



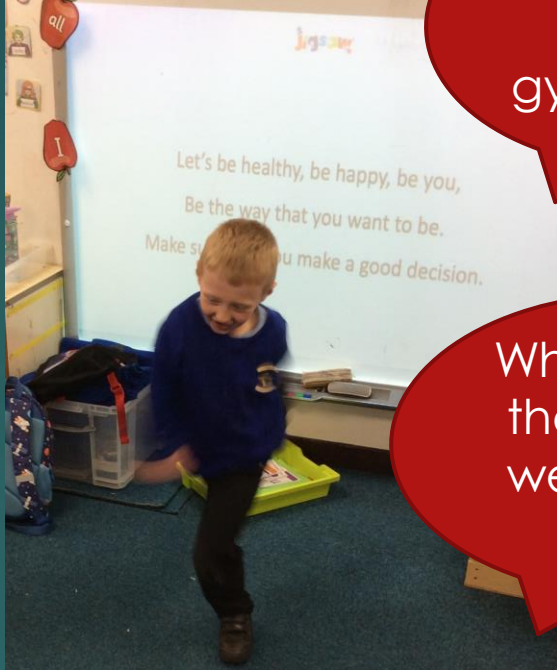
# PSHE Healthy Me

SPRING 2 2023

# I understand that I need to exercise to keep my body healthy



When we exercise our heart beats faster and we sweat.

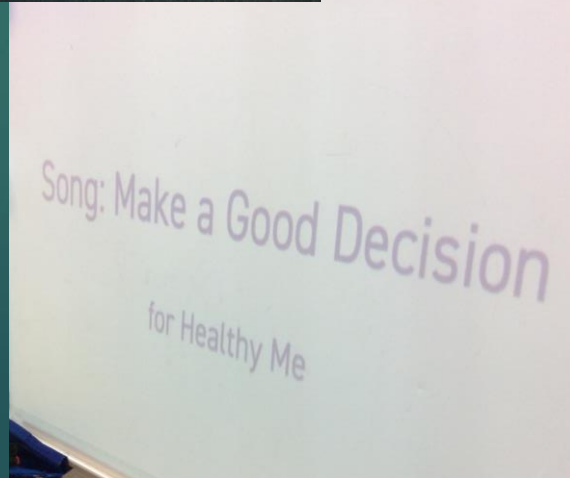


I think that is gymnastics.

When we do these sports we breathe faster.



My favourite sport is swimming.



We talked about how we can keep our bodies healthy and suggestions were made such as eat apples, carrots and to drink water. Someone then said PE! We then acted out some sports and everyone had to guess what they were.

# I know which foods are healthy and not so healthy and can make healthy eating choices.

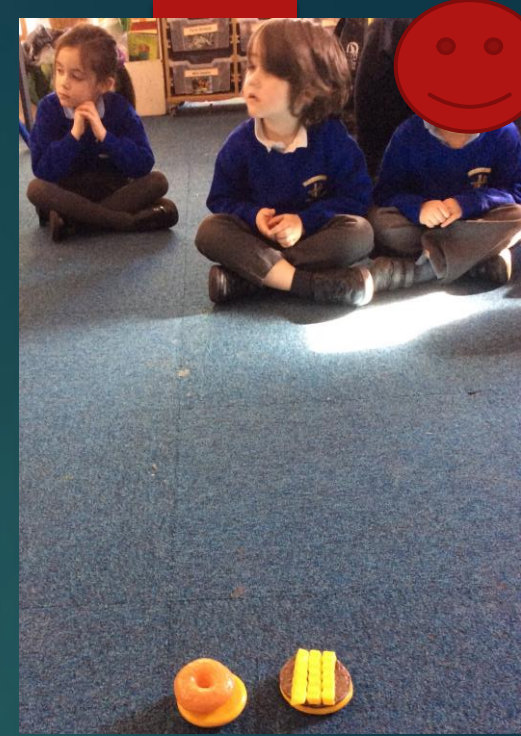
You shouldn't eat too much fruit because that still has sugar in it.



