

HEALTHY ME

Jigsaw Jo's Journey

How do my choices affect my health?



healthy
less healthy
safe
choices
trust
scared
nervous

balanced
exercise
sleep

I will learn about...

- what my body needs to be healthy
- medicines and how they work
- how to use medicine safely
- healthy foods and the different food groups
- which foods give my body energy
- how I can stay safer at home and when out and about
- when to ask a trusted adult for help

I will explore...

- different feelings such as weak and strong feelings
- how to care for my body
- how to keep my body healthy
- how to recognise and react to feelings of worry and to manage these to make safer choices
- healthy relationships with foods
- how it feels to eat healthy and nutritious foods and which foods I enjoy

clean
hygienic
germs
virus
medicines
body
toothbrush
shampoo
soap

look, listen, wait
traffic