

Learning for Life: Healthy me Spring 2

Healthy



sleeping



washing



brush your teeth



drink water



eat fruit and vegetables



exercise

Unhealthy



lots of screen time



too much medicine



too many sweets



junk food and fizzy drinks

Key Vocabulary

safe – it won't hurt you

unsafe – it might hurt you

healthy – it is good for us

unhealthy – it is not good for us

exercise – moving your body in different ways

medicine – something we take to make us better

We must not take too much!

Safe



take medicine from a trusted adult



move items safely



cross at the crossing



use toys properly



keep hands and feet to yourself

Unsafe



take medicine by yourself



not using toys properly






crossing behind cars



putting hands and feet on others



not moving items safely

Previous Knowledge – consequences , sad choices  

Values -  friendship,  care,  tolerance