

EAGLE'S NEST NEWS

MARCH/APRIL 2022

ENN

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ENN

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WELCOME

This is the first bimonthly issue of ENN 2022! It is our year to take over and win in every area of life! We have so much packed into this bumper issue, which combines Jesus cares about my body with the Easter edition, do let us know which is your favourite. How are you getting on with your spiritual goals? Be sure to keep your prayer appointment with God. Keep reading your bible, memorise scriptures and journal the things God is telling you. Let us know how you are doing, ask your grown up to take a picture and send them in.

We love and celebrate all those who have their birthdays in the month of February, March and April. We pray God's wisdom and favour will always distinguish you in the name of Jesus.

God bless you and remember... we love you all

ENN Team

Jesus Cares About My Body-What I put on It!

When dad returned home early that afternoon, 13-year-old Bola was already home. "Welcome dad" greeted Bola. "Hey Princess! Hailed dad in his usual way.

How was your day out with your friends? "Ok", she quipped, not really giving him an answer. "You guys went for crazy golf, didn't you?" "Yes!" Replied Bola.

The day was inset day at school so Bola's parents had agreed that she could go to the leisure centre with some of our classmates.

What's on your mind darling? I'm not sure really. Some of the girls wore tight clothes and very short skirts and some of the boys wore their trousers so low you could see their underwear. And some of them had fake tattoos on.

"Did it make you feel a little awkward?" Dad asked.

"A bit" answered Bola. After a short pause, she continued, "Is it okay to dress like that...and what about tattoos?"

"Sweetheart", dad said, "dressing tells us a lot about a person." "Africans, Asians, Native Americans and Europeans all have clothes that tell us where they come from." "1st Corinthians 6:19 shows us that we belong to God, and describes our bodies as a temple, like a home for His Holy Spirit to live." Although God doesn't look to the outward (our bodies) to determine who we are, yet He wants the outward to be a reflection or a preview of what's inside our heart.

So, I think we can look at it in three ways:

Health

"Clothes can be fashionable, but must be appropriate for the occasion, for example swimming costumes are only fit for the beach or the pool and not everyday wear, coats and warm clothes are suitable for winter weather.

Safety

"Another thing to remember is that there are protective items that can also help you take care of your temple. Bola, can you give examples of protective items?"

"Hmm, said Bola, goggles, for my eyes when swimming or working with chemicals, or helmets when riding my bike."

"Absolutely spot on" said dad with a smile.

Decency

"1 Timothy 2:9-10 (NLT) teaches us that we must dress respectably and decently. Sweetheart, this means our clothes should cover our bodies properly. They must not be too short or tight. Underwear must be properly covered."

The tattoo question is a tricky one because having a tattoo or not doesn't make you a Christian. However, because my body belongs to Jesus, I would always ask Him:

"Would you like me to put this on Your temple? Would it please you?"

"Just like you would ask the owner of a beautiful mansion before you draw something on his wall. If not, you may think what you drew is art, but he may think it's graffiti!"

Besides, some other things to consider are:

1. Our bodies are meant to last a lifetime and tattoos are meant to be permanent.
2. It's more expensive and more difficult to remove tattoos than it is to put them on
3. In the UK, you're legally not allowed to have a tattoo until you're 18 years old
4. What you think is cool today may turn out to be embarrassing to you tomorrow.

"So, Dad continued, I guess if you're asking me if you can have a tattoo.....

"No dad I don't want a tattoo", Bola replied, no longer looking bothered or confused. Her dad noticed a new glow on his daughter's face. Bola looked at him with a smile and said, "Great talking with you Dad. Thank you."

MEMORY VERSE

But all things should
be done decently
and in order.
1 Corinthians 14:40 (ESV)

: PRAYER :

Dear Lord, thank you because you care all about our bodies. Please teach us exactly how you like us to dress and care for it, in Jesus Name. Amen.

Jesus Cares About My Body-What I put in It!

How should we keep our precious bodies that Jesus has given to us to take care of?

Some Dos and Don'ts about what we put in our body, God's temple:

1. We must choose carefully what we eat: Eat good food like fruits, vegetables, wholemeal, eggs, fish etc. that build our body. Reduce sweets, chocolates, fizzy drinks that do not build your body.
2. We must be careful what we read or watch. We should continue to put the word of God in our heart and avoid things that disobey God's Word or make us think sinful thoughts.
3. We must choose to listen only to what builds our faith. For example, listen more to music that teaches you more about God, His word and His ways - Gospel music.
4. Say NO to drugs and alcohol. They only mess people's minds up! We are children of God, nothing but the word of God should be allowed to control our minds!

Our mouths, our eyes, our ears, our minds are entry points to our body, therefore whatever we put in our bodies should help us to grow healthy, wealthy, and wise.

