

PSHE: Being Healthy.

In PSHE this week we are looking at what we need to do to keep healthy. We have already discussed earlier this year what being healthy looks like in science but we are going to think about how we can motivate ourselves to be healthy.

What do you think healthy means?



- Healthy-balance diet
- Exercise
- Drinking water
- Sleeping well
- Resting a relaxing
- Keeping Clean

Being healthy means _____

Most people know how to be healthy but some people find it difficult to stay healthy.

Jigsaw Jo is having this problem Can you help her?

Jigsaw Jo goes to judo every week and usually enjoys it. But one week, it doesn't seem as fun to Jo, who decides to stay at home instead. Jo is a bit tired and can't really be bothered to go out, even though there will be loads of nice people at judo. Jo feels a bit disappointed to miss judo.

Discuss with an adult:

Why do you think Jigsaw Jo might feel like this? Have you ever felt like this before doing something active even if you have enjoyed it before?

How do you think Jigsaw Jo would feel when she does go? How do you feel when you have done something active?

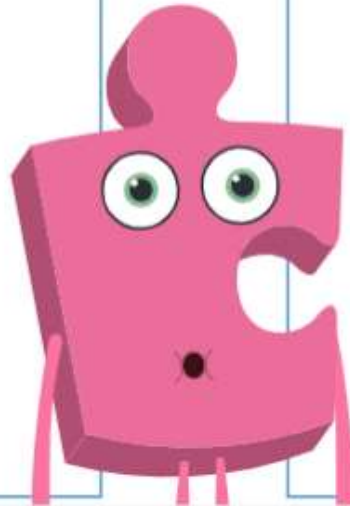
Jigsaw Jo really wants to be healthy but is finding it difficult to be motivated.

What do you think motivated means?

Motivated means _____

Jigsaw Jo doesn't feel like going to dance practice.
What could you suggest to help Jo?

Jigsaw Jo doesn't want to eat the apple in the lunchbox.
What could you suggest to help Jo?



Jigsaw Jo doesn't want to go to bed on time.
What could you suggest to help Jo?

Jigsaw Jo doesn't feel like washing hands after going to the toilet.
What could you suggest to help Jo?

Thursday 25th February 2021