

What helps us grow and stay healthy?

Exercise

Exercise is how we keep the body healthy. Short bursts of moving around that make us out of breath is best.



Mental Health

It is important to keep our brains healthy as well as our bodies, we can meditate, do yoga and practise calm breathing.



Sunshine

Sunshine helps give our bodies vitamins and minerals but we need to be careful not to burn and to drink lots.



Sleep and Rest

Sleep gives our bodies a chance to recharge for the next day and get to work storing all the work we have done during the day.



What would the healthiest person in the world look like?

Draw a picture and add some labels to say why they are so healthy.



Happy Hippo is very interested in this terms learning – why do you think that is?



Key Questions:

What things help our bodies to be healthy?

What does eating too much sugar do to us?

How can we be active?

How much rest and sleep should we have every day?

When should we take a break from screen-time?

How does sunshine help our bodies to grow?

How do we keep safe and well in the sun?