MEMORY VERSE

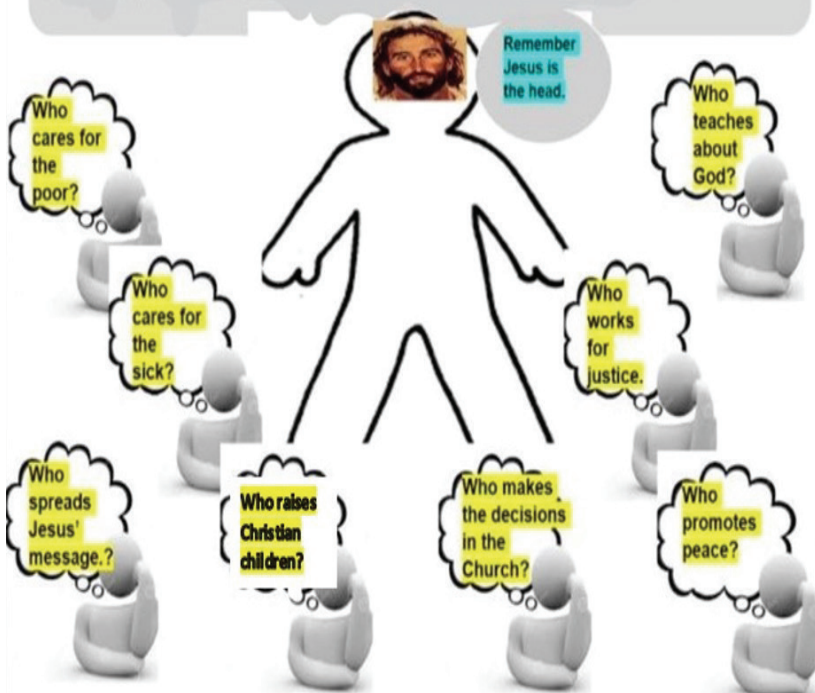
Don't you know that your body is the temple of the Holy Spirit, who lives in you and who was given to you by God? You do not belong to yourselves but to God.

1 Corinthians 6:19 (NLT)

: PRAYER :

Dear God, thank you for giving me a beautiful body to look after. Thank you for making my body Your temple. Help me to know what to put into this temple by what I eat, listen to, read or watch, so that the Holy Spirit will always be glad to live in me. In Jesus Name, Amen.

Fill in what spiritual foods you SHOULD be putting into your body



Taking Care of My Body | Bible Object Lessons for Kids
<https://www.youtube.com/watch?v=XbbPUziZ0vI>

Wellbeing for Children: Healthy Habits
<https://www.youtube.com/watch?v=dhpCdq0tuj0>

You Are What You Eat!
https://www.youtube.com/watch?v=OMRX_G-rNaY

DANIEL AND THE KING'S FOOD | KOTM PRESCHOOL
https://www.youtube.com/watch?v=_VOaYkGnmfA

DANIEL AND THE KING'S FOOD PART 2 | KOTM PRESCHOOL
<https://www.youtube.com/watch?v=YtkfcITbvbc>

My Body Is a Temple (Song)
<https://www.youtube.com/watch?v=cnq-pn40tLg>

My Body Is a Temple (song)
https://www.youtube.com/watch?v=r_7Bw7SZ-hU

Jesus Cares About My Body-What I do with It!

The Bible tells us that our body is the house of God. We clean our homes so we should also respect God's home and keep it clean.

Exercise

The Holy Spirit lives in our body. One question is, how often do you exercise your body to keep it healthy for the Lord? The Bible says that physical exercise is good but spiritual exercise is better. "For bodily exercise profited little: but godliness is profitable unto all things," 1Timothy 4:8 (KJV) so exercise regularly.



Sleep

Did you know that sleep is a gift from God? Yes, sleep is good for our bodies. The Bible makes us to understand that God gives us sleep. "It is no use for you to get up early and stay up late, working for a living. The Lord gives sleep to those he loves." Psalms 127:2 (NCV).

Not sleeping enough can affect your body negatively; therefore, ensure you sleep well to keep your spirit, soul, and body sound.

Good hygiene

Imagine your friend visited you and brought crisps and other snacks along. You enjoyed them together, but your friend was rather messy, leaving crumbs and wrappers everywhere. Eventually, your friend went home without tidying up. How would you feel? That's right; you would feel unhappy with them for their bad manners and poor hygiene. This is how God feels when we don't keep our bodies clean.

So, brushing your teeth and bathing regularly, keeping your hair neat & tidy, using deodorants, etc. are all important parts of having a good hygiene.

Purity

When the Bible talks about our bodies, it includes sexual purity. As followers of Jesus, we need to keep our thoughts and actions sexually pure. God made sex for marriage and He tells us to "Flee from sexual immorality," 1Corinthians 6:18 (NIV) because it is a sin that can corrupt our bodies.

Remember our body is where God lives. We must take responsibility to look after it by exercising, sleeping, keeping clean and sexually pure. Doing the above helps us to worship God with a pure conscience.

MEMORY VERSE

"Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity" 1 Timothy 4:12 (NLT).

