

PSED Home Learning - Healthy Me F2

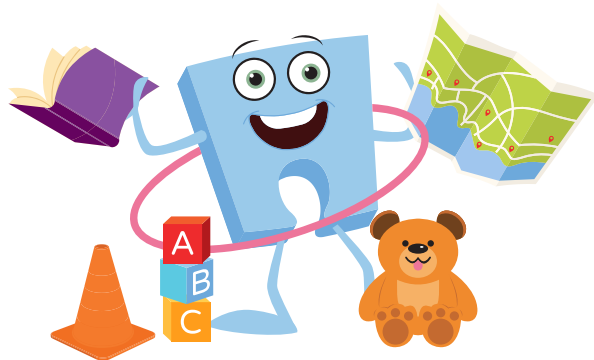
Jigsaw recognises the importance of involving families in their children's education. We have created a set of ideas and experiences that link directly to the lesson pieces taught each week that you can share with your families to extend and embed the learning beyond your setting and at home.

Invite families to share their experiences through your setting's chosen method of communication. This may include using an online learning journal and/or a communication book. Alternatively, you may wish to ask families to bring in photos or notes with feedback about how their child got on. These could be used as part of a display.

What is Healthy Me?

In this Puzzle (unit); Healthy Me – the children talk about the names for some parts of their body as they start to understand that they need to be active to be healthy. Part of this is about knowing that some foods are healthier than others. They begin to understand how to help themselves go to sleep and that sleep is good for them. They talk about how to keep their teeth clean as well as the importance of washing hands especially before they eat and after they have been to the toilet. They talk about their safe adults and how to stay safe.

Suggested ways that you can help your child at home...



<p style="text-align: center; color: #00a6d6; font-weight: bold;">1</p> <p>Physical Activity - Talk to your child about what their favourite physical activity is. This could be a sport, exercise or activity involving movement.</p> <p>Look at any badges or trophies achieved from doing this and talk about why it was awarded to them.</p>	<p style="text-align: center; color: #00a6d6; font-weight: bold;">2</p> <p>Outdoor Fun - Enjoy a family trip together to enjoy fresh air and physical exercise. For example, you could visit a park, the duck pond, or a woodland space.</p> <p>Whilst there, encourage your child to explore moving in different ways e.g. running, balancing, climbing etc.</p>	<p style="text-align: center; color: #00a6d6; font-weight: bold;">3</p> <p>Food Diary - Keep track of the foods you eat as a family in a week. Create a chart together and encourage your child to draw or write what they have eaten each day of the week.</p> <p>Which food do you like best and why? This could provide an opportunity to try new foods, explore new tastes and textures.</p>
<p style="text-align: center; color: #00a6d6; font-weight: bold;">4</p> <p>Brushing My Teeth - Talk to your child about the importance of brushing your teeth every morning and night.</p> <p>You could create a chart to recognise your child's efforts to remember to brush their teeth.</p> <p>Play a favourite song for 2 minutes to make teeth brushing more fun!</p>	<p style="text-align: center; color: #00a6d6; font-weight: bold;">5</p> <p>Squeaky Clean - Design a poster to encourage others to keep their hands clean. You could bring the poster to school and/or display the poster in your bathroom at home. This could be used as a gentle reminder to your child to keep their hands clean.</p>	<p style="text-align: center; color: #00a6d6; font-weight: bold;">6</p> <p>Safe Adults - Talk to your child about who their 'safe adults' are. This includes adults who are known to them who may pick them up from the setting or who are safe to be with when you are not able to be there.</p> <p>Children can draw a picture of their safe adults.</p>