

Jigsaw Jino's Journey

risk

fat

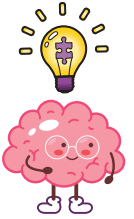
Healthy Me

emergency

How do my choices affect my health?

I will learn about...

- How exercise affects my body
- Why my lungs and heart are important organs
- Calories, fat and sugar and how they can affect my health
- Drugs, including medicine
- How to keep myself safe
- How to call emergency services



strategy

drugs

attitude

I will explore...

- Setting myself a fitness challenge
- Making healthy choices
- My feelings and attitudes towards drugs
- How being anxious or scared feels
- Keeping myself and others safe
- How to appreciate my body

harmful

sugar

fitness

oxygen

labels

anxious

heart

lungs



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What is a
trusted adult?
Who could you
go to for help?

I wonder what you
could do if you felt
scared or unwell?
How could you express
your feelings?

My Thinking Pad

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

I feel really safe when...

If I feel unsafe, I know I can...

I can call the emergency services by...

Can you name
something that you
might need to keep
safe from?

Healthy Me