: PRAYER :

Heavenly Father, thank you for your Holy Spirit who lives in me. Help me to keep my body clean and pure, to exercise both body and spirit regularly. Thank you for giving me good sleep every night, so I can rise refreshed to do good and share your love. In Jesus' name, Amen.

He Paid it All!



A conversation between 2 friends

Timea: Yeah, He paid it all!!

Tade: Who paid?

Timea: Jesus did.

Tade: What did He pay for?

Timea: He paid for the sins of all people.

Tade: What did He pay with?

Timea: He paid with his own blood.

Tade: What do you mean? His own blood! How did He pay with His blood?

Timea: Jesus paid with His own blood by being beaten and crucified on the cross. Mark 15:21-39

Tade: Why did He have to pay for us like that?

Timea: He had to in order to break the power of satan and sin from our lives. You see, Tade, if Jesus did not die for our sins, we would all die without our sins being forgiven; and as the Bible tells us, "The payment for sin is death..." Romans 6:23a (ICB). This 'death' means that people would have been separated from God forever after they died on earth, Revelation 21:8. But here's the GOOD NEWS: God loves us so much that He wouldn't want us to suffer and die for our sins so... He sent Jesus to die for every human being (person), including you and I. Jesus was the perfect, sinless sacrifice for our sins. So, God said anyone who believes in Jesus will no longer die but have life forever John 3:16.

Tade: Wow! God is really good and kind to us.

Timea: Yep, He is. You know, I read in the Bible that "Christ was offered once for all time as a sacrifice to take away the sins of many people" Hebrews 9:28.

Tade: Does that mean that the sins of anyone who believes in Jesus have been taken away?

Timea: ABSOLUTELY. You are correct.

Tade: Everyone who believes in Jesus should be celebrating then, right?

Timea: You're right again! That's exactly why believers in Jesus celebrate Easter! Easter is a time that Christians celebrate the death AND resurrection of Jesus.

Tade: So, the cost of each person's life is the death of Jesus because Jesus paid for them with His own blood, and this is why we celebrate Easter.

Timea: 1 Corinthians 6:20 says, 'you were bought with a price'. That price is the blood of Jesus.'

Tade: So, because Jesus died for us, everybody is forgiven and no one will go to hell, right?


Timea: No, the bible says only those who ask God for forgiveness and invite Jesus to come into their life will go to heaven when they die.

MEMORY VERSE

"You were bought with a price (you were actually purchased with the precious blood of Jesus and made his own) So then, honour and glorify God with your body." **1 Corinthians 6:20 (AMP)**

: PRAYER :

Thank you God for sending Jesus to break the power of satan and sin from my life. Please forgive all my sins. Lord Jesus, come and live in me. From now on, I am yours. Thank you, for saving me. In Jesus' name I pray, Amen.



THE PRIZE

Benefits of Jesus' death

Alana was having her breakfast while she waited for her parents as they got ready for church. When they came down, her mum noticed that she looked a little sad.

"What's wrong Alana?" her mother asked, "don't you want to go to church?"

"I love going mum," she replied. "But we have been learning about how Jesus died on the cross and it is a really sad story. The Roman soldiers hit, spat at, and made fun of Him; then nailed Him to the cross! It sounds like Jesus' death was quite painful," continued Alana. "Why did He have to go through all that?"

"It was all for a reason," her mother replied. "Did you know there is a Bible verse that reminds us that all the pain Jesus felt on the way to the cross was a good thing for us?"

"Look at Isaiah 53:5 (EASY English Bible). It says, 'But it was our sins that caused him to be hurt. The bad things that we had done knocked him down. The punishment that he received has brought peace to us. The wounds that he received have made us well.' So Jesus' death was a sad time, but it is also a good thing for us."

"How was all that pain a good thing?" Alana asked. "Well, Jesus never sinned, when He died, He did it to take away all our sin and bad behaviour. He shed

his precious blood when He was beaten and nailed to the cross. Jesus' death was always part of God's big rescue plan to save us. In Romans 6:23 (ERV) the Bible says, 'When people sin, they earn what sin pays, death; but God gives his people a gift, eternal life in Christ Jesus.' 'Although Jesus paid a huge PRICE, which was His death, we received an even bigger PRIZE, which is His life because of it. This free it belongs to you and me IF we take it by letting Jesus live in our hearts.'

Mum added, "Lots of other things come with this prize, like a loving friendship with Him and His Holy Spirit, His protection, good healthy lives, peace and joy and so much more".

Alana smiled, "now that I understand the PRIZE I get from Jesus' death, I can't wait to hear more about Jesus and all He has done for me".

: PRAYER :

Dear God, thank you for Jesus who You sent to die for our sins.

Thank you for the benefits of His death and all that we now enjoy. Please help us not to take Jesus' death for granted, but to always bring you joy in the way we live. In Jesus' name. Amen.

