

# PSHE - Healthy Me

Spring 2

Class Plym 2024

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

Exercise makes your heart pump more blood around your body.



I think that he's playing football!

I am playing baseball.



Exercise makes me out of breath.

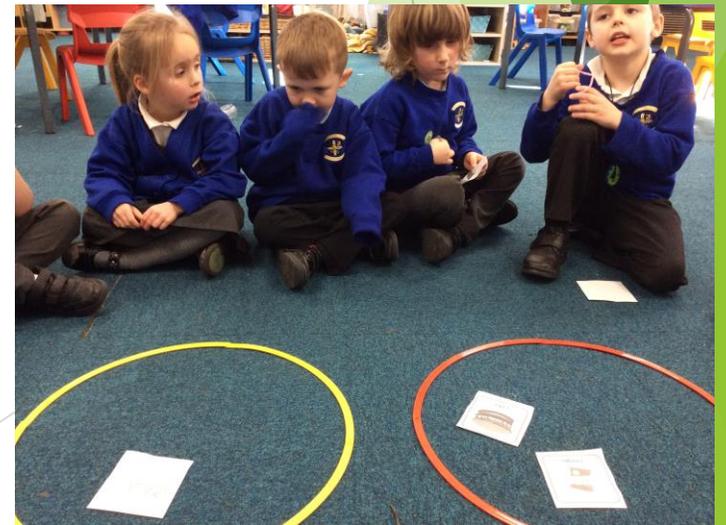
# I know which foods are healthy and not so healthy and can make healthy eating choices



He can't eat that sandwich; it has ice cream and chocolate in! That's not healthy!



It's okay to eat a little bit of unhealthy food but not every day. It won't give you energy or be good for your teeth.



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



My mummy reads me a story before bed and then I brush my teeth.

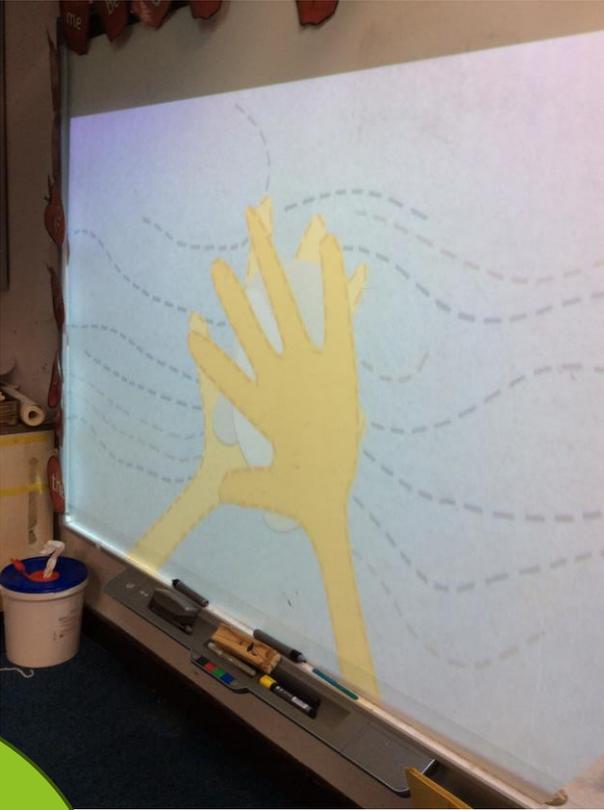


We talked about what we do at night time before we go to bed. We discussed why children needs about 12 hours a night of sleep. It helps our bodies to heal and grow and makes sure we are less grumpy.

I like to put on my pyjamas and then play with my cars before bed.



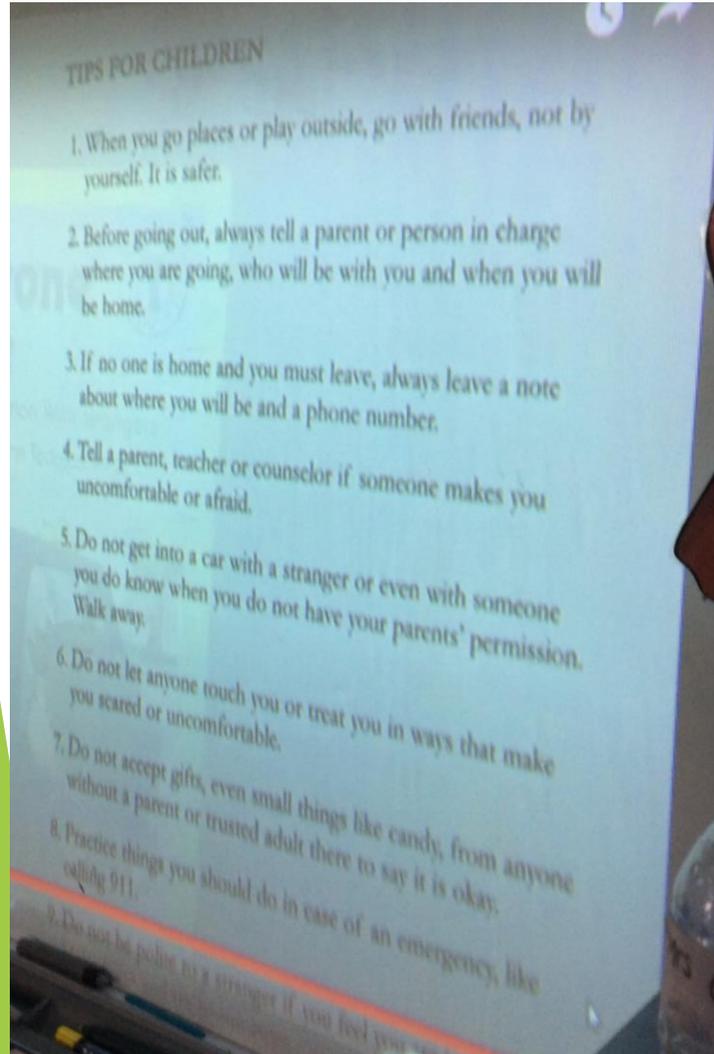
**I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.**