You shouldn't eat a donut and chip and burger sandwich, the doughnut has lots of sugar in it.

I remember that exercise is good for my body to keep me healthy.

Fizzy drinks should be for a special occasion, they aren't good for your teeth.



# I know how to help myself go to sleep and understand why sleep is good for me.



I get angry and sad when I don't have sleep.



I go to bed at six. I go to bed at seven.



Before bed I.. Have a glass of milk, I put my pyjamas on.. I go to see my mum for a cuddle. I brush my teeth. I give my Peter Rabbit teddy a cuddle. I read a story with my mummy.



I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.



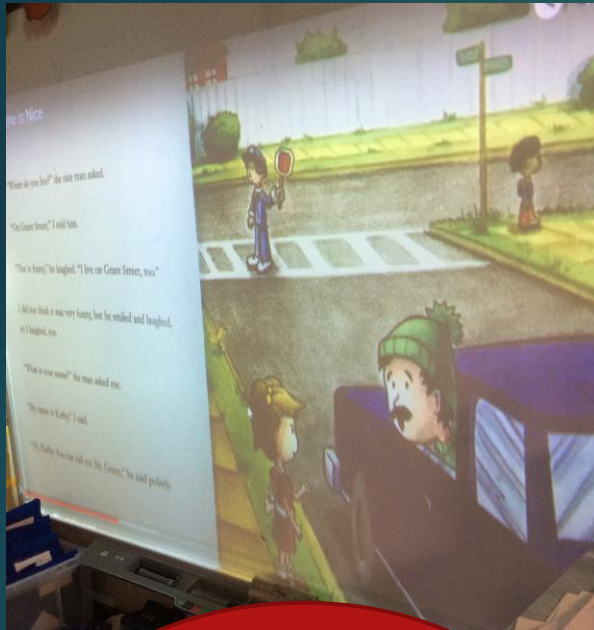
You should wash  
your hands  
before you eat  
because of  
germs.

You can't  
eat that, it's  
covered in  
mud!

Germs will  
make your  
tummy  
poorly. You  
will get sick.

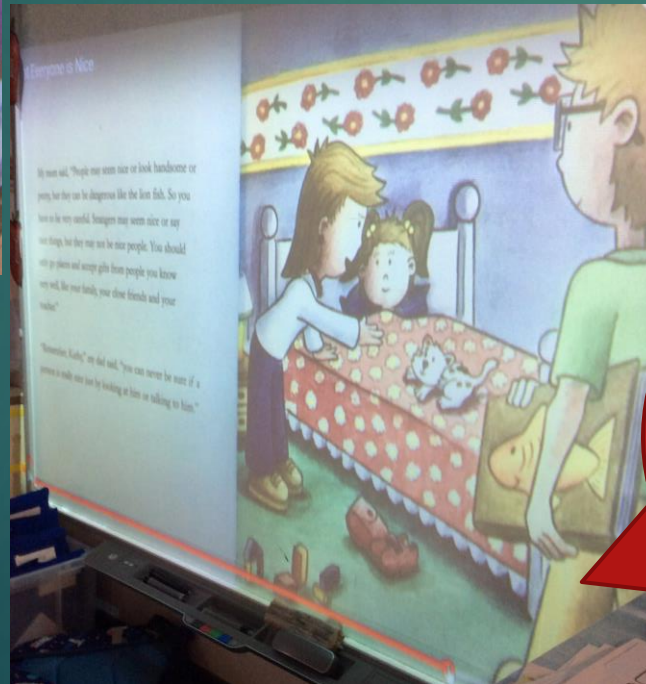
TELL ME WHY?  
WHY SHOULD YOU WASH  
YOUR HANDS? Kids Video

# I know what a stranger is and how to stay safe if a stranger approaches me.



She should turn around and run away and tell a grown up.

