjoy?

By taking your medicine and avoiding your asthma triggers, you can play and have fun like your friends. Draw a picture of yourself doing one of your favorite activities.



I like to _____.