MEMORY VERSE

When people sin, they earn what sin pays -- death but God gives his people a gift -- eternal life, in Christ Jesus. **Romans 6:23 (ERV)**



A BORROWED DEVICE

Maybelle is going away on a school trip for a few days, but her parents have said she is not allowed to take her new iPad Mini with her. She decides to give it to her younger sister Annabelle to take care of it while she is away.

After two days, Annabelle thinks, "it might be a good idea to give the iPad a good bath". As she prepares the bath, mum comes in just in time to notice what she is about to do.

"Annabelle! What are you doing?! Mum exclaims.

"Maybelle gave me her iPad", Annabelle replied, a puzzled look on her face.

Not quite sure if she was in trouble, she quickly added, "I was only playing with it."

"Honey, mum explained, now in gentle tone, don't you now know that the iPad is not yours? It belongs to your sister. And

before she left Maybelle told you what you could do with it.

Now darling, mum continued, did you honestly think Maybelle would want you to give her iPad a bath?"

Annabelle looked down at the floor. She understood what mum was trying to say. When she really thought about it, she knew she shouldn't put the iPad in water. The water could get in it and damage it, and her sister wouldn't be happy with that.

"No mum" Annabelle replied. "I'm sorry."

"That's Ok sweetheart", mum said, hugging her. "I know you didn't mean to. We must treat what we are given with utmost care"

"Yes, mum I will, Annabelle said," nodding in agreement as they both walked out of the bathroom.



The Story of Easter (Jesus' Sacrifice)
<https://www.youtube.com/watch?v=HL8R158Ujp4>

God's Story: Easter
<https://www.youtube.com/watch?v=cZ4gQniUV08>

ABOVE ALL Gospel Reggae - Michael W Smith
 (AHAVAH GOSPEL SINGERS ft LM FIDEM cover
<https://www.youtube.com/watch?v=WNoP43y6MiM>

DJ TANKBOY - LORD I LIFT YOUR NAME ON HIGH
 - [REGGAE COVER] 2019
<https://www.youtube.com/watch?v=rgJphvHswuY>



King's Kids

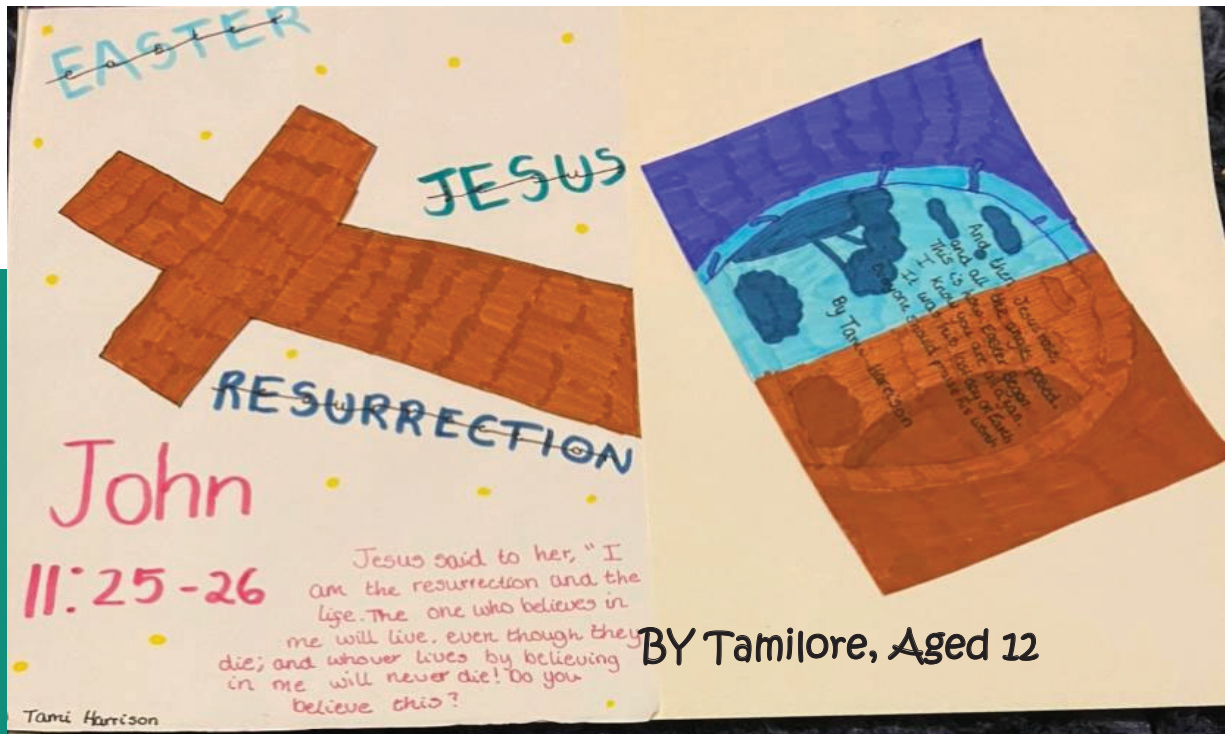
**Actual Service
 At Prayer City
 Sundays | 11am**

