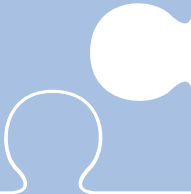


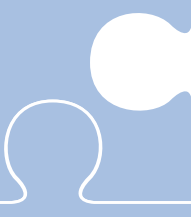

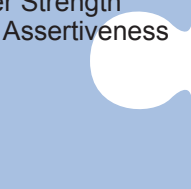


Healthy Me

Puzzle Overview - Year 4

Puzzle 4 Healthy Me	Puzzle Outcome Help me fit together the six pieces of learning about Healthy Me to create 'TheHappy, Healthy Me Recipe Book'	
Pieces		
1. My Friends and Me 	I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most	I recognise when other people's actions make me feel embarrassed, hurt or inadequate and I can help myself to manage these emotions
2. Group Dynamics 	I can recognise the changing dynamics between people in different groups, see who takes on which role, e.g. leader, follower, and understand the roles I take on in different situations	I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with
3. Smoking 	I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke	I can relate to feelings of shame and guilt and know how to act assertively to resist pressure from myself and others
4. Alcohol 	I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol	I can relate to the feelings of shame and guilt and know how to act assertively to resist pressure from myself and others
5. Healthy Friendships Assessment Opportunity ★ 	I can recognise when people are putting me under pressure and can explain ways to resist this when I want	I can identify feelings of anxiety and fear associated with peer pressure
6. Celebrating My Inner Strength and Assertiveness 	I know myself well enough to have a clear picture of what I believe is right and wrong	I can tap into my inner strength and know how to be assertive