I know my family and my friends. They are not strangers.



Someone thought a stranger was someone in black and white clothes.. But we discussed how a stranger just looks like a normal person.

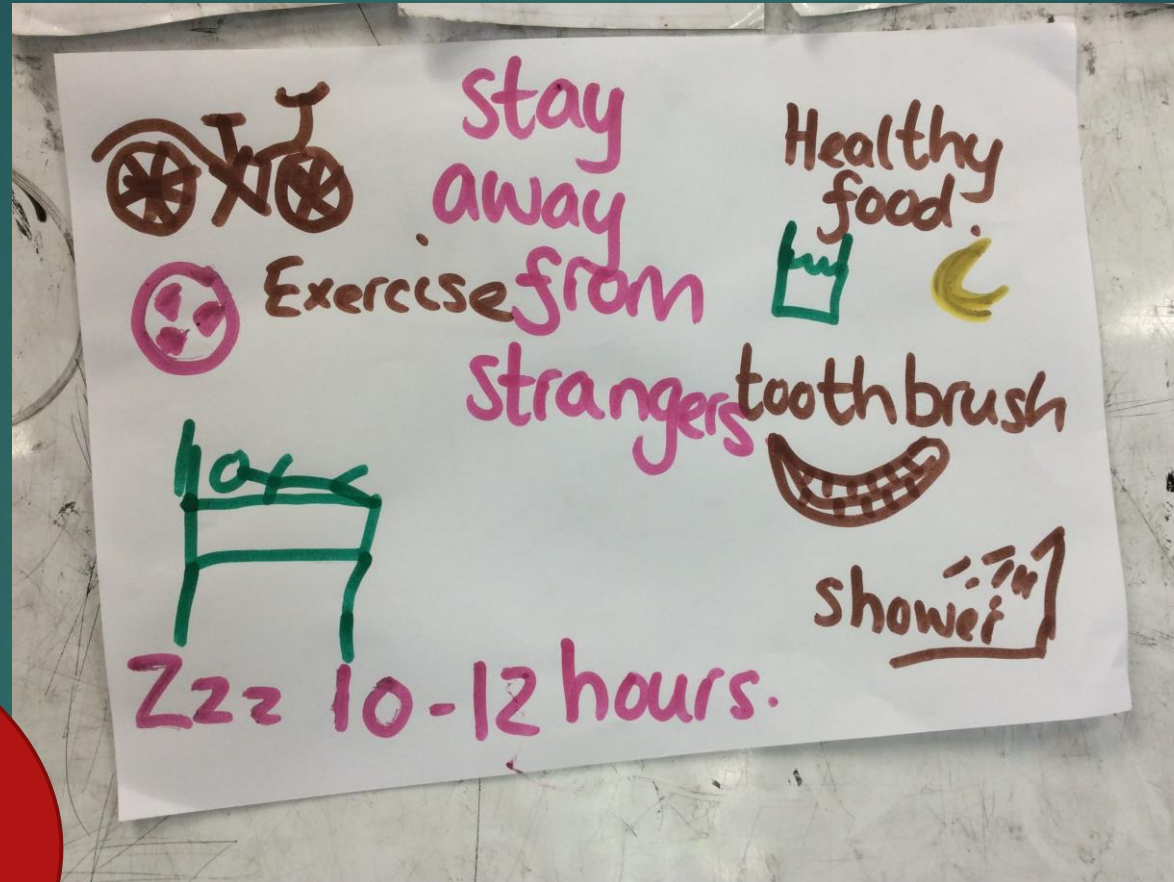


You should never ever talk to a stranger.

# Can we remember ways to stay healthy?

You should eat healthy foods like fruit and only pizza sometimes.

If a stranger tries to give you sweets, you should say no and go and tell someone like your mum or dad.



We should brush our teeth two times a day and make sure we wash our hands before eating and after using the toilet.

You must not tell a stranger your name or where you live.