

Lesson 2 – PSHE Healthy Me

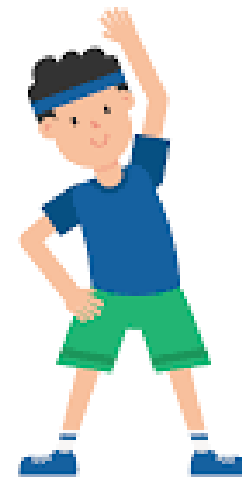
- Make yourself comfy, it's time to relax and take a moment to pause!
- [Woodstock Zenenergy Chime - Solo, Silver - YouTube](#)





We are celebrating children who...

- This week we are continuing to celebrate children who **make a healthy choice**. What healthy choice did you make? How could we keep our bodies healthy?
- This could be to do with our **food choices, exercise** but **switching off and relaxing** is also an important way that we keep our bodies healthy.





What does it look like to be **relaxed**? Show us now!

- You might like to lie down, to curl up in a ball, stare out of the window, read a book, or wander around the room. How do you relax?



- Now how does it make you **feel** to be relaxed?



This lesson is all about relaxation...

- This lesson is about relaxation.
- Part of being healthy is being able to unwind, to relax and be calm. Why is it important to relax? What would happen to us if we didn't relax?
- When we **relax**, the blood in our bodies moves around faster! This then **gives us more energy** to do the things we enjoy. It also helps us to *concentrate better, remember things better* and helps us to *think positively*. Relaxing also helps us to forget about things that might be causing us to **worry**.
- **This is why we start every Jigsaw lesson with the chime!**





Today is World Book Day!



- Why not have a go at relaxing today by diving into your favourite book?
- Would anybody like to share what their **favourite** book is? Why is it your favourite?
- Reading is brilliant way to help us to **escape from our worries** and to **relax!** Why not have a go at this year's World Book Day reading challenge on our webpage?



Here's what the challenge is! You might even find a new way of reading that helps you to relax!



This game has been created to encourage reading at home and all the exciting ways you can share stories – not just at bedtime! Tick off a Reading Star each time you complete a reading task and have fun reaching all your stars!

You can also play online and download your certificate when you've finished at worldbookday.com/reading-stars.



Whereabouts on this calm scale would you stand right now? Why?

Very calm
and
relaxed

Not very
calm

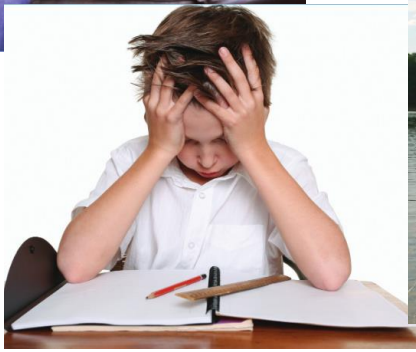
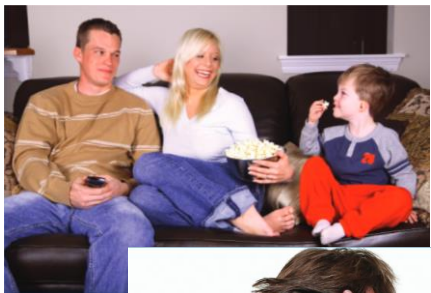




Where would these people fit on the calm scale? How do you know?

Very calm
and relaxed

Not very
calm





Your task (AFTER ZOOM)

1. Number the pictures 1 – 10.
(1 being very calm and relaxed and 10 being not very calm all).
2. Label each picture to show the emotion that person could be feeling (*happy, relaxed, angry, worried*).



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How did you get on?
Have you achieved our
success criteria?



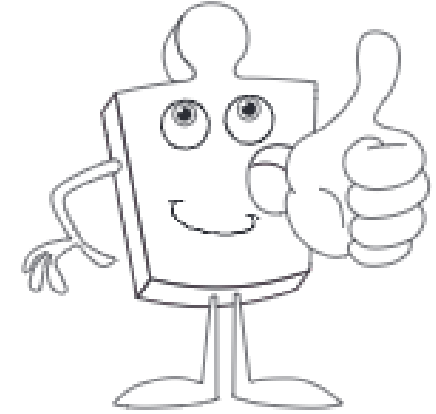
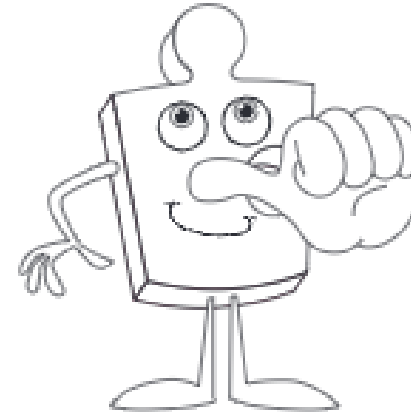
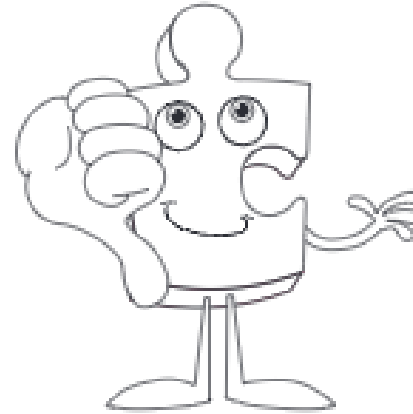
My Jigsaw Learning

Healthy Me Piece 2

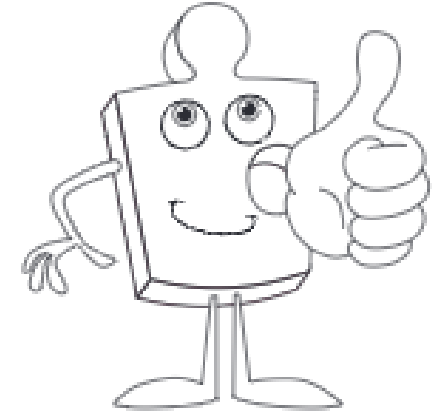
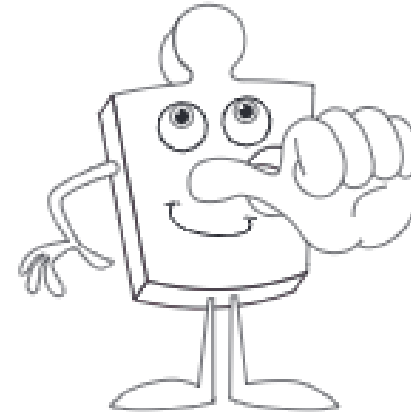
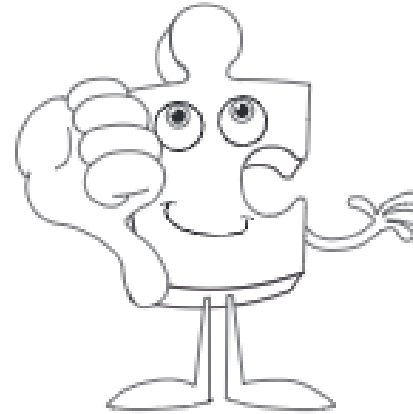
Ages 6-7

Name

I can show or tell you what relaxed
means and I know some things that
make me feel relaxed and some that
make me feel stressed



I can tell you when a feeling is weak
and when a feeling is strong



I can show or tell somebody
what being relaxed means.

I can tell you when a feeling
is weak and when a feeling is
strong.