



How can you keep healthy?

Can you remember or think of some ideas about how to keep ourselves healthy?



Drink lots
of water



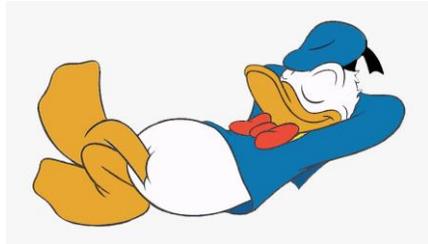
Sleep well



Keep yourself
clean

How can you keep healthy?

Did you think of these?



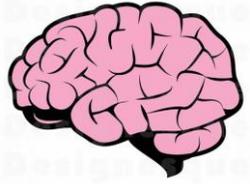
Rest and
relax



Exercise

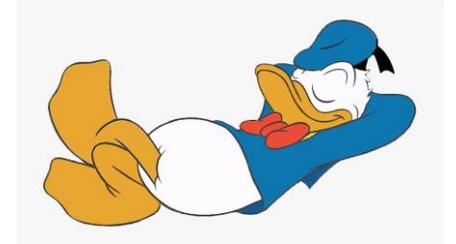


A healthy
diet



Keeping Your Brain Healthy

Did you know that being healthy isn't just about your body being fit and strong! It's also about looking after your **mental health** - that's the health of your brain!

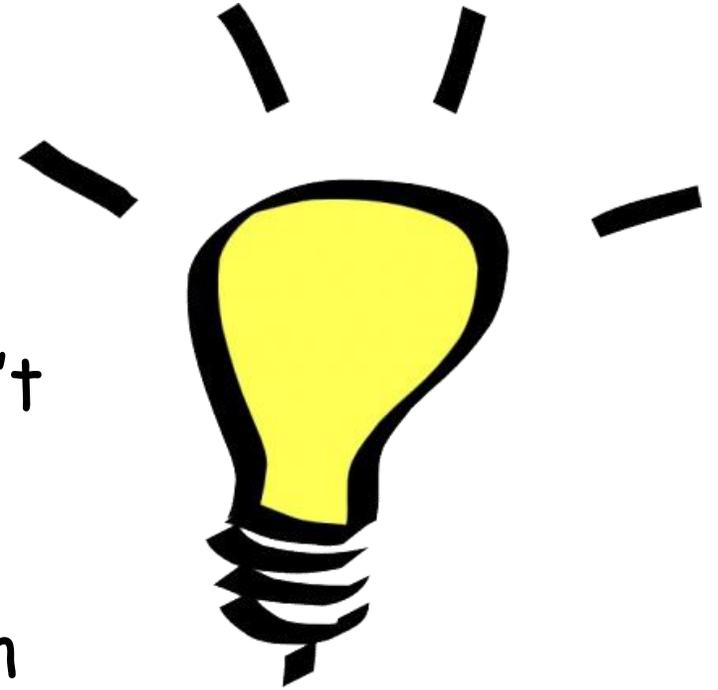


Motivation

Having **motivation** means wanting to do something. It's the opposite of saying "I can't be bothered".

But sometimes, we can all lose our motivation and that's normal! It might be if we are feeling a bit tired, a bit sad, a bit stressed, or even just don't feel like doing something.

Have you ever had a time where you felt like this? →



Today, I just cannot be Bothered!



fine art
america

Building Our Motivation

Making healthy choices is hard! Sometimes it's tricky to make yourself exercise, or to choose the healthy food instead of the sugary treats.

It's important that we know how to make ourselves feel better when we feel **unmotivated** to make healthy choices.

There's two really good ways of doing this:

1. Do things that make you feel good!
2. Remember why being healthy is important.



Things That Make You Feel Good

If you feel happy and positive, you are much more likely to be **motivated!**

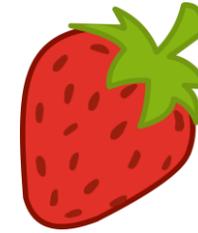
Think about what makes you feel good. It could be music, a special place to relax, a type of exercise or even just a person to talk to.

What would make you smile if you're feeling a bit rubbish?

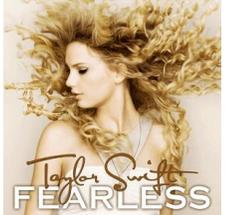
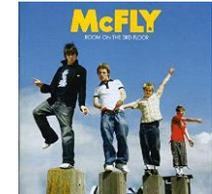
Here's mine