To register, visit

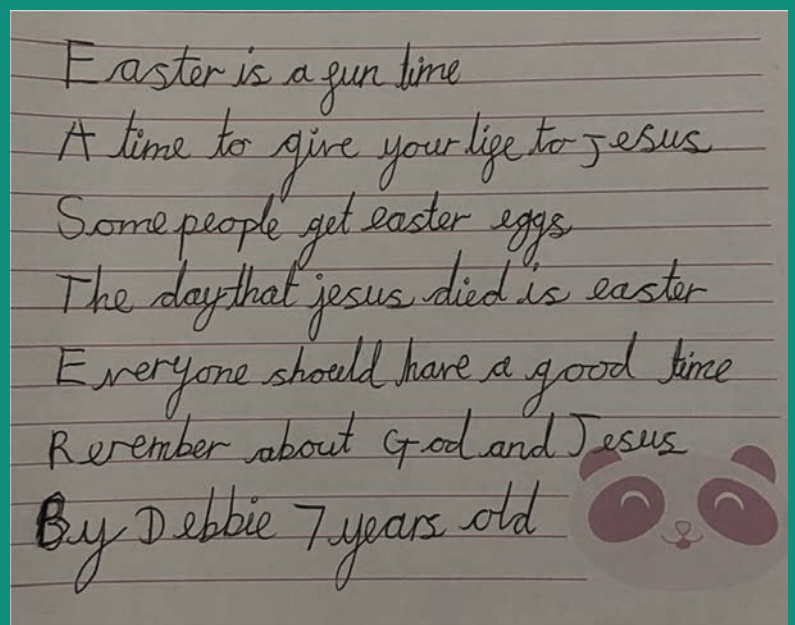
[https://www.kicc.org.uk/
 bookyourseat/](https://www.kicc.org.uk/bookyourseat/)
 Registration opens from
 2pm on Fridays

CREATIVE CORNER

AMAZING ARTISTS



BY OLIVIA AGED 7



POWERFUL POETS

The Cost and Benefits of Jesus' Sacrifice

Jesus' sacrifice was important because He died to save us all from sin and the punishment.

The benefit is that our lives are now changed, we are in relationship with God, enjoying the promise of heaven and eternal life.

This show of love, God nature is an important one. As receivers of His love, God wants us to show His love and power to others who have not yet experienced or known the cost and benefits of Jesus' sacrifice.

The Holy Spirit our constant helper is always by our side to help us.

By Elizabeth O, aged 13.

**Thank you Lord Thank you Lord for
your sacrifice**

Of your one and only son

You sent Jesus to pay the price

So, we could live a sin free life

Thank you, Lord for your Holy Spirit,

You sent to live among us

A comforter and counsellor

Who we can always trust,

**Thank you, Lord, for the blood of
Jesus**

Which we can always call upon

The blood that can free us

From the sins we have done.

BY ABIGAIL A aged 13

POWERFUL POETS

He is risen

**He has delivered us from the hands
of the devil**

The lord reigns let the earth rejoice

Sing praise to his name

For he is a great God

Yesterday, today and forever more

He has risen from the tomb

We are no longer filled with gloom

**What he has promised he has
delivered**

**For He is not a God that would lie
Hallelujah,**

**Hallelujah He has taken away all our
sins**

He has given a chance to start anew

Just as new baby born into the world

**We have been given the chance to
start again**

By Tope-Grace W

These candies tell a story,
The best news you will ever hear.
It's about Jesus dying on the cross for ME
So that I could be brought near

So hold the letters 'M' and 'E'
Turn them and you will see
An 'M' becomes a 'W'
And an 'E' becomes a '3'

The 'E' stands for Easter
God's love and His plan
It reminds us of the cross
And the way God rescued sinful man

The 3 represents the 3 days
Jesus spent in the grave
By His death
All of his children were saved

The M reminds us of the Mercy that He showed
As he died in our place
And the miracle of the resurrection
So we can see Him face to face

The W reminds us that He alone
Is Worthy of our worship and praise
And calls us to be His witnesses
Around the world for the rest of our days
By Joshua B, aged 12

POWERFUL POETS

Easter
Animation
By F.S

*Easter is a time
For you and me to see,
The sacrifice God made
For all our families,*

*His only son,
His first child,
The sacrifice he made for us,
Really wasn't mild,*

*He took the cross alone,
To give us a second shot,
A recovery from our sins,
And to him.....*

I am grateful for my lot.

*By Gabrielle A
Aged 11.*

GLORY BE TO GOD

PASTOR MATTHEW
TURNS

on **MARCH 17TH, 2022**



We pray God grace and increased anointing upon your life, in the name of Jesus.

Bible Reading

Did you set a goal to read your bible daily? Join us on the bible reading journey and discuss with someone what you are learning as you read!

