

TEACHING FOR CREATIVITY in PSHE

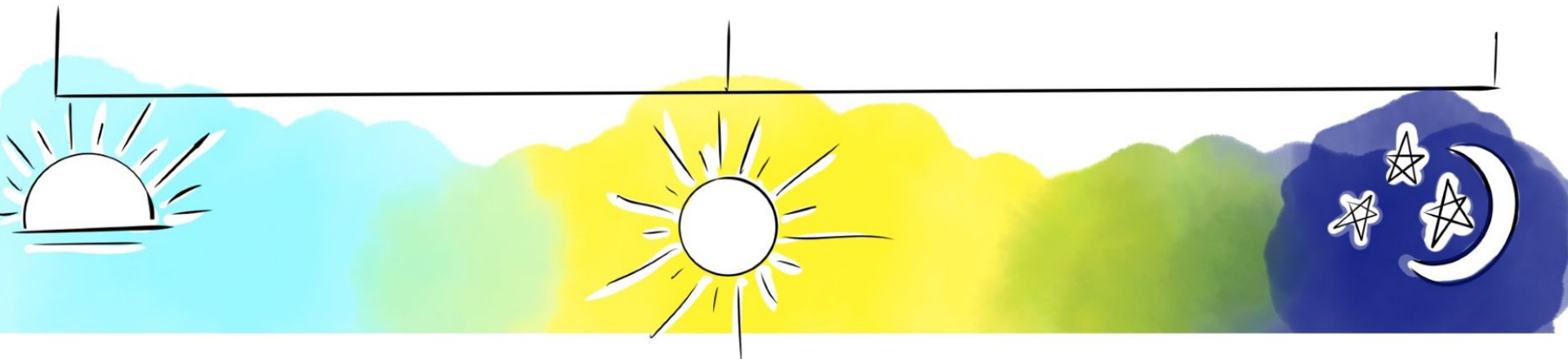


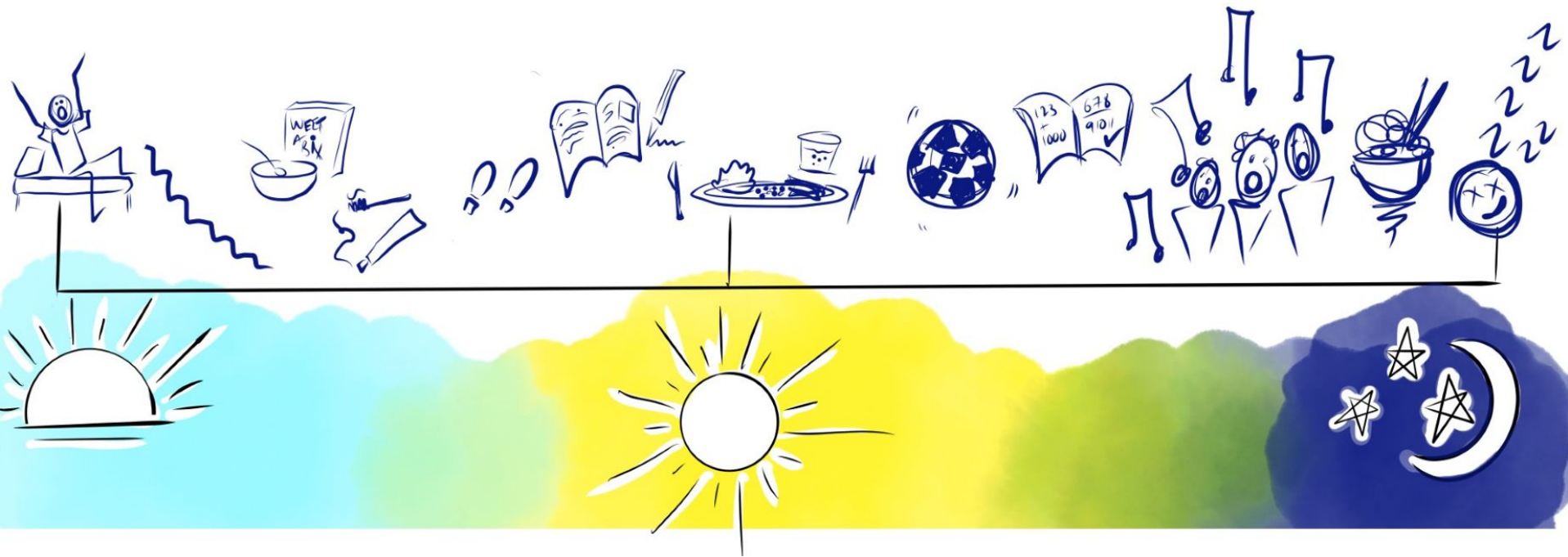
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LESSON 5

