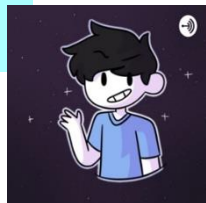


Year 6 Jigsaw Puzzle 4 – Healthy Me

What it looked like last year...

- Future dreams
- The importance of money
- Jobs and careers
- Dream job and how to get there
- Goals in different cultures
- Supporting others (charity)
- Motivation



What it looks like next year...

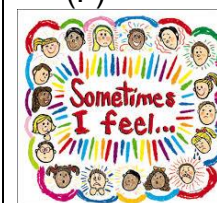
- Healthy choices about my emotional health
- Managing stress
- Managing my choices around substances
- Managing my nutritional choices
- Medicines and immunisation
- Healthy choices about physical activity and rest/sleep

Vocabulary (definitions)

Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
Responsibility Choice Immunisation Prevention	Drugs Effects Motivation Prescribed Unrestricted Over-the-counter Restricted Illegal Volatile substances 'Legal highs'	Exploited Vulnerable Drugs Criminal Illegal Gangs	Gang Pressure Strategies Reputation Anti-social behaviour Crime Illegal	Mental health Emotional health Mental illness Symptoms	Stress Triggers Strategie s Managing stress Pressure

Sequence of Learning

1. Taking responsibility for my health and well-being (S) (F)
2. Drugs (F)
3. Exploitation (S) (E) (F)
4. Gangs (S) (E) (F)
5. Emotional and Mental Health (S) (E) (F)
6. Managing Stress and Pressure (S) (E) (F)



Cultural Capital

- To be able to take greater responsibility for my health and well-being.
- The real life knowledge that links is: to understand how people can be exploited by gangs
- The jobs it can be used in are: all jobs – understanding how pressure can lead to stress and difficulties with mental health.

Key Concept Links

- **Self-Belief and Self-worth (S)**
- **Empathy (E)**
- **Recognising, Understanding, and Managing Feelings. (F)**