All About Me
Looking after Yourself

Lesson 1



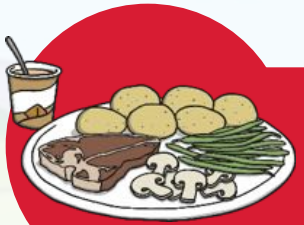
twinkl
Quality Standard Approved

Looking after Yourself

Our bodies are really clever, but we need to look after ourselves to help us stay happy and healthy. There are lots of things we can do to help look after ourselves. We can...

talk to others about how we are feeling





eat a balanced diet



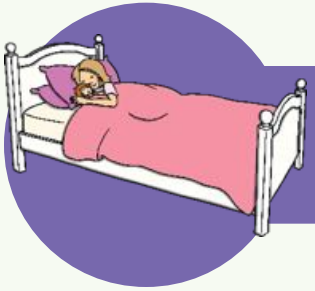
do some exercise

look after our personal hygiene



think about what we need to wear





have plenty of rest and sleep

End slide

Talking about How We Are Feeling

How do you feel today? Sometimes we feel happy, other times we may feel sad. By talking about how we are feeling, we can celebrate the happy and exciting things and support each other to feel better when we feel unhappy or worried.

You can talk to your family, friends and grown-ups. Other people can help you work out how to solve a problem, or sort out things you are worried about.

It is very important to tell a grown-up if your don't feel well or if you hurt yourself so that they can help you to feel better.



It is fun to share things that make you happy too! What makes you happy? Can you tell your grown up or a sibling how you are feeling?

back

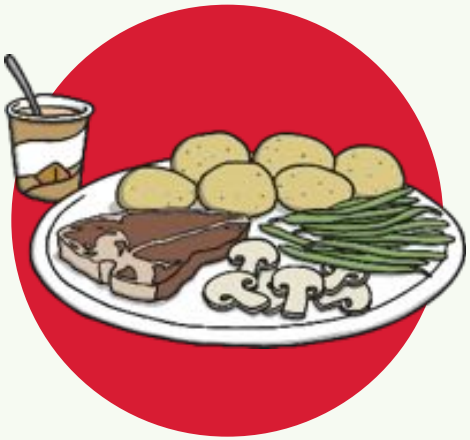
Eat a Balanced Diet

Eating a balanced diet means eating lots of different types of foods. We should eat healthy foods, such as fruit and vegetables. We can eat other foods like cakes and chocolate too, but we shouldn't eat too many of these.

It is really important to have lots to drink too. Water is the best option, but you may like to drink milk, fruit juice, squash and hot drinks too.

What are your favourite foods? What do you like to drink?





back

Do Some Exercise

Doing exercise helps our bones and muscles to grow strong. Exercise helps us to stay fit and healthy.

There are lots and lots of different types of exercise – you could play a sport, such as football, do some dancing, go for a walk or go swimming. You could play games with your friends that include running or moving in different ways, such as hopping or skipping.

What exercise do you like to do?









back

Look after Our Personal Hygiene

Looking after our personal hygiene means we need to keep ourselves clean. We need to wash and have baths or showers to keep our bodies clean. We need to wash our hair too.

We need to wash our hands lots of times throughout the day. Washing our hands after going to the toilet and before we have anything to eat and drink is particularly important. Don't worry if your hands get dirty while you are playing, just give them a wash with some soap.

Brushing your teeth is very important to make sure your teeth are clean and healthy.









back

Think about What We Need to Wear

To look after ourselves in different types of weather, we need to wear different types of clothing.

When the weather is hot and sunny, we need to wear clothes that help to keep us cool. We also need to protect ourselves from the sun by wearing sun hats, sunglasses and sun cream.

When the weather is cold, we need to wear clothes that will help keep us warm – especially when we go outside. We need to wear woolly hats, gloves, coats and scarves.

What is your favourite type of weather? What do you need to wear to look after yourself?













back

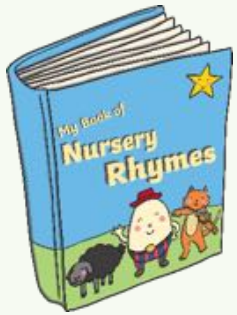
Have Plenty of Rest and Sleep

Our bodies will tell us when we need a rest. Sometimes when we are playing, we will need to stop for a rest – especially if we have been running around!

We need to get lots of rest and sleep at night time too. Getting a good night's sleep helps our bodies to grow and makes us feel better. We will feel sleepy if we do not get enough sleep and this means we are not able to learn or play properly.

What do you do before you go to bed? Do you like having a bedtime story?



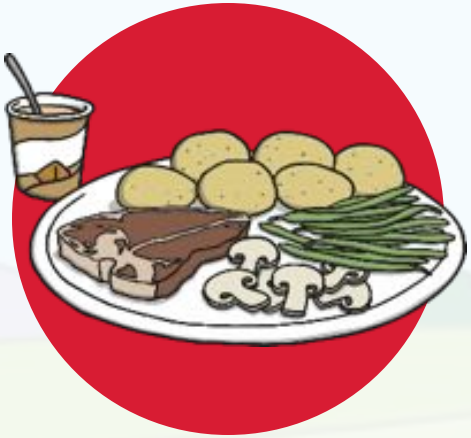






back

Can you remember some of the things you need to do to look after yourself?