Week 10 - Mar 7th – Mar 13th, 2022

- Exodus 2, Proverbs 16
- Exodus 3, Proverbs 17
- Exodus 4, Proverbs 18
- Exodus 5, Proverbs 19
- Exodus 6, Proverbs 20

Week 11 - Mar 14th – Mar 20th, 2022

- Exodus 7, Proverbs 21
- Exodus 8, Proverbs 22
- Exodus 9, Proverbs 23
- Exodus 10, Proverbs 24
- Exodus 11, Proverbs 25

Week 12 - Mar 21st – Mar 27th, 2022

- Exodus 12, Proverbs 26
- Exodus 13, Proverbs 27
- Exodus 14, Proverbs 28
- Exodus 15, Proverbs 29
- Exodus 16, Proverbs 30

Week 13 - Mar 28th – Apr 3rd, 2022

- Exodus 17, Proverbs 31
- Exodus 18, Psalm 31
- Exodus 19, Psalm 32
- Exodus 20, Psalm 33
- Luke 1, Psalm 34

Week 14 - Apr 4th – Apr 10th, 2022

- Luke 2, Psalm 35
- Luke 3, Psalm 36
- Luke 4, Psalm 37
- Luke 5, Psalm 38
- Luke 6, Psalm 39

Week 15 - Apr 11th – Apr 17th, 2022

- Luke 7, Psalm 40
- Luke 8, Psalm 41
- Luke 9, Psalm 42
- Luke 10, Psalm 43
- Luke 11, Psalm 44

Week 16 - Apr 18th – Apr 24th, 2022

- Luke 12, Psalm 45
- Luke 13, Psalm 46
- Luke 14, Psalm 47
- Luke 15, Psalm 48
- Luke 16, Psalm 49

Week 17 - Apr 25th – May 1st, 2022

- Luke 17, Psalm 50
- Luke 18, Psalm 51
- Luke 19, Psalm 52
- Luke 20, Psalm 53
- Luke 21, Psalm 54



Sunday
27th March

Happy Mother's Day
to all our Mum's and married women.
We love and appreciate all you do



HAPPY Mother's DAY



She is clothed WITH strength & DIGNITY and laughs WITHOUT fear of the future Prov 31:25

Thank you for being an amazing Mother. May God's peace, grace and strength be with you always. You will live long in good health and spend your years in prosperity in Jesus Name, Amen



WORDSEARCH

WHAT I DO WITH IT

J	A	C	R	I	S	B	H	O	N	O	U	R	S	T
S	E	D	J	P	W	N	Y	A	V	L	R	P	A	O
L	H	S	R	C	H	U	P	R	G	I	V	L	A	K
E	A	D	P	A	N	T	G	I	E	W	K	R	L	E
E	R	I	E	E	I	R	A	S	L	I	S	I	D	E
P	I	V	E	G	A	F	I	C	N	I	C	G	L	P
S	T	A	R	S	T	C	E	G	C	N	L	V	C	L
L	C	O	H	S	R	P	G	R	F	O	E	M	E	P
C	H	R	I	E	T	G	O	D	L	E	A	T	Y	U
J	O	L	X	O	S	Q	O	E	R	T	N	N	A	R
E	Y	E	A	R	H	E	A	R	S	M	N	W	T	E
S	L	A	C	E	H	T	O	E	S	T	A	L	E	E
R	E	W	O	R	S	H	I	P	R	F	L	F	I	F
U	N	N	K	G	O	D	E	R	H	I	W	O	O	O
O	R	E	W	I	T	H	I	M	Y	D	A	B	E	R
N	H	E	B	T	B	O	D	Y	L	O	Y	E	E	M
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H	S	A	V	T	O	Y	R	S	T	Z	N	E	O	H
J	E	T	O	L	S	E	T	E	R	F	E	A	O	E
R	P	R	A	I	S	E	N	G	N	I	N	A	L	S
M	H	M	C	H	A	P	P	E	Y	Y	D	S	A	L
T	H	E	V	L	O	R	D	N	R	A	W	I	Y	O
A	P	R	O	T	E	C	T	D	T	I	R	R	N	R
F	I	N	I	S	F	C	W	O	R	S	H	P	Y	D
C	O	M	M	U	N	I	C	A	T	I	N	G	G	H

