

Harold says...

“You are unique and special...” - never before in time, and never again in time, will there be another person exactly like YOU.

“The human body is magnificent...” - all of the body systems, digestive, circulatory, sensory, operate on a delicate equilibrium and the body needs plenty of fresh food, oxygen and water to stay healthy. Where do these things come from? We need only to look at mountains, rivers, lakes and fields to see how nature provides for us. Our planet is full of beauty - we must look after our internal and external environments.

“Our happy existence on this planet depends on our healthy respect for one another...” - if I am unique, then so is the person sitting next to me. If I am special, so are my school mates. If my body systems are miraculous, then so are theirs. I need to be kind to others.