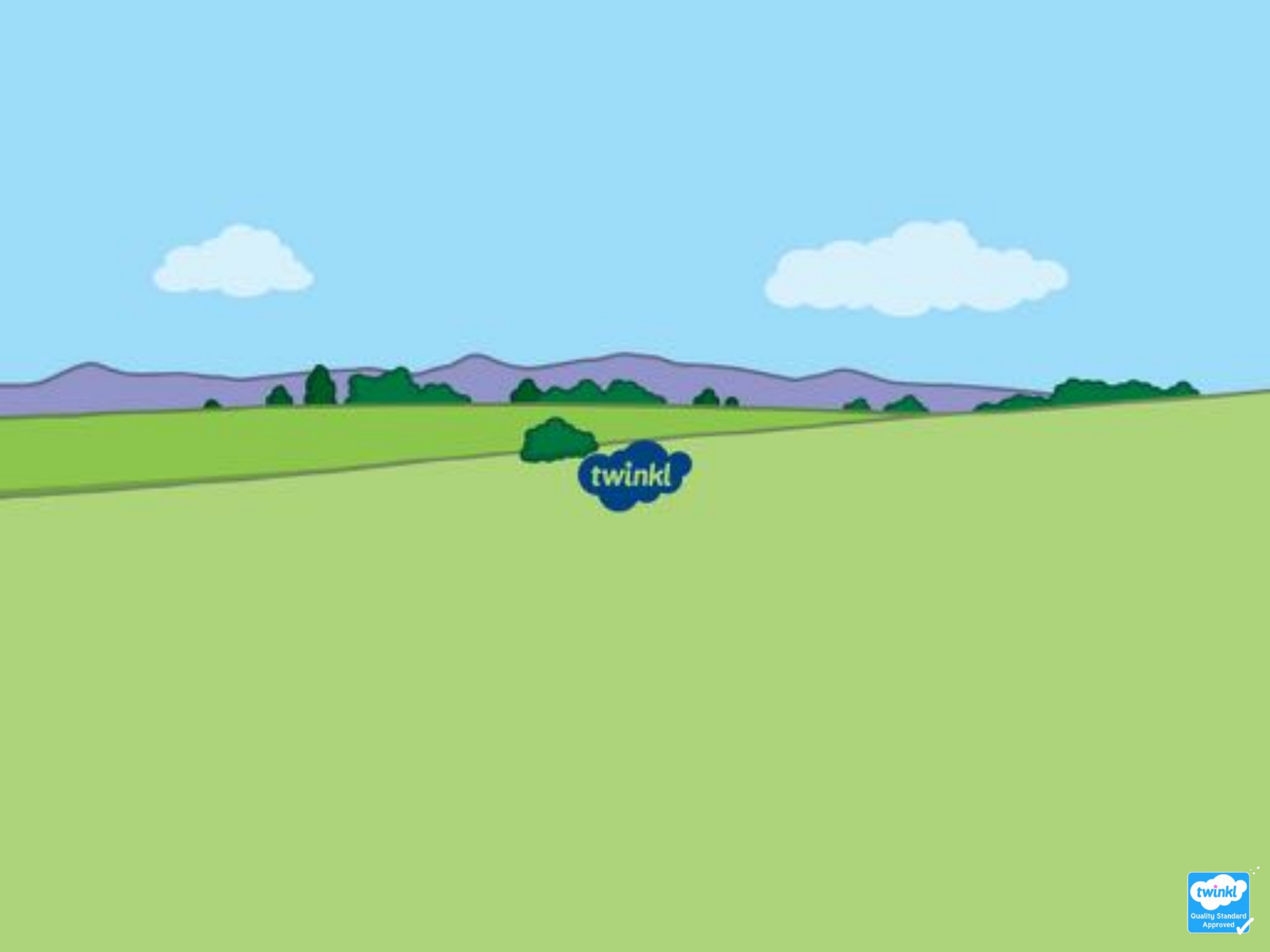
Our lives are a little different at the moment, we have to stay at home most of the time and most of us can't go to school but having a good routine is still really important and will affect how we feel.

Here are some things we should try to do everyday:

- Wake up and go to bed at around the same time every day
- Have breakfast before starting school work
- Stop for lunch and have regular breaks from learning
- Don't spend too long looking at screens! Try and go out for a walk or a bike ride or a play in the garden if you can. It's important we keep moving!
- Put your school work away when you have finished
- Try and have tea at the same time everyday
- Try to do something different on the weekends so that it doesn't feel the same as a week day – maybe a family movie night? Or play a boardgame with a sibling?

TASK – what is your daily routine? Talk about it with a grown up then write it in your book.

twinkl
Quality Standard Approved


twinkl


Healthy Living
Lesson 2
twinkl

What does it mean?



Staying Healthy

There are many ways to stay healthy.
Some of these ways are:

Staying Healthy

There are many ways to stay healthy.
Some of these ways are:

Exercising regularly



Eating healthily



Having a happy attitude



Having a healthy sleep schedule



Why do you think being healthy is so important?

Exercising Is Fun!

Doing regular exercise will help us all feel great and keep our bodies strong!

Our hearts need to be kept active and pumping.

Exercise also burns fat.



Ways to Stay Active:

Walking



Playing games



Dancing



Can you think of any more?

Healthy Foods

We should aim to eat 5 portions of fruit and vegetables a day.

Fruit and vegetables



Fish and meat



Eggs, milk and cheese



Unhealthy Foods

It is perfectly fine to eat a little bit of unhealthy food but eating too much unhealthy food could make us overweight and not feel great.

Cakes and sweets



Chocolate



Chips and crisps



Can you think of any unhealthy things that people do?

Did you know that eating well and exercising stops us from being ill?





What's your favourite healthy meal?

Keep a food diary for the next week and talk about it with your grown ups.

Are you eating food from different food groups? Are you eating plenty of fruit and vegetables each day? Are you drinking plenty of water?