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# Gogo Says



**Words of wisdom from  
our favourite older person**



Do you have a gogo?  
Do you know a gogo?  
Gogos are very important!  
They have a lot of wisdom, and  
we should listen to them!  
Here are some of the things  
that my Gogo says:





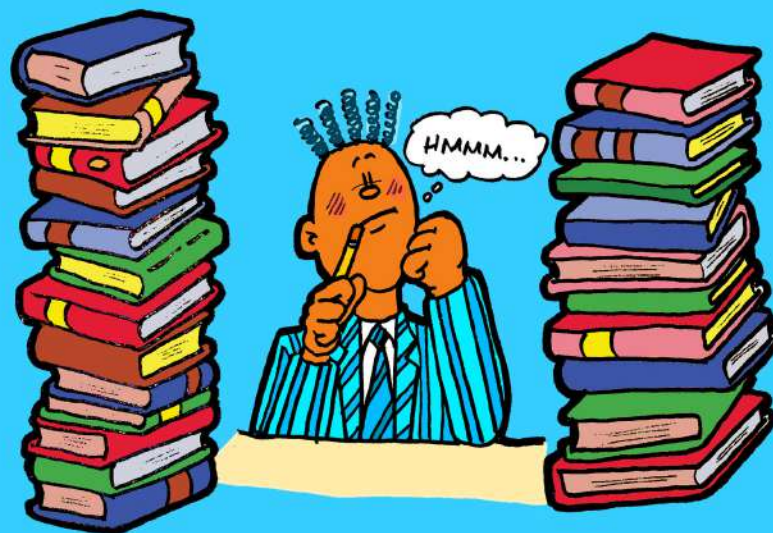
## Respect Your Elders

Older people know a lot, and we should listen to them. To show respect means to treat people the way you would like to be treated. Be nice and polite!



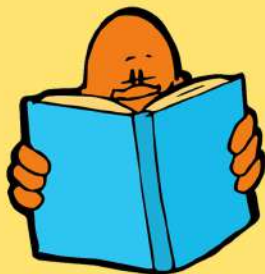
## Do Your Homework

It is very important to have good study habits. Do your homework first, then go and play





**Study  
Hard!**



If you want to go far in life, read and study.  
Smart people read a lot. Madiba read a  
lot every day, even when he was a boy.



**Brush  
Your  
Teeth!**



When you take good  
care of your teeth, it  
keeps your whole body  
healthy! Brush your teeth  
at least twice a day for  
two minutes.

Use a bamboo toothbrush.  
Plastic toothbrushes make a  
lot of waste that isn't good  
for the earth.





## **Eat Healthy Foods!**



If you want to be strong and healthy, you must eat healthy food. Fruits and vegetables are very good for you, and they taste so good! You can even grow your own vegetable garden.



## **Don't Drink Sugary Drinks!**



It's important that you don't eat too much food with sugar, or drink sugary drinks. Sugar is very bad for your teeth and body. Drink a lot of water, it's very good for you!

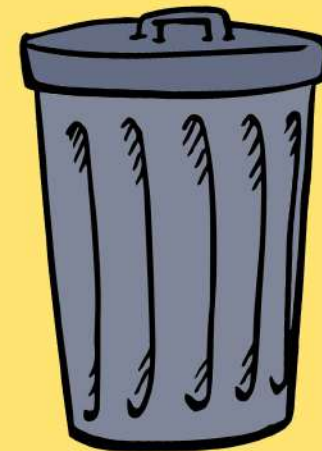


## **Go To Church!**

It's important to go to church. At church, you learn about faith in God, and you meet other people who will become your friends! You also sing and dance and pray at church, which is good!



## **Pick Up Rubbish!**



Make sure that you pick up papers and rubbish whenever you go outside. If we all pick up a little bit, our neighbourhoods will be nice and clean!





## **Clean Up Around the House!**



Help with the dishes, and keep things nice and neat. It feels better when things are clean!



## **Wash Your Hands!**



It's very important to wash your hands before you eat. It's very, VERY important to wash your hands after you go to the toilet. Make this a habit that you always do.



## **Plant a Garden!**



You can take seeds from a pumpkin or tomato, or other vegetables, and put them in the soil outside. Give them water and watch them grow. Soon you'll have a garden!



## **Early To Bed!**



If you have a good night's sleep, it's very good for your health. Sleep helps you grow, and you have energy to work hard during the day!





## Don't Steal!



If you see something that belongs to someone else, don't touch it! Treat other people's things the way you would like them to treat yours. Respect one another's personal property.



## Don't Be A Bully!



Be nice to the people around you. Try to be kind and helpful, and treat others the way you would like them to treat you.



**Say 'please'  
and 'thank you'**

*'please'*  
*'thank you'*



When you ask for something, always  
say 'please.'  
When someone gives you something  
or helps you, always say 'thank you.'



**Always Listen to Gogo!**



Gogos know a lot and have  
been around for a long time.

We should listen to them!