

I Don't feel Good

Sometimes I don't feel good.



My
throat
hurts.



My
head
hurts.



**My ears
hurt !**



**My eyes
hurt!**

When something hurts it might
mean I am getting sick.



If a boy or girl thinks they are getting sick and something hurts, then they need to go to an adult with their hands at their sides and say:



Hands at side →



Then I can go lay down and I might feel better. I am going to hold my hands at my side and tell an adult “ I don’t feel good, I need to lay down” the next time something hurts.

