



PHSCE

Healthy Me Piece 2

Learning to show or tell what relaxed means and know some things that make me feel relaxed and some that make me feel stressed.



Calm me



Jigsaw™



Jigsaw!





Jigsaw™
Make A Good Decision
(Healthy Me)

I know what's right,
And I know what's wrong.
When to say yes,
And say no, strong,
Strong.
I will make sure,
I can tell the difference, see.
I will make sure,
I'm as healthy as can be.
As can be,
Be, be.

Chorus:
I know what's wrong and what's right when
It comes to the bite.
I know just what to say,
It's my life.
Lets be healthy, be happy, be you,
Be the way that you want to be.
Make sure that you make a good decision.

INSTRUMENTAL

Chorus x2
I know what's wrong and what's right when
It comes to the bite.
I know just what to say,
It's my life.
Lets be healthy, be happy, be you,
Be the way that you want to be.
Make sure that you make a good decision.

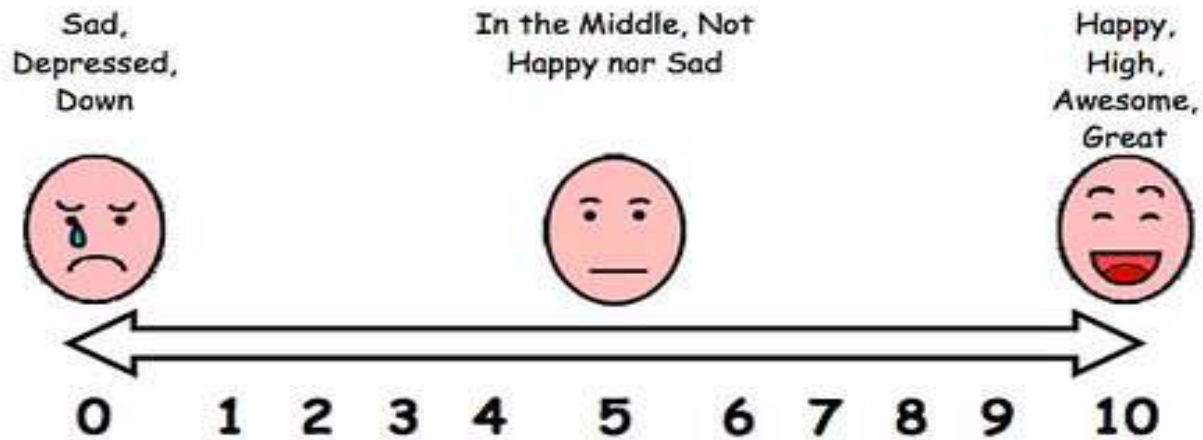
Jigsaw™

Relaxed





Mood Scale: How Are You Feeling?

