Jigsaw – Healthy Me Piece 2

**I know how to make healthy lifestyle choices**

**Watch any of the past Calm Me Clips on Facebook or Tapestry**

Show the attached pictures again (from last week) and think about the healthy choices you could make in response to each picture. Below are some examples.

1. Eating a healthy diet: I choose to eat food that is good for me, like vegetables, and not eat food that is bad for me, like sweets.
2. Sleep: I go to bed at 7pm because I know I need sleep to help my body recover.
3. Exercise: I choose to be active every day by going for a walk or dance to my favourite music. Tricky this one at the moment!
4. Keeping clean: This one is easy as we all have been keeping our hands clean for so long! Think about other things such as brushing teeth.
5. Drinking water: I make sure I drink lots of water to keep me hydrated.

Draw a picture of yourself. This time draw or write around your picture with all your healthy choices from above. Then write one word to describe how you feel when you make a healthy choice.







