

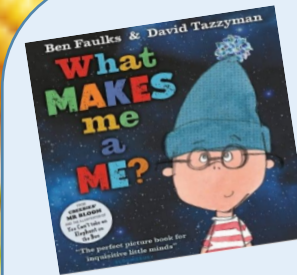


Make a difference to my home, school, community and the wider world through showing compassion, empathy and drive.

- How have I looked after others?
- How have I made my home or school a better place?
- How have I taken responsibility for improvements?

Key Questions

What does healthy mean? How do I keep my mind healthy? What keeps my body healthy? What is healthy food? How does exercise help me? How can I look after my teeth?



Our favourite five!



Learning objectives

- I know and talk about the different factors that support my overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian.
- I can manage my own needs