You must wash your hands because you might get sick from germs.



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

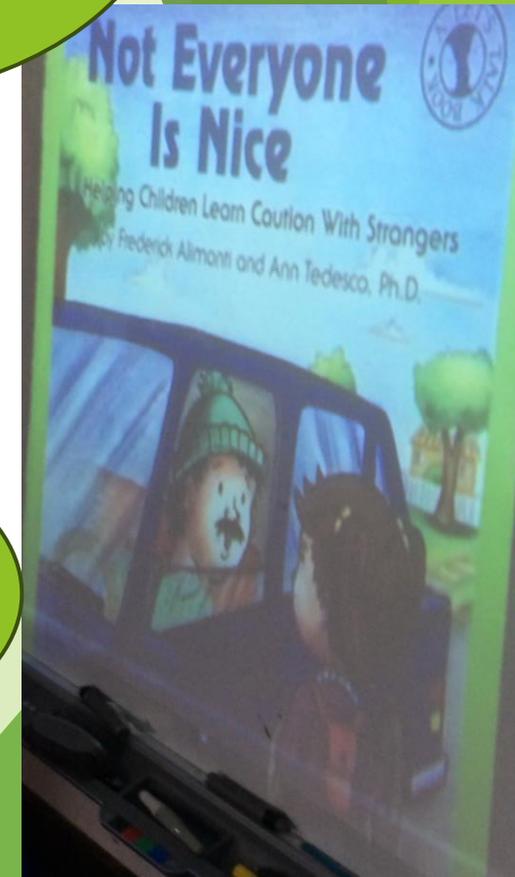
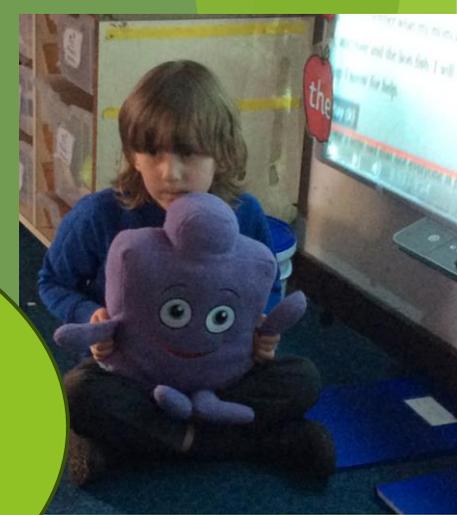


Its somebody you don't know  
Looks like a normal person  
Find a friend to help or teacher/policeman

If a stranger comes near you and you feel frightened, you can make lots of noise to let other people know.

Sometimes a stranger can be mean.

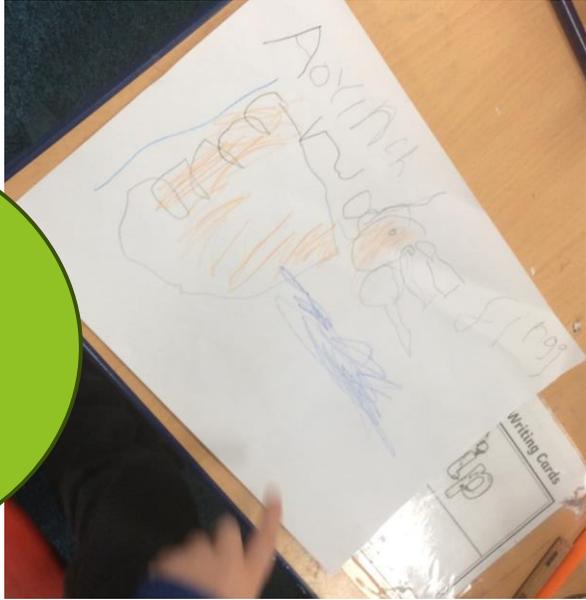
You must never go with a stranger even if they give you sweets.



# A poster about how we can keep ourselves and safe



You must stay away from a stranger so this is a picture of a stranger.



You should eat healthy food and wash your hands.