HEALTH AND WELLBEING Daily Routines

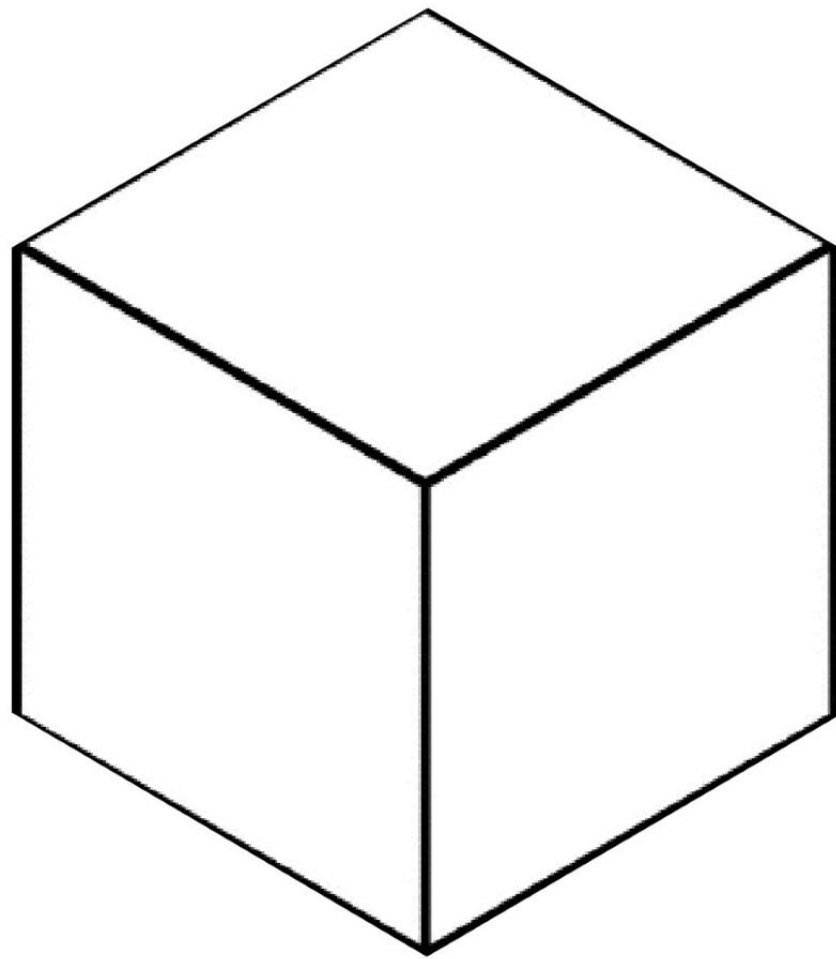
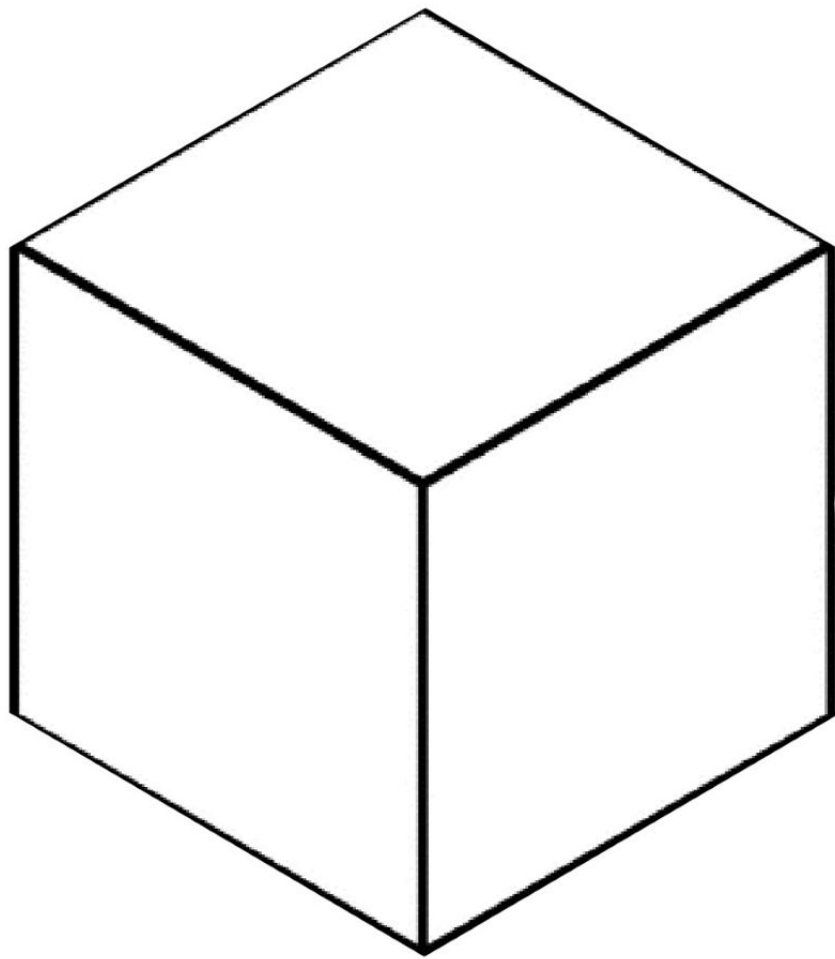






