

Body Functionality

Use this to help fill in the 'I am' worksheet

Sometimes, having eczema can make us feel unhappy with how our skin looks. But focussing on all the things our bodies can do can make us feel better and let us appreciate how much they do for us!

Even if eczema can be itchy and painful, which can make it harder to do some things, there are still lots of amazing things that our bodies do for us.

Body functionality relates to lots of things our bodies can do...

