

## SKILL 27

# PACK A SCHOOL BAG

Lugging around a school bag doesn't have to be a pain in the neck (or shoulders). Follow these steps to make sure your load is as light as possible:

## CHOOSE A BAG ...

- ☆ With sturdy, padded straps or a good handle.
- ☆ With lots of pockets, strong zips and waterproof fabric.



**1.** Load your bag so the contents won't move around. Place the heaviest items in the area of the bag that's closest to your body. Put objects that you use the most in pockets so you can find them easily.

**2.** Make sure the load inside your bag is distributed evenly. If you've got a backpack, use the straps across both shoulders to carry it - this will stop your back aching.



**3.** Avoid carrying too much stuff. If you can't pick up your bag easily, it's too heavy. Get used to emptying your bag out often - it's amazing how much junk you can accumulate.



## SKILL 28

# ZAP A ZIT

Zits - no one likes them but everyone gets them - even superstars. So, if you wake up with one on your face, check out these steps.

**1.** Wash your hands thoroughly. Look into a mirror that is positioned in a well-lit area.

**2.** Does the spot have a white or black head on it? If not, rub some spot cream into it with clean hands and leave it alone. Otherwise, move on to step 3.

**3.** Wrap both your index fingers in clean tissue and apply gentle pressure either side of the zit, to try and squeeze out the white pus inside.

**4.** Clean the zit and the area around it with soap and water, then rub in some anti spot cream.



## ZIT FIGHTING FOODS

Eating foods with lots of Vitamin C (like oranges, strawberries and tomatoes), Vitamin E (like olive oil, sunflower seeds and hazelnuts) and Vitamin A (like cheese, eggs and fish) will help to keep your skin smooth and spot free.