



RILEY'S RAINFOREST

“Send down... from the clouds of Thy mercy the rains of Thy healing...” –Bahá'u'lláh

See the Real You

When you look in the mirror, do you see yourself? “Of course!” you might think. But what you see is your body—which isn't really *you*. Your real self is your *soul*. Your soul uses your body to do its work in this world, such as helping others, developing your talents, and building good character. The Bahá'í writings say that the body is like a lantern. The soul is the light that shines through the lantern.

It can be easy to focus on what your lantern looks like instead of how well it works. And it *is* important to be clean, well-groomed, and healthy. But when you see celebrities on TV or other media, you might start to think that you should look a certain way.

The truth is that photos in the media are often changed to make people look thinner, smoother, rounder, or unrealistic in other ways. Real bodies come in all shapes



and sizes—and those differences add to the beautiful diversity of our world.

Your body is a sacred tool, which helps your soul grow, progress, and serve. So it's crucial to take care of it with nutritious food and physical exercise. Treat your body kindly—it's the most complex and amazing machine ever created!

Look at your reflection in the mirror with love and acceptance, and appreciate the things your body can do. If you practice smart habits, you can help your body be stronger, healthier, and the best it can be.

Explore & Soar: Be Kind to Yourself

When you love someone, you express it by treating them with respect and kindness. Here are ways to treat your own body with care:

- ☐ Drink plenty of water. You'll be healthier and more energetic.
- ☐ Move it. Regular exercise strengthens your bones, muscles, and heart.
- ☐ Eat a rainbow each week. Each color of fruits and veggies has diverse health benefits.
- ☐ Protect it from the sun. Use sunscreen and avoid the sun during peak hours.
- ☐ Speak about it kindly. You don't tell your friends they're ugly or fat, so don't be negative with yourself either.
- ☐ Use helmets and other safety gear for sports. One body is all you've got!

Curiosity Canopy



Do you know one of the best ways to avoid getting a cold or the flu? Wash your hands to get rid of the pesky germs that spread illness. Use soap and warm water, and scrub for 20 seconds (try singing “Happy Birthday” to yourself twice) before rinsing.

