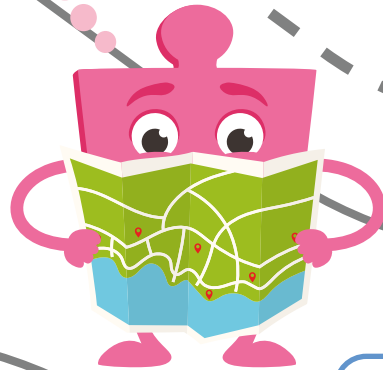


HEALTHY ME

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

HEALTHY ME

Jigsaw Jo's Journey

Can you explain why foods can be good for your body?

My Thinking Pad

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

A healthy choice could be...

When I make a healthy choice, it makes me feel...

I can be safe when taking medicines by...

How do you know if something is a medicine?
If you are not sure, what should you do?

Why is it important to keep healthy?

Looking back at my journey

Something important I learned

I feel proud that...

A question I still have is...

When could you use the Safety STAR?

