

clean

# Jigsaw Jenie's Journey

Healthy Me

safe

healthy

How can I make a healthy choice?

wash

exercise

sleep

challenge

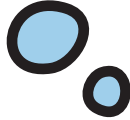
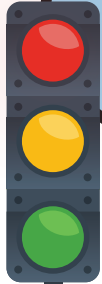
adult

heart

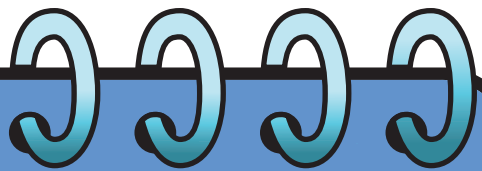
active

trust

scared



What can you see?



I will learn about...

- Exercise and why it is good for us
- Movement and rest
- Healthy and not so healthy foods
- Why sleep is good for our health
- The importance of hand washing
- Who my safe adults are
- How to stay safe



Healthy Me

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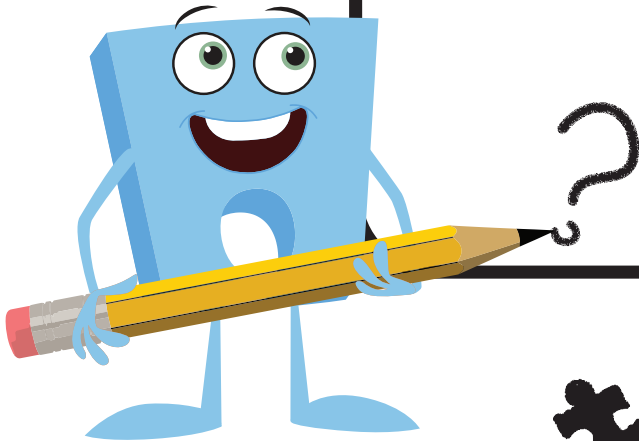
I wonder which foods are healthier than others?

Why is it important to wash our hands?  
When should we do it?

## Our Class Thinking Pad

What have I learnt in this puzzle that helps me to be healthy?

Why do we need to exercise?  
Can you name an exercise that you enjoy?



Healthy Me