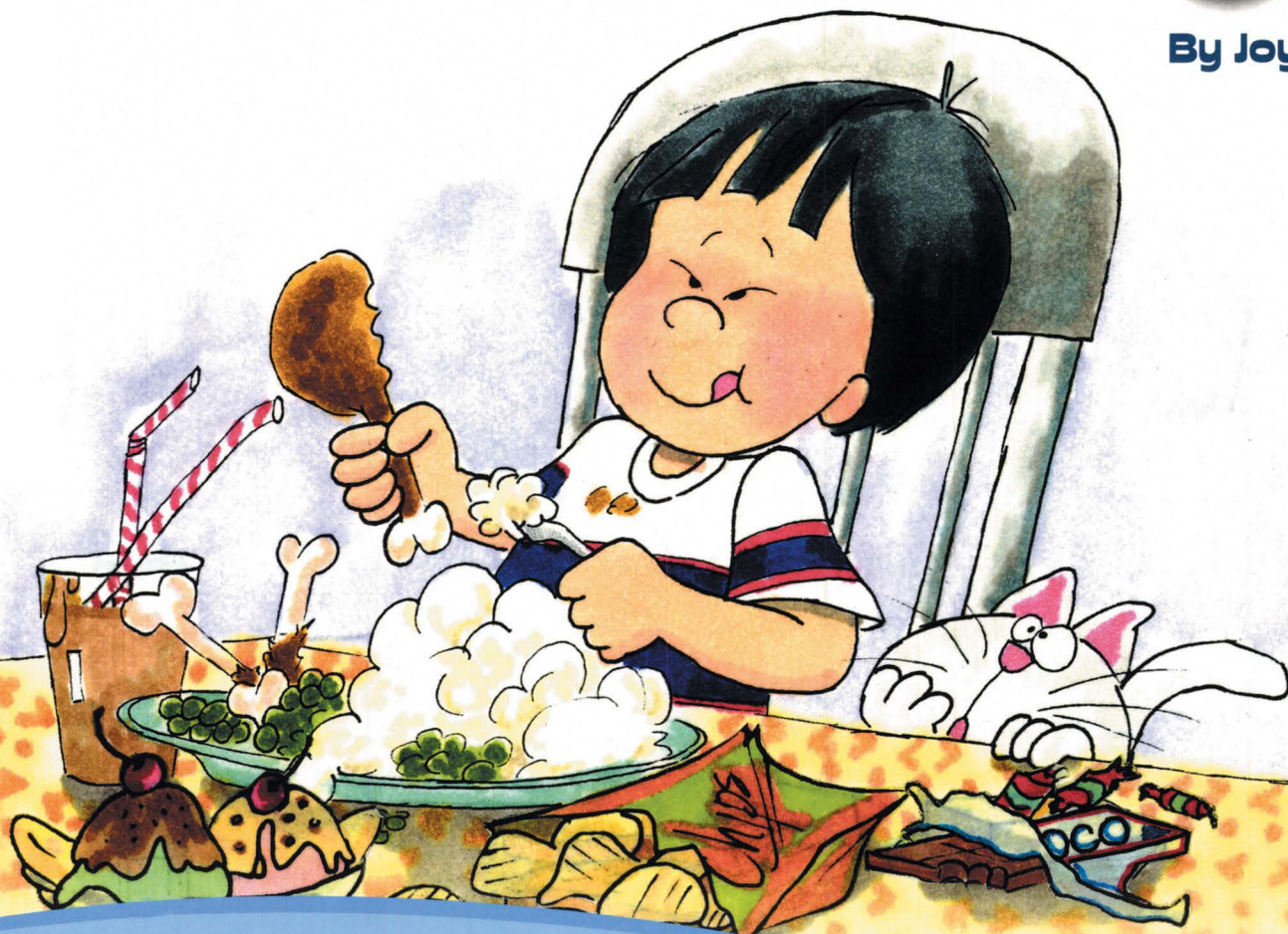




A Help Me Be Good Book About

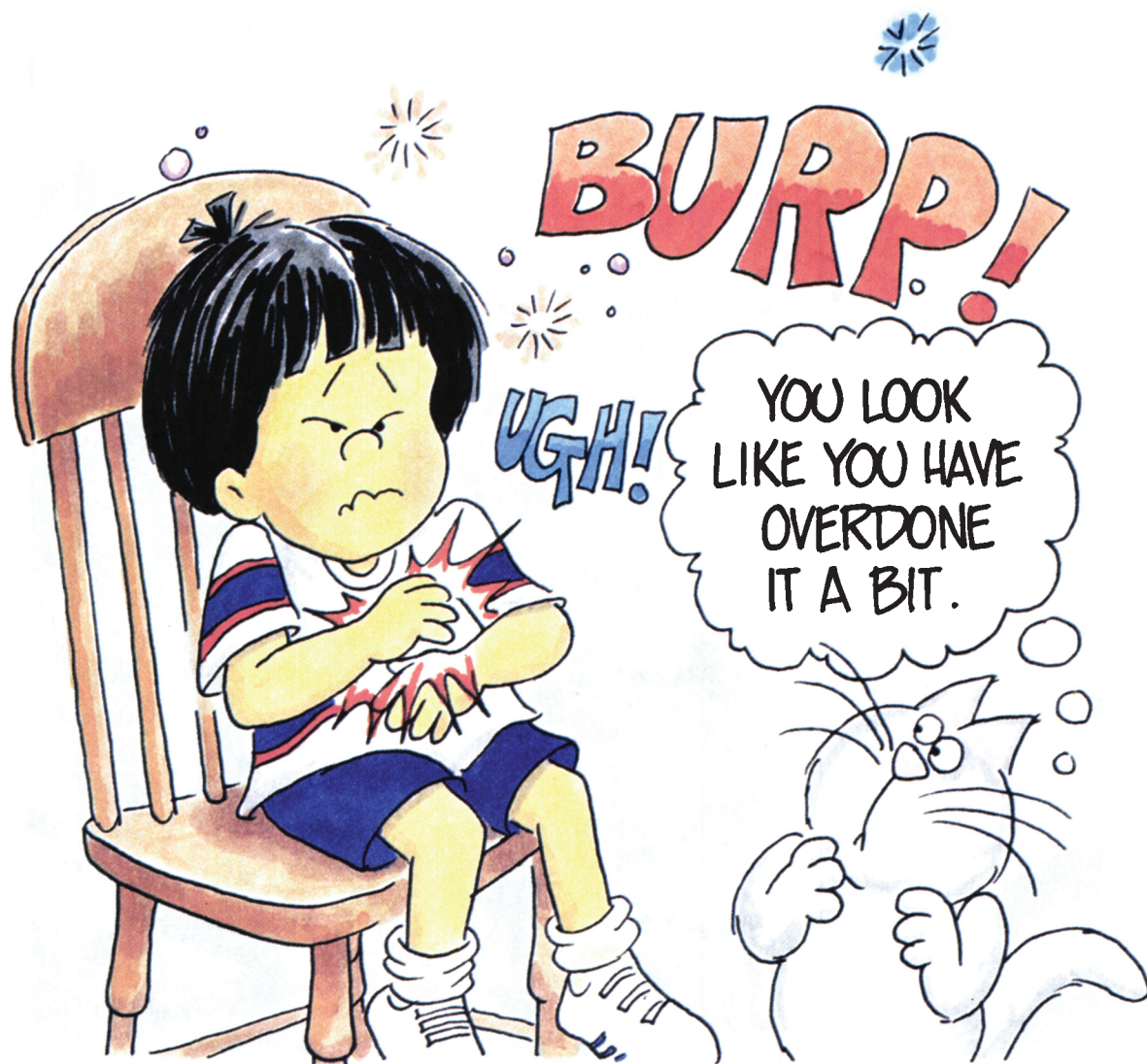
Overdoing It

By Joy Berry



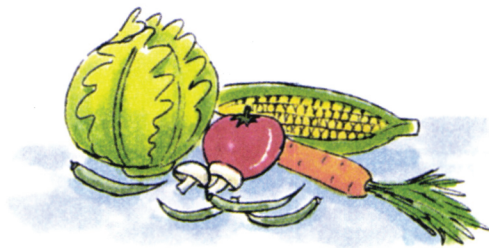
You are overdoing it when you have too much of something. You are overdoing it when you do too much of something. Too much of anything can be harmful. When you overdo it, you can hurt yourself or others.





You can overdo it by *eating or drinking too much*. Try not to do this. Do these things instead:

- Take only a little bit of food at one time.
- Eat and drink slowly.
- Finish one mouthful of food before taking another.
- Do not eat so much that you feel stuffed.
- Do not eat too much of any one thing, especially sweets.



I'M GOING TO EAT RIGHT
THIS TIME! I DON'T WANT
TO GET SICK AGAIN.

WILL THERE BE
ANY LEFTOVERS?





Joy Berry

Joy Berry is the author of over 200 self-help books for kids that have sold over 85 million copies.

The purpose of the **HELP ME BE GOOD** series is to help young children replace misbehavior with appropriate behavior. This 29-book series includes the following fully color-illustrated books:

Being Lazy

Being Forgetful

Being Careless

Being Messy

Being Wasteful

Overdoing It

Showing Off

Being a Bad Sport

Being Selfish

Being Greedy

Breaking Promises

Disobeying

Lying

Interrupting

Whining

Complaining

Throwing Tantrums

Teasing

Tattling

Gossiping

Being Rude

Snooping

Cheating

Stealing

Being Bullied

Being Bossy

Being Destructive

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Being Mean

For more great books and
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