



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





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.

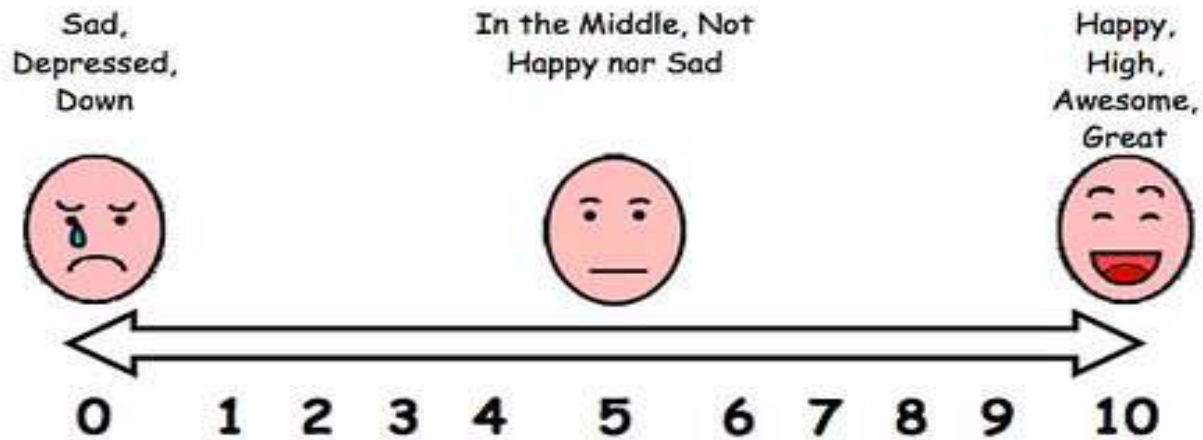
Jigsaw™

Relaxed





### Mood Scale: How Are You Feeling?



(Faces from [www.aperfectworld.org/emotions.htm](http://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 \_\_\_\_\_

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When I feel calm my body \_\_\_\_\_

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When I feel in the middle my body \_\_\_\_\_

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### My Jigsaw Learning

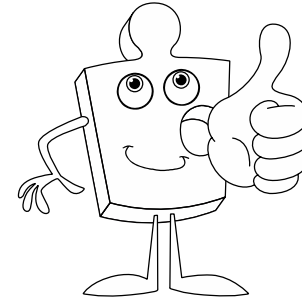
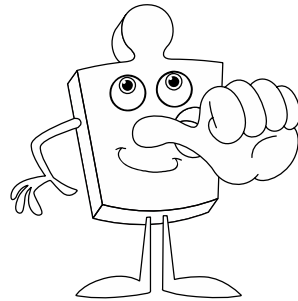
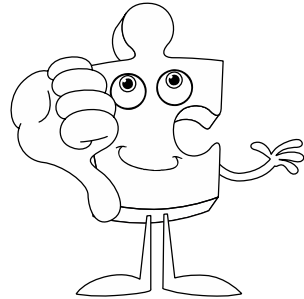
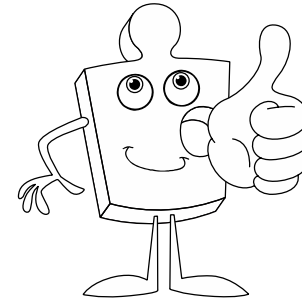
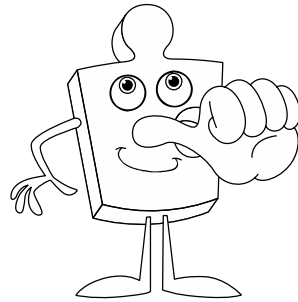
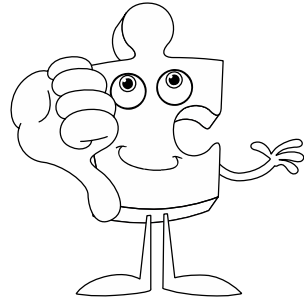
### Healthy Me Piece 2

### 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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