Key

Clean

Exercise

Praise

Worship

God

Protect

Pray

With

My

Body

For

Talking

Keep

Pure

The

Lord

Obey

Honour

WORDSEARCH

HE PAID IT ALL

L	E	C	S	I	P	R	I	C	E	N	R	E	S	C
O	A	D	J	E	S	U	S	H	C	L	R	P	H	N
E	T	E	R	N	A	L	O	G	D	U	N	R	S	O
R	A	E	I	A	N	H	M	Y	W	S	I	N	S	T
I	G	O	D	K	I	T	I	L	N	S	E	I	D	E
T	I	D	E	E	G	O	F	T	T	A	N	B	L	P
E	B	N	A	R	P	C	Z	U	Q	W	S	E	E	A
N	C	I	H	C	R	O	S	S	D	S	R	L	E	I
C	V	T	A	L	E	P	D	V	V	I	N	I	Y	D
T	O	L	H	E	D	I	B	L	O	O	D	E	A	C
T	Y	S	S	W	M	V	V	N	I	G	N	V	B	H
J	O	U	T	N	A	L	D	I	E	D	E	E	E	I
L	E	A	U	N	S	O	E	N	N	F	A	S	L	M
S	E	L	A	T	I	O	R	S	S	S	P	F	I	S
A	E	M	L	I	F	E	B	I	I	K	O	T	E	E
V	H	E	B	Y	O	U	N	N	O	R	O	E	V	L
E	S	A	W	B	R	S	O	F	G	O	F	S	E	F
D	G	L	I	F	E	O	V	I	O	U	R	R	U	R
T	H	I	N	G	S	E	V	E	L	T	H	E	L	F
I	I	H	W	W	O	E	L	D	G	H	D	K	S	O
S	H	M	O	H	N	P	P	E	N	L	I	S	A	R
D	O	W	N	E	E	N	H	G	I	F	T	N	Y	C
A	L	O	S	M	E	X	L	F	R	O	M	E	G	E
F	I	S	I	S	S	A	C	R	I	F	I	C	E	T
W	Q	E	K	N	O	W	A	V	D	K	S	F	G	H

Price
Eternal
Life

Himself

Forgiveness
Sacrifice
For

Me

Saved
Died
Cross

Cost

He
My
Sins

Paid

The
Blood
Jesus
Christ

WORDSEARCH

Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

PERSONAL HYGIENE Word Search

G	H	V	V	H	I	V	V	J	B	L	U	Y	N	G	I	O	Q	R	Q	W
O	L	M	T	I	I	B	D	U	T	F	N	C	Q	W	Y	G	E	O	B	Z
R	W	A	P	L	M	M	C	K	L	Y	D	W	L	T	I	N	D	P	G	Z
O	B	R	S	O	S	T	C	O	L	T	O	O	T	H	P	A	S	T	E	T
U	P	M	C	V	Z	R	S	O	Z	L	E	H	V	L	D	A	G	E	Q	T
T	T	H	D	C	B	S	T	H	M	U	F	N	Q	V	U	O	O	N	Y	K
I	Q	W	M	X	E	I	W	F	S	X	S	T	N	A	R	O	D	O	E	D
N	A	E	L	C	O	I	Y	S	Y	A	P	H	Y	Y	S	B	Y	K	D	M
E	K	E	W	N	A	P	I	Z	U	T	W	N	Y	D	O	G	W	Z	G	R
M	N	G	H	L	H	T	M	S	O	J	O	U	L	N	E	N	R	S	A	E
O	O	M	D	S	N	T	B	W	L	M	I	W	Z	A	N	Q	I	Z	R	P
O	Y	U	I	L	W	J	F	U	R	J	M	X	E	I	E	H	P	G	A	A
P	P	A	T	R	X	G	R	E	P	P	I	L	C	L	I	A	N	M	H	P
M	N	P	L	H	R	T	U	X	A	D	W	H	D	F	G	I	Z	M	Q	T
A	C	E	U	H	W	O	Q	K	X	E	Q	I	P	I	Y	R	X	O	Q	E
H	P	G	V	N	K	A	R	G	P	J	S	Y	D	L	H	B	S	R	I	L
S	A	N	O	H	N	S	S	B	A	H	I	H	E	Z	R	R	N	P	I	
G	G	O	L	I	E	S	F	H	O	R	N	X	F	W	G	U	K	I	J	O
K	Y	P	U	A	X	N	P	W	S	D	K	H	A	N	G	S	M	N	H	T
X	M	S	T	Z	R	P	E	V	L	O	R	T	Y	T	R	H	X	G	U	G
P	N	I	R	E	Y	R	D	R	I	A	H	S	U	R	B	H	T	O	O	T

BATH
CLEAN
COMB
DEODORANT
FLOSS
HAIR DRYER
HAIRBRUSH
HYGIENE
LOTION
MIRROR
MORNING
MOUTHWASH
NAIL CLIPPER
NAIL FILE
NIGHT
ROUTINE
SHAMPOO
SHOWER
SINK

SOAP
SPONGE
TISSUE
TOILET PAPER
TOOTHBRUSH
TOOTHPASTE
TOWEL
WASH



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WORDSEARCH

Hygiene Word Search

USE THIS WORD SEARCH TO FIND WORDS RELATED TO HYGIENE. WHAT DOES EACH WORD HAVE TO DO WITH HYGIENE?



