



Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create the Bedtime section of the Healthy Me Recipe Book (see Piece 4)

Weekly Celebration	Piece	Learning Intentions	Resources
Have made a healthy choice	1. Everybody's Body	I understand that I need to exercise to keep my body healthy	Jigsaw Song sheet: 'Make a Good Decision' Jigsaw Je Colouring pictures Assortment of pictures of active play/sports (Teachers find more) Jigsaw Jerrie Cat Jigsaw Chime
Have eaten a healthy, balanced diet	2. We like to move it, move it!	I understand how moving and resting are good for my body	Large space needed Calm music to assist with the cool down Small apparatus Jigsaw Jenie Jigsaw Jerrie Cat Jigsaw Chime
Have been physically active	3. Food Glorious Food	I know which foods are healthy and not so healthy and can make healthy eating choices	An assortment of healthy food and not so healthy food (preferably real) to make a sandwich Fruit for directed activity Shopping bags/basket Food, Glorious Food song Jigsaw Jenie Jigsaw Jerrie Cat Jigsaw Chime
Have tried to keep themselves and others safe	4. Sweet Dreams	I know how to help myself go to sleep and understand why sleep is good for me	Bedtime equipment: Pyjamas, Teddy, Hot water bottle Dressing gown, Glass of milk, Night light, Story book Chitty Chitty Bang Bang DVD (or similar example) Jigsaw Jenie Lullaby CD Large clock Jigsaw Jerrie Cat Jigsaw Chime
Know how to be a good friend and enjoy healthy friendships	5. Keeping Clean	I can wash my hands thoroughly and understand why this is important especially before	Cleaning equipment: jug of water, bowl, soap, flannel, towel Fruit/vegetables Dirt Jigsaw Jenie Jigsaw Jerrie Cat Jigsaw Chime

Reception

		I eat and after I go to the toilet	
Know how to keep calm and deal with difficult situations	6. Stranger Danger	I know what a stranger is and how to stay safe if a stranger approaches me	<p>Book: 'Not Everyone is Nice' (Let's Talk Book) by A Tedesco, or similar</p> <p>Book" 'Never Talk to Strangers', by Irma Joyce</p> <p>If possible, ask your local PCSO to come by and chat to the children about Stranger Danger.</p> <p>Jigsaw Jenie</p> <p>Jigsaw Jerrie Cat</p> <p>Jigsaw Chime</p>