

HEALTHY ME ASSEMBLY!





Keeping Healthy!

Think about what is needed to keep the car 'healthy' and make it go. In order to keep the car in a 'healthy condition' it needs regular amounts of the right fuel, periods of rest, it needs to be used regularly to keep all the parts running, it needs cleaning and maintaining.



How Can We Stay Healthy?



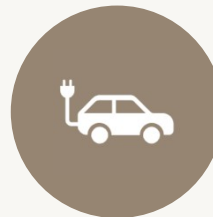
In Jigsaw lessons this term we will be learning about making healthy choices.



Can you see the link between what you said about the car and how this relates to our ways of staying healthy?



What are the similarities?



Can you think of extra things that we need that a car wouldn't?

Healthy Choices!



Think of the choices that you make:



Is there something that you could do more of, or perhaps you need to do less of something else?



Can you think of a change that you could make to be healthier?

Healthy Pledge:

- **Think of a healthy choice that you would like to make or try to do more of.**
- **If you wish, you can share the healthy choice that you have made with us.**



- **Try to make it measurable. For example, I am going to do 20 minutes exercise every day. Or, I am going to eat 5 pieces of fruit or veg every day. Or, I am only going to have one sugary snack a day.**
- **At the end of this Jigsaw puzzle piece, we will all check-in and see who managed to stick to their pledge!**

