

Jigsaw Jack's Journey

body

Healthy Me

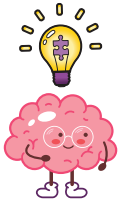
clean

How do my choices affect my health?

unhealthy

I will learn about...

- The differences between healthy and unhealthy choices
- How to make healthy choices
- Keeping myself clean
- Germs, disease and illness
- Medicines and how to use them safely
- Crossing the road safely



look, listen, wait

healthy

I will explore...

- How it feels to make healthy 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

medicines

hygienic

balanced

choices

sleep

safe

exercise

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I wonder if you can think of a time when being healthy made you feel good?

What might happen following an unhealthy choice?

My Thinking Pad

What have I learnt in this puzzle that helps me to be mentally and physically healthy?

My body is amazing because...

I can keep my body healthy by...

It is important to take care of my body because...

How can you keep your body safe and healthy?

Healthy Me

