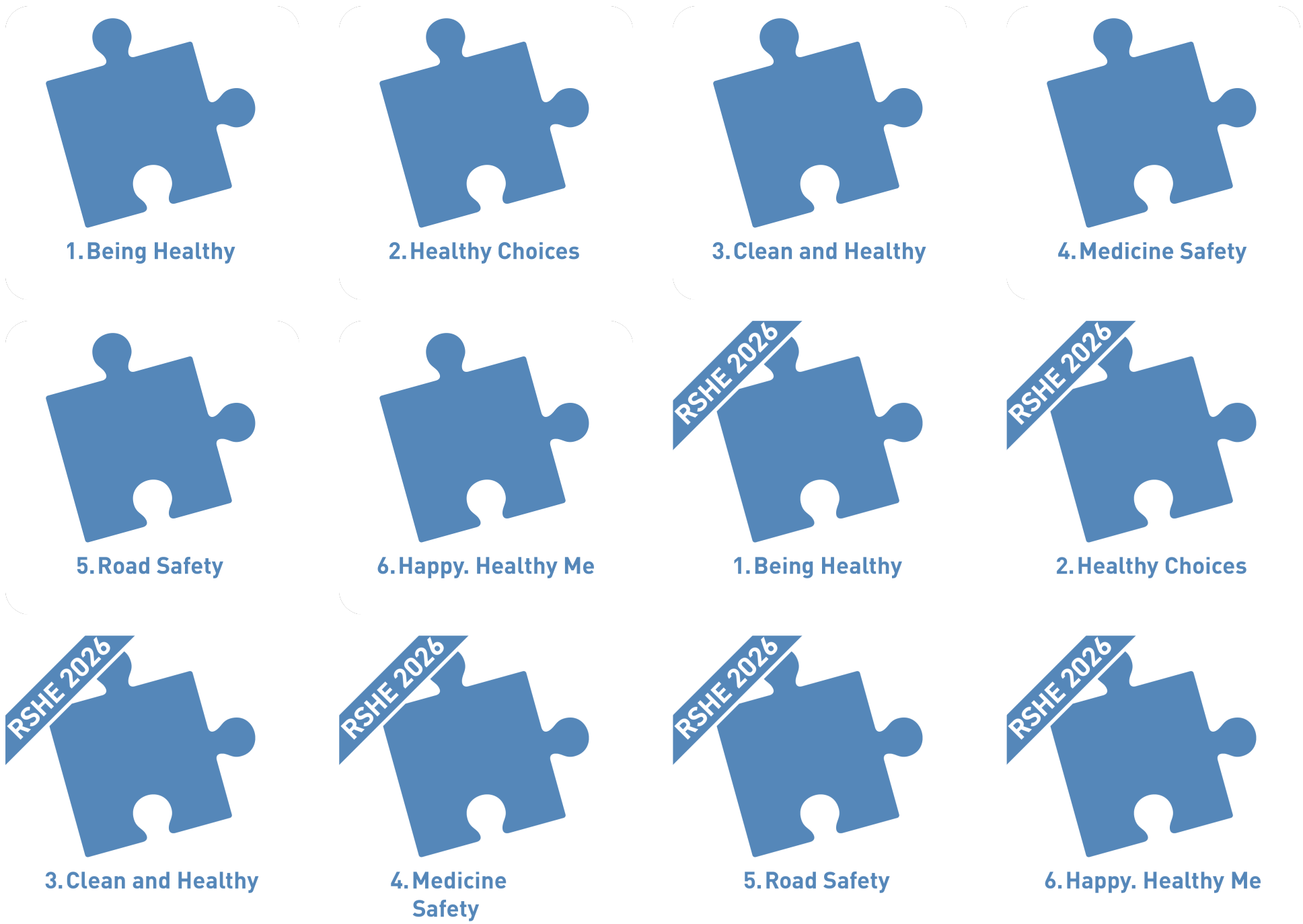




[Puzzle Map](#)

[Puzzle Map \(2026\)](#)

[Class Teacher Prep \(2026\)](#)

[Assessment](#)

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Puzzle Map - Ages 5-6



Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book' Piece 6: Keeping clean and healthy

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
(Find out more)	and Vocabulary			<i>For every Lesson:</i> Jigsaw Jack Jigsaw Charter Jigsaw Chime Jigsaw Journals My Jigsaw Journey Learning/Reflection Sheets Jigsaw Jerrie Cat

Have made a healthy choice	1. Being Healthy • <i>Healthy</i> • <i>Less healthy</i> • <i>Balanced</i> • <i>Exercise</i> • <i>Sleep</i>	I understand the difference between being healthy and less healthy, and know some ways to keep myself healthy	I feel good about myself when I make healthy choices	Healthy Balance Sum sheet Combined Jigsaw Journeys
Have eaten a healthy, balanced diet	2. Healthy Choices • <i>Healthy</i> • <i>Less healthy</i> • <i>Balanced</i> • <i>Exercise</i> • <i>Sleep</i> • <i>Choices</i>	I know how to make healthy lifestyle choices	I feel good about myself when I make healthy choices	Jigsaw Song: 'Make a Good Decision' (embedded in lesson) Child picture template Healthy Balance Sum sheet
Have been physically active	3. Clean and Healthy • <i>Healthy</i> • <i>Clean</i> • <i>Body parts</i> • <i>Toiletry items, e.g. toothbrush, shampoo, soap</i> • <i>Hygienic</i> • <i>Safe</i> • <i>Germs</i> • <i>Virus</i>	I know how to keep myself clean and healthy, and understand how germs cause disease/illness I know that all household products including medicines can be harmful if not used properly	I am special so I keep myself safe	Bag of toiletry items, e.g. toothbrush, shampoo, soap, etc. Empty bathroom and kitchen cleaning products Household items - safe or unsafe
Have tried to keep themselves and others safe	4. Medicine Safety • <i>Medicines</i> • <i>Healthy</i> • <i>Unhealthy</i> • <i>Trust</i> • <i>Safe</i>	I understand that medicines can help me if I feel poorly and I know how to use them safely	I know some ways to help myself when I feel poorly	Empty medicine packaging (including at least one information leaflet from medication) Picture cards
Know how to be a good friend and enjoy healthy friendships	5. Road Safety • <i>Safe</i> • <i>Eyes</i> • <i>Ears</i> • <i>Look</i> • <i>Listen</i> • <i>Wait</i> • <i>Scared</i> • <i>Nervous</i>	I know how to keep safe when crossing the road, and about people who can help me to stay safe	I can recognise when I feel frightened and know who to ask for help	Learn to Cross the Road Poster

Know how to keep calm and deal with difficult situations	6. Happy, Healthy Me - Keeping clean - Healthy Assessment Opportunity Puzzle outcome: Keeping clean and healthy	I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy	I can recognise how being healthy helps me to feel happy	Keeping Clean and Healthy timeline template Certificates
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MORE INFORMATION

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