



## Healthy Me Puzzle Map - Ages 6-7

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1. Being Healthy</b>	I know what I need to keep my body healthy	I am motivated to make healthy lifestyle choices
<b>2. Being Relaxed</b>	I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed	I can tell you when a feeling is weak and when a feeling is strong
<b>3. Medicine Safety</b>	I understand how medicines work in my body and how important it is to use them safely	I feel positive about caring for my body and keeping it healthy
<b>4. Healthy Eating</b>	I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy	I have a healthy relationship with food and know which foods I enjoy the most
<b>5. Healthy Eating</b>	I can make some healthy snacks and explain why they are good for my body	I can express how it feels to share healthy food with my friends
<b>6. Happy, Healthy Me!</b> Puzzle outcome: Healthy recipes Assessment Opportunit	I can decide which foods to eat to give my body energy	I have a healthy relationship with food and I know which foods are most nutritious for my body

