

Key Vocabulary

Healthy	To be active, eat well and be free from sickness
Sleep	A state of rest for your body and mind.
Exercise	An activity which keeps your body and mind strong.
Stranger	Somebody not known to you.

Learning intentions

Please teach me to...

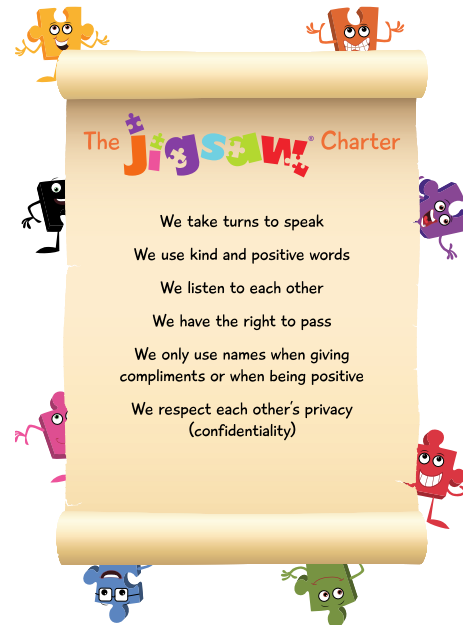
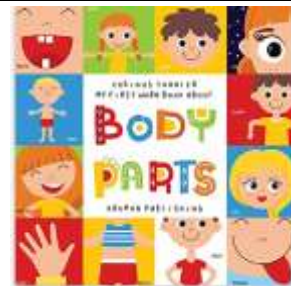
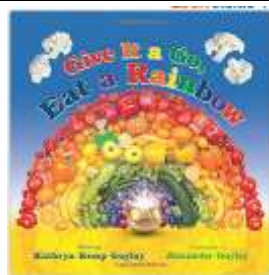
Know the names of some parts of my body.

Know different ways to stay healthy including eating healthily, exercise and sleep.

Explain what to do if a stranger approaches me.



Possible Stories....



Reflective questions

Ask me this...

What do we need to do to be healthy?

What do you do to help yourself get to sleep?

Why is sleep important?

How many parts of the body can you name?

What would you do if a stranger approached you in the park?