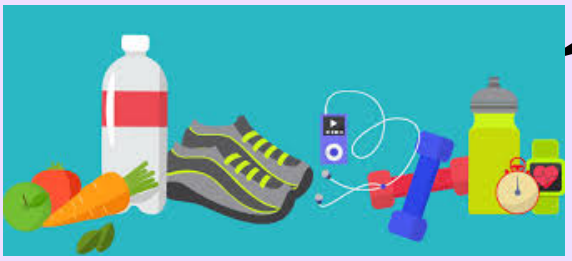
This term we will be exploring...

How can we keep healthy as we grow?

RECAP WITH YOUR PARTNER:

What is a healthy habit?

How can we break an unhealthy habit?





LO: to explain how to manage the influence of friends and family on healthy choices.

What do we mean by 'healthy choices'?

Can you give some examples of healthy choices you may make?

LO: to explain how to manage the influence of friends and family on healthy choices.

Healthy behaviours are about making choices that keep you safe physically, mentally and emotionally. A healthy behaviour allows you to make sensible choices that will help you feel positive and stay safe.

Unhealthy behaviours are when the choices you make could cause you or otherpeople physical, mental or emotional harm. You may make this choice because of the influence of those around you.

LO: to explain how to manage the influence of friends and family on healthy choices.

Who might influence the healthy choices that you make?

LO: to explain how to manage the influence of friends and family on healthy choices.

To keep healthy we need to think about these 4 categories:

*diet

*exercise

*rest/relaxation

*dental health

How might our friends and family influence these?

LO: to explain how to manage the influence of friends and family on healthy choices.

Diet

I do

Positive influences	Negative influences

LO: to explain how to manage the influence of friends and family on healthy choices.

we do

Dental Health

Positive influences	Negative influences

LO: to explain how to manage the influence of friends and family on healthy choices.

you do

Thinking together:

With your partner, decide the positive and negative influences your family and friends can have on exercise and rest/relaxation.

LO: to explain how to manage the influence of friends and family on healthy choices.

we do

Thinking together:

Let's think about the negative influences we have thought about for our healthy categories.

With your partner, discuss strategies for how we can manage these.

Be prepared to feedback to the class!