

**Lesson 1 – PSHE Healthy Me Activity**

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?**