Y	P	B	S	Q	I	N	G	D	K	T	G	I
D	S	M	I	H	J	U	H	E	O	F	X	T
Y	V	R	X	C	O	M	B	O	L	R	L	Y
O	X	A	E	P	I	W	T	D	M	F	P	C
R	Z	S	A	Y	H	H	E	O	N	Y	L	W
V	R	V	R	T	B	R	E	R	T	E	V	T
U	V	C	A	R	A	F	D	A	A	P	K	R
H	H	B	U	I	T	A	E	N	L	W	R	W
W	S	S	S	D	F	W	P	T	K	T	Z	M
Z	H	P	A	O	S	G	B	Y	V	B	H	N
U	O	K	H	W	O	G	N	T	D	F	Z	Y
M	P	U	I	H	V	K	Z	E	V	R	N	U
T	C	B	A	U	T	Y	B	S	G	W	H	H

BATH
BRUSH
CLEAN
COMB
DEODORANT
DIRTY
HEALTHY
NEAT
SHOWER
SOAP
SWEATY
TOOTHBRUSH
WASH
WIPE

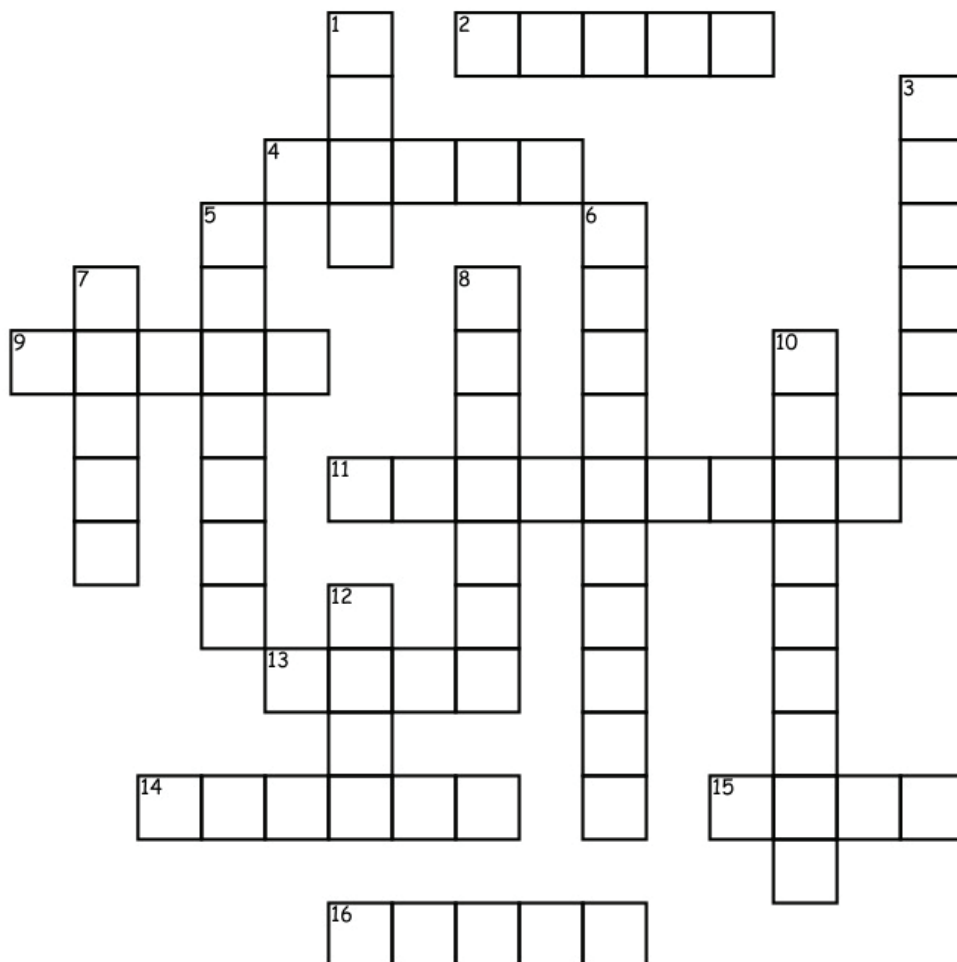


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WORDSEARCH

Name: _____ Date: _____

Personal Hygiene



Across

2. It's also nice to keep a _____ in my purse.
4. I trim these weekly. I keep them short and clean.
9. Keeping my body _____ is an important part of staying healthy.
11. I do this before eating, after using the bathroom, sneezing or playing with pets.
13. I clean these often so I don't get wax in them.

14. I never do this into my hands. I use a tissue whenever possible.

15. Keep this neat by styling and brushing.

16. Always get your beauty _____.

Down

1. I always use this when I wash my hands and body.
3. Doing this every day or two is a must, and always after sports practice or playing outside.

5. My hair always smells so fresh and clean when I use _____.

6. Do this to avoid gingivitis, cavities and bad breath.

7. I do this once a day to remove food in between my teeth.

8. I always try to keep fresh _____ in my purse.

10. I put clean clothes on every day, especially this!

12. Before you go to bed don't forget to wash your _____.



We'd love to hear from you!

Send your competition entries, comments and birthday shout outs to us at: ENN@kicc.org.uk