

Best Friends Forever



Once upon a time... there were two best friends. They did everything together! They went to school together, they ate all their meals together, they played together, they went to bed and woke up at exactly the same time – they even had their birthdays on the same day! They were very very close.

The friends' names were 'Mind' and 'Body'. Mind liked to take charge and make decisions about what they did. Body was happy to go along with Mind's ideas as they were very creative and they both always had a good time.



If Mind wanted to go shopping, Body was very happy to walk around the shopping centre and carry the bags because it worked the bones and muscles.

When Mind decided to go for a bike ride, Body would hold the handlebars and push the pedals – it was fun exercising together and wonderful to get fresh air into the lungs.

If Mind had homework to do, Body would sit quietly and hold the pen so that Mind could write clever words and draw colourful pictures.

Body supported Mind to look and feel good everyday by cleaning teeth, brushing hair and putting on clean clothes.

Sometimes Mind would decide to play computer games, which Body found very boring. But it wasn't for long, and Body could see that Mind really enjoyed the games, so Body would wait patiently until the game was finished.

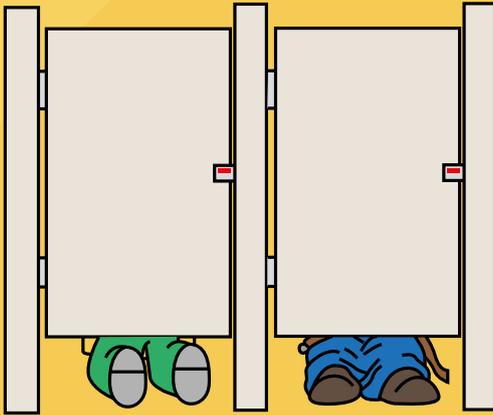
When there were chores to do at home, Mind and Body would work together to get them done as quickly as possible, and try to have fun along the way.



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Both Mind and Body had a great sense of humour. Mind would often have a funny thought that would make Body laugh out loud. And Body would make unexpected noises, which Mind found hilarious!



Mind knew a lot about healthy eating and tried to make good food and drink choices. Body worked hard to digest the food and send the nutrients and water where they needed to go, and also create energy for the physical activities they both enjoyed.

If the food was not fresh or contained harmful bacteria, Body would alert Mind to the problem with a stomach ache, and then decide whether to digest the bad food or send it right back

out the way it came in. Either way, the result was unpleasant, but it kept the friends safe and healthy.

If there was sickness, Body worked hard to fight off the germs, while Mind provided Body with lots of fresh water, healthy food and rest.

At night, when the house was quiet and Mind and Body were drifting off to sleep, they shared their dreams and secrets and they knew that, as long as they looked after each other, they could accomplish anything!

As they got older, Mind started to make some decisions that Body was not very happy about. For example, one day Mum asked them to ride to the shop to buy some bread. Body got really excited and was ready to go, but Mind decided to ignore Mum and continue playing video games instead.

Another time they had a healthy cheese and salad sandwich packed for school lunch, which Body was looking forward to tasting and digesting. But Mind made Body throw it in the bin, and bought a packet of potato chips instead.

♥ MIND



♥ BODY



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Body tried to be patient with his friend, but it wasn't easy. Mind wanted to spend a lot more time in front of television and on the phone and computer, and was choosing unhealthy food that forced Body to take in too much energy. Body put the extra energy into storage hoping that, one day, they would use it up doing the physical activities they both used to enjoy.

Overtime, Mind and Body lost touch. Life got very busy and Mind only paid attention when Body insisted on food, water, toilet or sleep. There was no longer any time to share dreams and secrets.

Body changed shape to try and get Mind's attention – especially in the front, right under Mind's nose! Mind had to buy all new clothes and put up with an upset tummy, being tired all the time and problems on the toilet. But Mind ignored all the messages from Body and continued to do things for its own pleasure. The situation went on for a long time and Mind didn't even notice that Body was getting sick.

The End

DISCUSSION POINTS:

- What was the story really about?
- How does the relationship between our mind and body compare to friendship with another person or with a pet?
- What started to happen when Mind and Body got older?
- What could Mind have done to save their friendship?
- Body was a very faithful friend who forgave Mind for a lot of selfish behavior. How long should we put up with this kind of treatment from a friend?



Over a lifetime, friends will come and go, but your body will always try to be there for you.

Treat your body with respect and kindness – just as you would your best friend.

