



# BE CAREFUL WHEN YOU PLAY

Everybody gets hurt sometimes. It's never fun when you hurt yourself, but I've made your body so that it can heal itself and recover from the bumps and scratches and cuts. Whenever you get hurt, it is important to think about why it happened. Were you being careful in your actions? Were you listening and obeying what your parents or teachers told you? Sometimes you get hurt because you were careless, and it's important that you learn from those mistakes so that you don't have more accidents because you weren't being careful.



Little bumps and scratches can remind you that you need to go slower and be more careful. When you are out to play, look around and pray. Think before you jump or hop over something. Pay attention to what you are doing so that you can prevent accidents from happening. The more careful you are, the more you will avoid accidents.

Go slow, be careful, and remember to listen to those caring for you. I'll be there to watch after you too!

