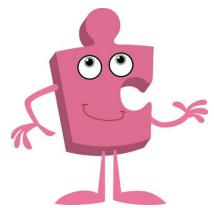
<u>Lesson 1 – PSHE Healthy Me Activity</u>

Jigsaw Jo needs your help! Jo is feeling unmotivated and is struggling to stay healthy. Can you help Jo out and suggest some ways to help?



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?