

HEALTHY ME

Jigsaw Jack's Journey

How do my choices affect my health?



healthy
less healthy
safe
choices
trust
scared
nervous

I will learn about...

- the difference between healthy and less healthy
- how to make healthier choices
- different ways to keep myself clean
- germs and illness
- medicines and how to use them safely
- crossing the road safely

balanced
exercise
sleep

I will explore...

- how it feels to make healthier choices
- how to keep myself safe
- how special my body is
- what to do when I feel poorly
- who my trusted adults and friends are

clean
hygienic
germs
virus
medicines
body
toothbrush
shampoo
soap

look, listen, wait
traffic