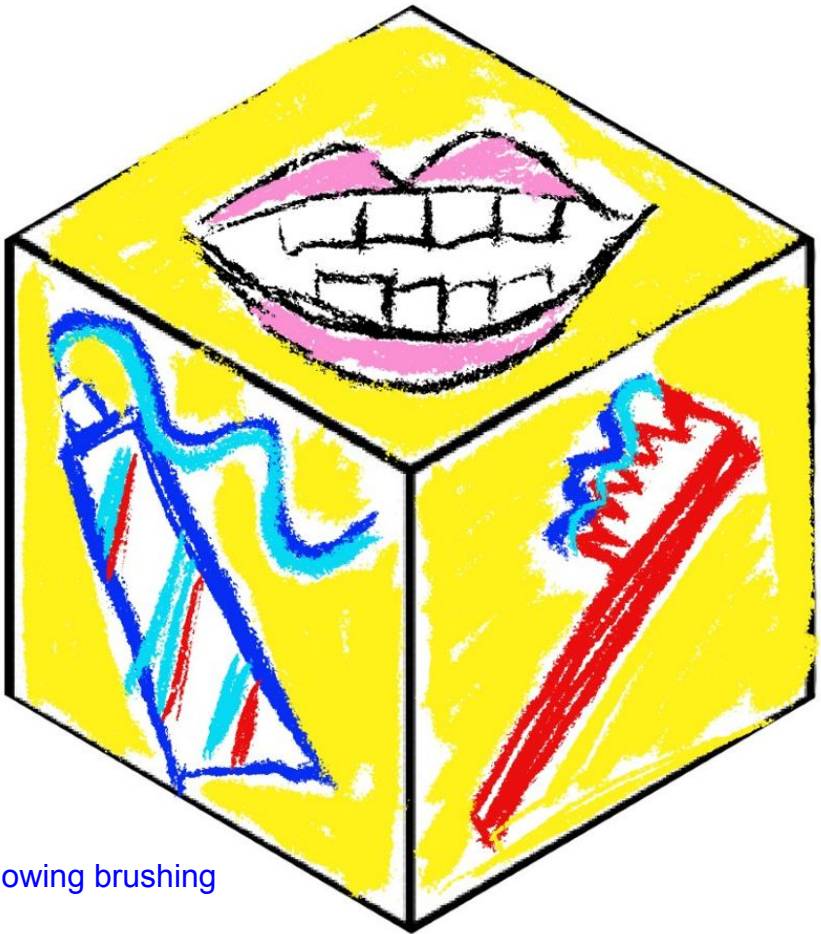
EXPLORE - DAY IN THE LIFE VISUAL SCORE EXAMPLE





