

Week 1

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

How many different
ways can we
look after ourselves?



Week 1

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

talk to others about
how we are feeling



eat a balanced diet



do some exercise



look after our
personal hygiene



think about what
we need to wear



have plenty of rest
and sleep



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 sentences to describe how you look after yourself.

Challenge me/Feeling Confident

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.

To look after yourself, you should ...

To look after yourself, you should ...

To look after yourself, you should ...

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? Draw a picture in the box to show a way of looking after yourself.

