

Friday 26th February 2021

LO: To be motivated to make healthy lifestyle choices.

PSHE-Keeping Healthy

How do you keep yourself healthy? What activities do you do? Write down or draw 5 examples:

1.

2.

3.

4.

5.

Discuss:

What is your favourite sport to play? How does it make you feel? What is your least favourite sport to play? Why don't you like it?

Think about:

Have you ever felt like not doing something active, even if you have enjoyed it before? Sometimes we really feel like doing things, and other times we really don't feel like doing things, even if we have enjoyed them before. This is all to do with motivation: when we really feel like doing something. Making healthy choices requires motivation: that we have to want to make healthy choices. If we aren't motivated, we probably won't do something.

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Task-

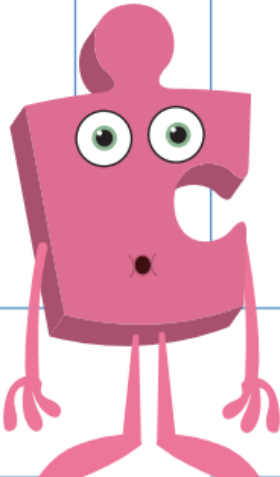
Can you think of some ideas to help Jigsaw Jo when doesn't want to do certain things? What would you say to him? How could you help to change his mind to make a better choice? Draw or write your ideas in the boxes.

Healthy Me

Help Jigsaw Jo - Year 2 - Piece 1

Jigsaw Jo is finding it difficult to stay healthy and is not very motivated.
Can you think of some ways to help Jo?

<p>Jigsaw Jo doesn't feel like going to dance practice. What could you suggest to help Jo?</p>	<p>Jigsaw Jo doesn't want to eat the apple in the lunchbox. What could you suggest to help Jo?</p>
<p>Jigsaw Jo doesn't want to go to bed on time. What could you suggest to help Jo?</p>	<p>Jigsaw Jo doesn't feel like washing his hands after going to the toilet. What could you suggest to help Jo?</p>



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To finish-

Can you think of one example of something you would like to be more motivated to do next week? Draw a picture of your example and check to see if you have achieved it by next Friday!

