



Healthy Me Puzzle Map - Ages 6-7

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Being Healthy	I know what I need to keep my body healthy	I am motivated to make healthy lifestyle choices
2. Being Relaxed	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
3. Medicine Safety	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
4. Healthy Eating	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
5. Healthy Eating	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
6. Happy, Healthy Me! 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

