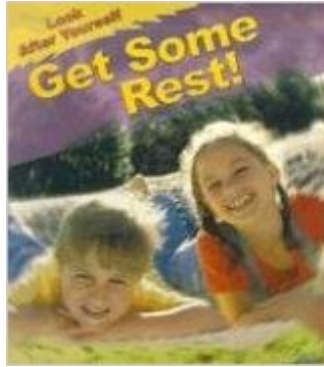




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# Get Some Rest! (Look After Yourself)



## Synopsis

Why do you need to rest your body? Why do need more rest if you are ill? What happens if you don't get enough rest? This book looks at how to keep our bodies healthy by taking breaks when we are tired, by relaxing after work and play, and by getting enough sleep.

## Book Information

Series: Look After Yourself

Paperback: 32 pages

Publisher: Heinemann (August 15, 2003)

Language: English

ISBN-10: 140344451X

ISBN-13: 978-1403444516

Product Dimensions: 8.6 x 7.7 x 0.1 inches

Shipping Weight: 4 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #4,013,028 in Books (See Top 100 in Books) #61 in [Books > Children's Books > Growing Up & Facts of Life > Health > Substance Abuse](#) #8787 in [Books > Children's Books > Growing Up & Facts of Life > Family Life > Sleep](#)

Age Range: 6 - 8 years

Grade Level: Kindergarten - 3

## Customer Reviews

Angela Royston has written many books for young people, including books about people at work, animals, health and the environment.

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