Eating strawberries



A nice bubble bath



Sing and dance to my favourite music



Call my mum or dad

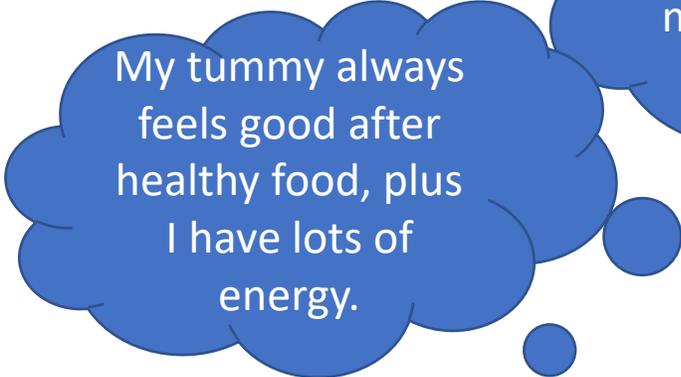


Remember Why Being Healthy is Important

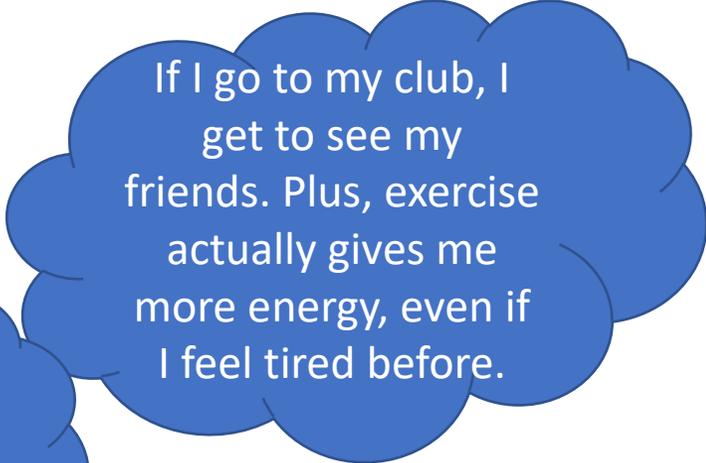
Sometimes, you have to look into the future and think about what will happen if you make that healthy choice. What good things will happen and how will it make you feel?

Think about these things:

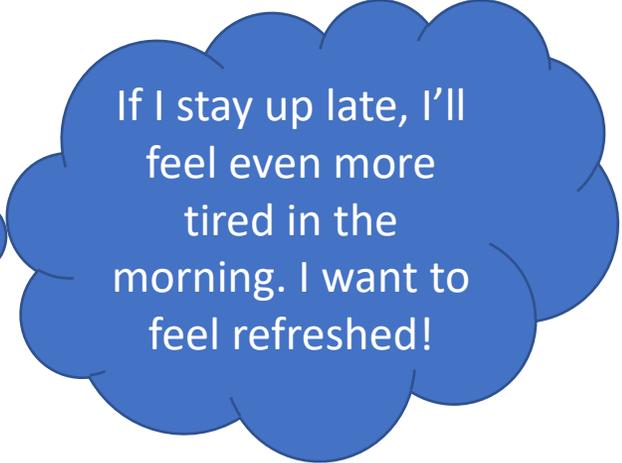
- *How do you feel after you've exercised?*
- *How does healthy food make your body feel?*
- *What good things might happen at your club?*
- *Why is it important to keep clean and healthy?*
- *Why is it a good idea to go to bed early?*

A blue thought bubble containing text.

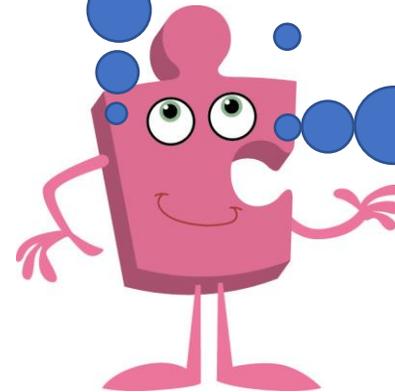
My tummy always feels good after healthy food, plus I have lots of energy.

A blue thought bubble containing text.

If I go to my club, I get to see my friends. Plus, exercise actually gives me more energy, even if I feel tired before.

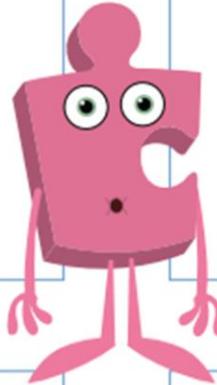
A blue thought bubble containing text.

If I stay up late, I'll feel even more tired in the morning. I want to feel refreshed!



Your Task

Complete the worksheet to help Jigsaw Jo make the right choices. *Give Jo some advice. Try to suggest things to make Jo feel good, and remind Jo why it's important to make these choices!*

A pink, puzzle-piece shaped character named Jigsaw Jo with large eyes and thin arms and legs.

<p>Jigsaw Jo doesn't feel like going to dance practice. What could you suggest to help Jo?</p>	<p>Jigsaw Jo doesn't want to eat the apple in the lunchbox. What could you suggest to help Jo?</p>
<p>Jigsaw Jo doesn't want to go to bed on time. What could you suggest to help Jo?</p>	<p>Jigsaw Jo doesn't feel like washing hands after going to the toilet. What could you suggest to help Jo?</p>