

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

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How can you keep your body safe and healthy?

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...

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

What might happen following an unhealthy choice?

Looking back at my journey

Something important I learned

I feel proud that...

A question I still have is...

