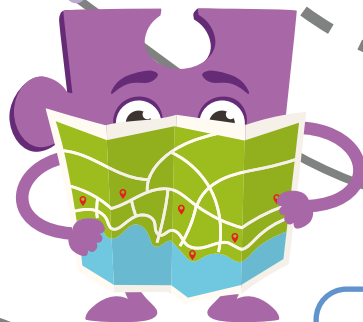


HEALTHY ME

Jigsaw Jino's Journey

How do my choices affect my health?

attitude
anxious
scared
strategy
harmful
risk
safe
advice



I will explore...

- setting myself a fitness challenge
- making healthy choices
- my feelings and attitudes towards drugs
- how being anxious or scared feels
- strategies for keeping myself and others safe
- how to appreciate my body

I will learn about...

- how exercise affects my body
- why my lungs and heart are important
- calories, fat and sugar and how they can affect my health
- drugs, including medicine
- how to keep myself safe
- how to call emergency services

oxygen
lungs
heart
fitness

drugs
emergency
dangerous
emergency
ambulance
fire engine
police car
coastguard

labels
sugar
fat

HEALTHY ME

Jigsaw Jino's Journey

Can you name something that you might need to keep safe from?

My Thinking Pad

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

I feel really safe when...

If I feel unsafe, I know I can...

I can call the emergency services by...

I wonder what you could do if you felt scared or unwell? How could you express your feelings?

What is a trusted adult? Who could you go to for help?

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?

