



Jigsaw Jenie's Journey

Healthy Me

How can I make a healthy choice?

sleep

I will learn about...

- What it means to be healthy 
- The names for different parts of my body 
- Why it is good to be active
- Healthier food choices
- Why sleep is good for me
- Hand washing
- Who my safe adults are

healthy

wash

clean

exercise



What can you see?

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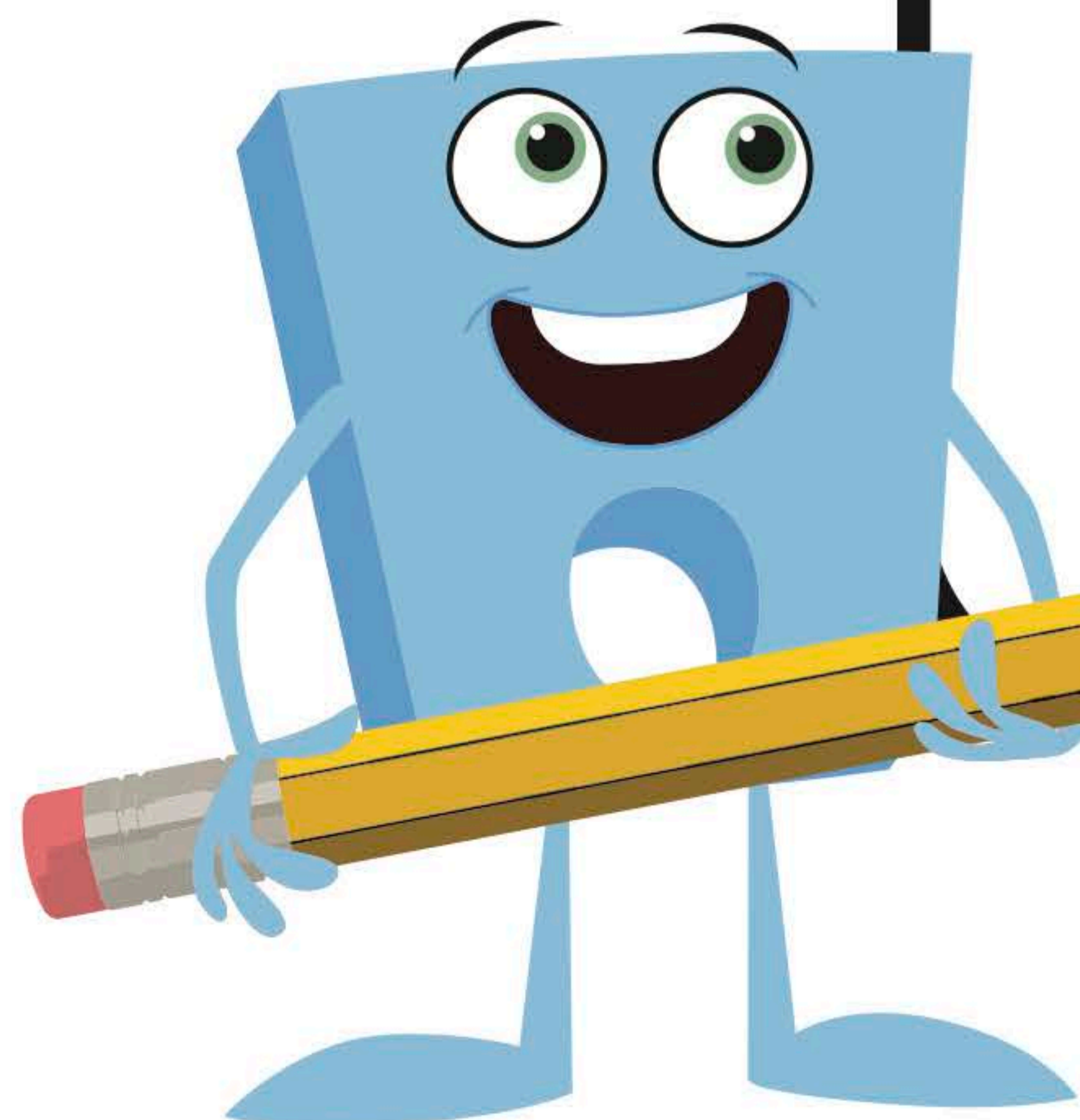
What things do you do when you are getting ready for bed? Does it help you settle to sleep?

What does being healthy mean?

Our Class Thinking Pad

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

Can you name one thing that you could do to make a healthy choice?



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