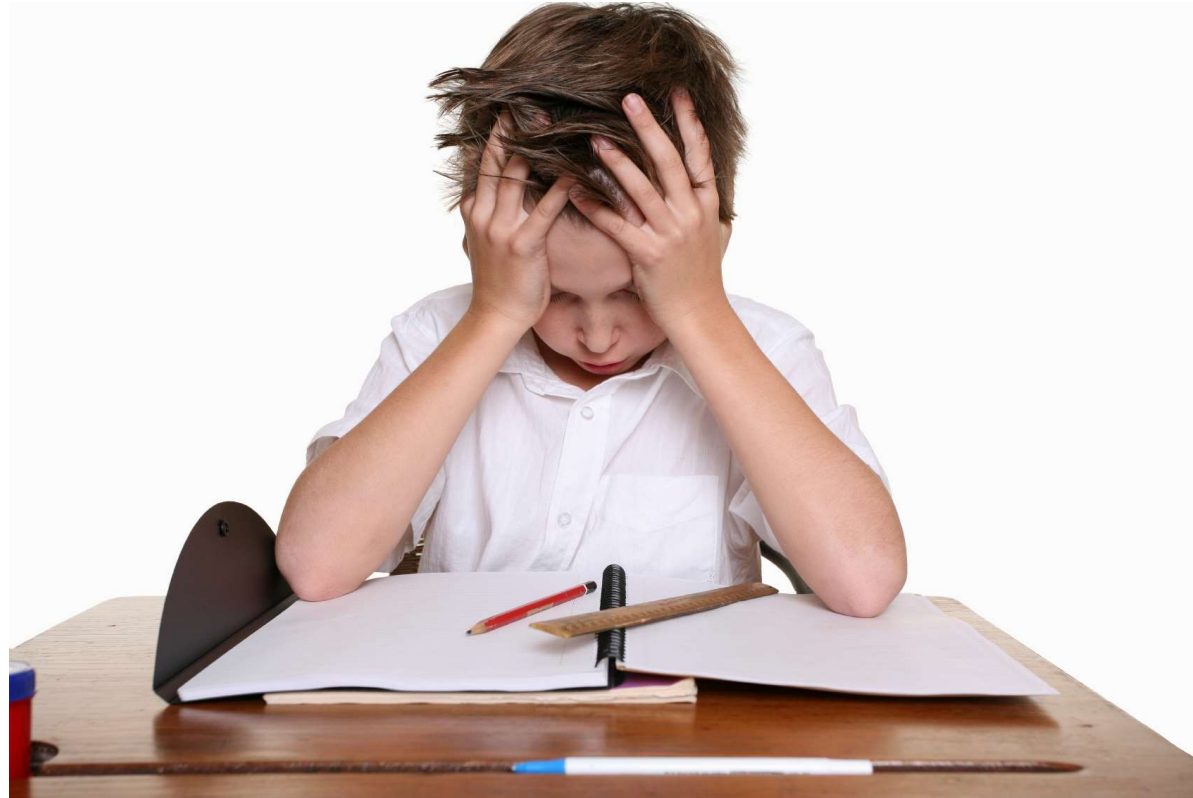


(Faces from www.aperfectworld.org/emotions.htm)



How calm are each of the people or person in each of the following pictures? Score them on a number line. 1 very stressed 10 very calm.





Jigsaw!



Jigsaw



Jigsaw



Jigsaw





Jigsaw





Calm and relaxed



Stressed and unhappy





Calm and relaxed



Movie night with family
People watching you
Maths
Running in a race
Literacy
PE
Not seeing friends
Going to the park
Not getting own way
Reading
Tests
Loosing
Being left out
Going to a party
Having a cuddle with
mum or dad

Stressed and unhappy



Can you describe how you feel when you are calm, when you are worried and when you are somewhere in the middle?

I've given you an example.

When I feel worried my body is tense and my head hurts.

Now write your own sentences for being calm, worried and in the middle.



When I feel worried my body _____

When I feel calm my body _____

When I feel in the middle my body _____



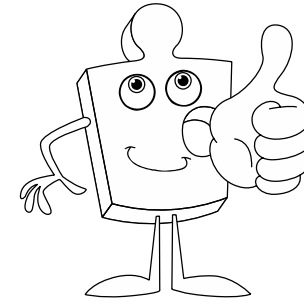
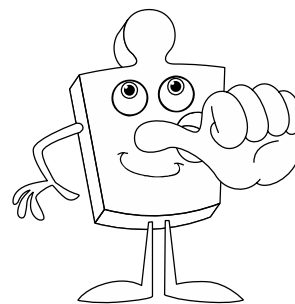
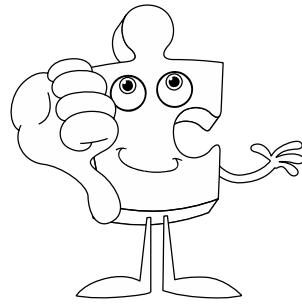
My Jigsaw Learning

Healthy Me Piece 2

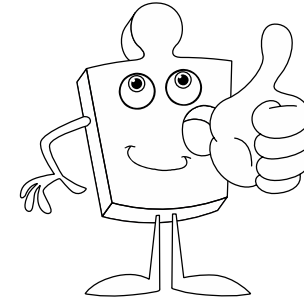
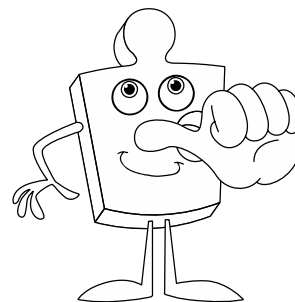
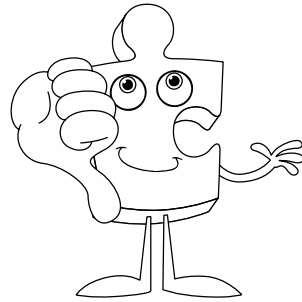
Ages 6-7

Name

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



TINT BOX - To improve next time I

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