



### Nursery Puzzle: Healthy Me

British Values Links	Objectives
Mutual Respect	<b>Have made a healthy choice.</b> <ul style="list-style-type: none"> <li>I know the names for some parts of my body and am starting to understand that I need to be active to be healthy.</li> </ul>
Mutual Respect Individual Liberty	<b>Have eaten a healthy, balanced diet.</b> <ul style="list-style-type: none"> <li>I can tell you some of the things I need to do to be healthy.</li> </ul>
Individual Liberty	<b>Have been physically active.</b> <ul style="list-style-type: none"> <li>I know what the word 'healthy' means and that some foods are healthier than others.</li> </ul>
Individual Liberty Mutual Respect Tolerance	<b>Have tried to keep themselves and others safe.</b> <ul style="list-style-type: none"> <li>I know how to help myself go to sleep and that sleep is good for me.</li> </ul>
Mutual Respect	<b>Know how to be a good friend and enjoy healthy friendships.</b> <ul style="list-style-type: none"> <li>I can wash my hands and know it is important to do this before I eat and after I go to the toilet.</li> </ul>
Individual Liberty Mutual Respect Tolerance Rule of Law	<b>Know how to keep calm and deal with difficult situations.</b> <ul style="list-style-type: none"> <li>I know what to do if I get lost and how to say NO to strangers.</li> </ul>