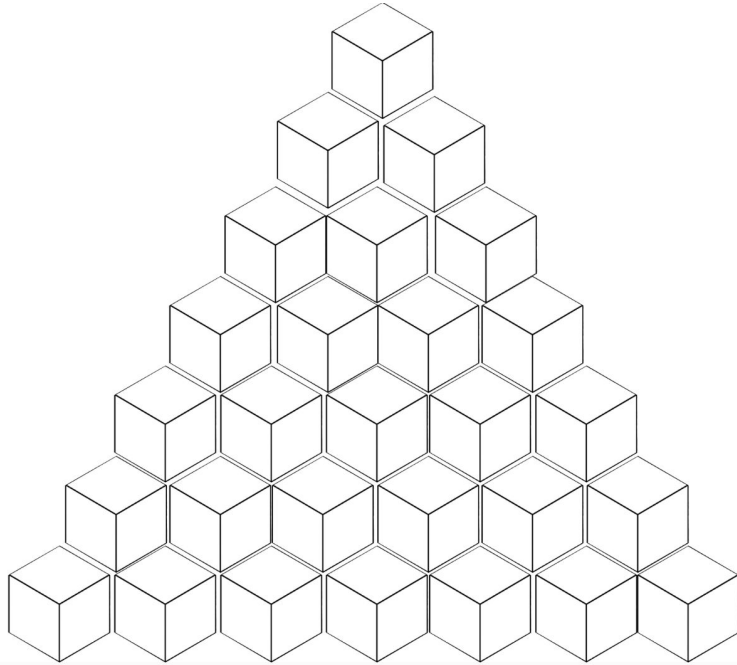


Block showing a Good night's sleep

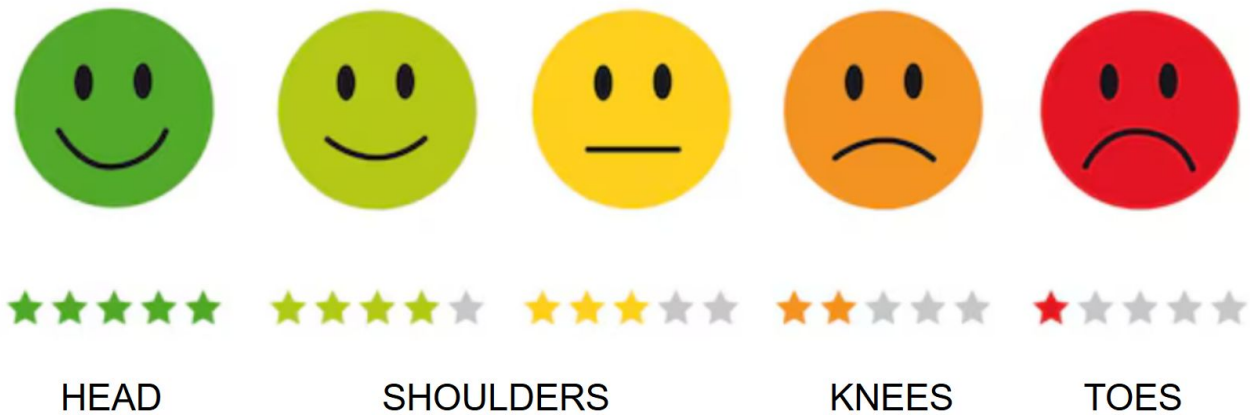


Block showing brushing teeth

Build a strong tower with
all your daily routine
cubes by sticking them
together



Head = confident
Shoulders = less confident but still sure
Knees = not very confident
Toes = not confident at all



- Questions:
- ★ I understand what being healthy means
 - ★ I understand different foods will make me feel differently
 - ★ I know how to protect myself in different seasons and for different activities
 - ★ I understand how to use medicines safely
 - ★ I understand that hygiene routines can stop germs from being passed on
 - ★ I understand how to take care of myself on a daily basis
 - ★ I understand that if i take care of myself i will be more ready to have a great day



HEAD



SHOULDERS



KNEES



TOES



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