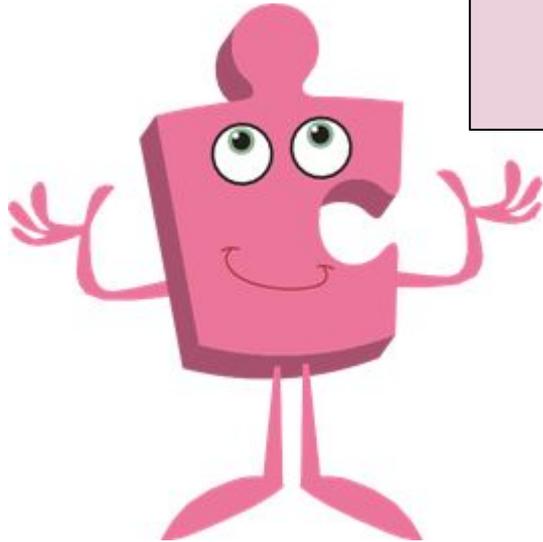


Puzzle 4: Healthy Me - Ages 6-7 - Piece 1

In PSHE this term our topic is "Healthy Me".

This week our outcome is to know what we need to keep our bodies healthy and be motivated to make healthy lifestyle choices.



Vocabulary:
Healthy choices
Lifestyle
Motivation

Warm Up:

Play Musical Statues.

When the music is playing, ask your child to dance and jump around as much as possible.

When the music stops your child has to be as still as possible. Play a few rounds for your child to practise keeping still e.g. remind them they must try to keep their fingers still etc.



Calm Me

Read
'Calm Me Script'
or
take part in Mrs
Ridley's meditation



We are half way through the year now and we have been learning, in our 'Calm Me' time, to help our minds to calm down and be peaceful so we can concentrate better.

How do you feel when your mind is peaceful and quiet?

How do we calm our minds down? (Breathing techniques, listening to the chime, helping our bodies relax, imagining calm pictures in our minds...)

So we use these techniques to help our minds to be calm so we can learn better.

When else do you use your breathing? (maybe to change my mood to happy, to help me calm down when I am grumpy or getting angry)

So today, let's start by sitting up nice and straight in our 'Calm Me' way...nice straight spine, feet flat on the floor and take a slow, deep breath in...and let it out again gently. Close your eyes if you are comfortable with that.

Breathe in again through your nose, feeling your lungs fill right up. And then gently let the air out, blowing through your lips so you feel relaxed and peaceful.

Now, keep concentrating by listening to the chime until you can't hear any sound...

(Strike the chime)

Listen, listen...

Now listen to what you can hear in the quietness, can you hear your own heart beating? Listen very, very carefully.

The quietness feels good and lets our minds have a rest.

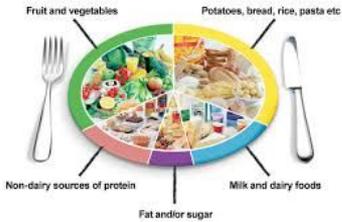
Focus your mind on your breathing again, and enjoy feeling calm and relaxed as you breathe in and out.

Listen to the chime again and take one slow, deep breath, feel your tummy rise as you breathe in and fall as you breathe out again.

Then very gently bring your attention into the classroom. Wiggle your fingers and toes and be here with me now all peaceful and ready to learn.

Open My Mind

The eatwell plate



Sing or listen to the Jigsaw Song: 'Make a Good Decision' - on next slide.

Using the song lyrics as inspiration, identify the different ways that we can keep our bodies healthy. Children may also think back to our Science work last half term.

Make a list of the different ways that we can keep our bodies healthy. This list might include - balanced diet, exercise, drinking water, sleeping well, resting and relaxing, keeping clean.

Discuss why each of these ways of keeping healthy are important.





Music and Lyrics
by Ryan Hanlon

Make A Good Decision

(Healthy Me)

I know what's right,
And I know what's wrong.

When to say yes,
And say no, strong,
Strong.

I will make sure,
I can tell the difference, see.

I will make sure,
I'm as healthy as can be.
As can be,

Chorus:

I know what's wrong and what's right when

It comes to the bite.

I know just what to say,

It's my life.

Lets be healthy, be happy, be you,

Be the way that you want to be.

Make sure that you make a good decision.

Tell me:

Most people know about how to keep themselves healthy but sometimes some people find it difficult to stay healthy. Let's read this short story about Jigsaw Jo to introduce the concept of motivation.

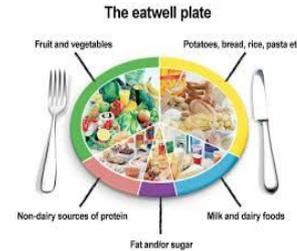
Jigsaw Jo goes to judo every week and usually enjoys it. But one week, it doesn't seem as fun to Jo, who decides to stay at home instead. Jo is a bit tired and can't really be bothered to go out, even though there will be loads of nice people at judo. Jo feels a bit disappointed to miss judo...



Discuss: Why Jo might not want to go to judo? Have you ever felt like not doing something active, even if you have enjoyed it before?
How might Jigsaw Jo feel when Jo does go to judo? Have you ever felt like Jo?

Activity:

1. Think about at least four things that keep people healthy.
2. Using the activity sheet on the next slide, draw or write suggestions for helping Jigsaw Jo to be more motivated in each of the boxes (next slide).



Jigsaw Jo doesn't feel like going to dance practice.
What could you suggest to help Jo?



Jigsaw Jo doesn't want to eat the apple in the lunchbox.
What could you suggest to help Jo?



Jigsaw Jo doesn't want to go to bed on time.
What could you suggest to help Jo?



Jigsaw Jo doesn't feel like washing hands after going to the toilet.
What could you suggest to help Jo?

