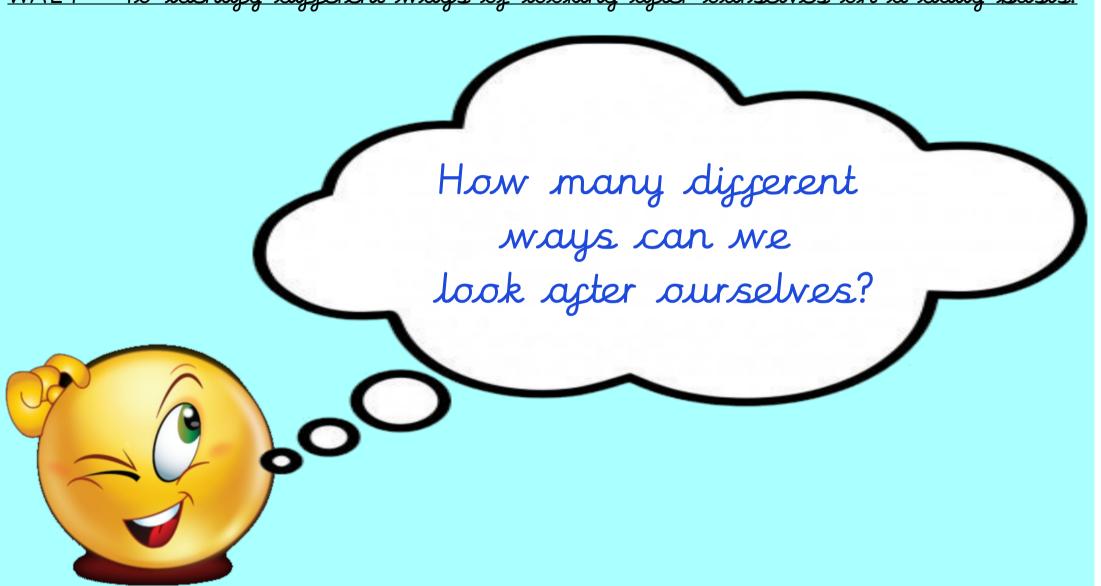
Week 1

WALT - To identify different ways of looking after ourselves on a daily basis.



Week 1

WALT - To identify different ways of looking after ourselves on a daily basis.



Week 1

WALT - To identify different ways of looking after ourselves on a daily basis.

Watch this video



https://www.bbc.co.uk/bitesize/clips/zgtr82p

WALT - To identify different ways of looking after ourselves on a daily basis.

Steps to success

Use pictures to show different ways you can look after yourself. Write sentneces to describe how you look after yourself.

Challenge me/Feeling Consident

Looking after Yourself

There are lots of different things we need to do to look after ourselves. How do you look after yourself? In each box, complete the sentence and draw a picture to show different ways of looking after yourself.

| То | look | after | yourself, | you |
|-----|------|-------|-----------|-----|
| sho | uld | | | |

| То | look | after | yourself, | you |
|-----|------|-------|-----------|-----|
| sho | uld | | | |

More practise

Looking after Yourself

There are lots of different things we need to do to look after ourselves. How do you look after yourself?

