



HAPPY FEET

Give each box a suitable heading.

Then use colours to highlight or underline the key words.



Wash your feet and wear clean socks every day. All feet sweat a lot so they need to be kept very clean.

Keep your toenails short and cut them straight across. Never curve them as you could develop in-growing toenails.

Dry your feet carefully, especially between the toes. A little talcum powder helps to keep them dry.

Make sure your socks are big enough. Small socks can damage feet as much as small shoes.

Walking barefoot as often as possible is very good for keeping your feet healthy.

Every time you buy new shoes, make sure they are properly fitted by an expert.

Now transfer your notes to your note-making webchart