



Reception Puzzle: Healthy Me

British Values	Objectives
Mutual Respect	<p>Have made a healthy choice.</p> <ul style="list-style-type: none"> I understand that I need to exercise to keep my body healthy.
Individual Liberty Mutual Respect	<p>Have eaten a healthy, balanced diet.</p> <ul style="list-style-type: none"> I understand how moving and resting are good for my body.
Individual Liberty	<p>Have been physically active.</p> <ul style="list-style-type: none"> I know which foods are healthy and not so healthy and can make healthy eating choices.
Individual Liberty Mutual Respect Tolerance	<p>Have tried to keep themselves and others safe.</p> <ul style="list-style-type: none"> I know how to help myself go to sleep and understand why sleep is good for me.
Mutual Respect	<p>Know how to be a good friend and enjoy healthy friendships.</p> <ul style="list-style-type: none"> I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.
Rule of Law Individual Liberty Mutual Respect Tolerance	<p>Know how to keep calm and deal with difficult situations.</p> <ul style="list-style-type: none"> I know what a stranger is and how to stay safe if a stranger approaches me.