



NAME: _____



Primary 2

Health and Wellbeing

SHANARRI



SHANARRI

What a child's wellbeing might look like at various stages of their lives.

SAFE

Protected from abuse, neglect or harm.

HEALTHY

High standards of physical and mental health; support to make healthy, safe choices.

ACHIEVING

Support and guidance in learning - boosting skills, confidence and self - esteem.

NURTURED

Having a nurturing and stimulating place to live and grow.

ACTIVE

Opportunities to take part in a wide range of activities.

RESPECTED

Given a voice, and involved in the decisions which affect their wellbeing.

RESPONSIBLE

Taking an active role within their schools and communities.

INCLUDED

Getting help and guidance to overcome inequalities; full members of the communities in which they live and learn.

SAFE

Visit www.streetsense2.com to help you learn all about the Green Cross Code and Crossing the road safely!

Green Cross Code



What was your favourite Road Safety game?

What are the three important Green Cross Code Rules?

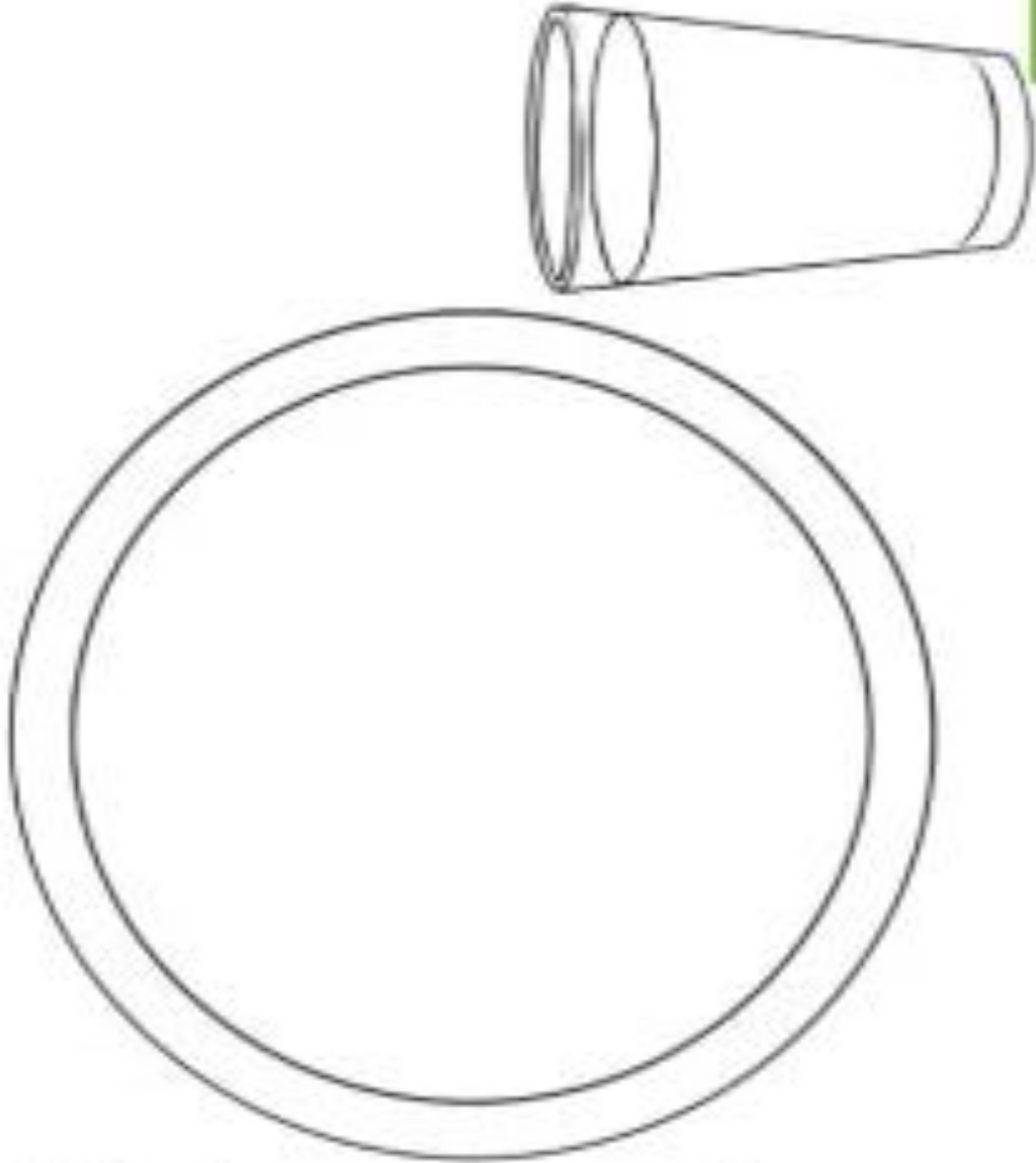
1. _____
2. _____
3. _____

Plan a Healthy Meal

Using your knowledge of the Essential Guide, plan a healthy meal that includes all 5 food groups. Use the checklist to ensure you include everything you need.

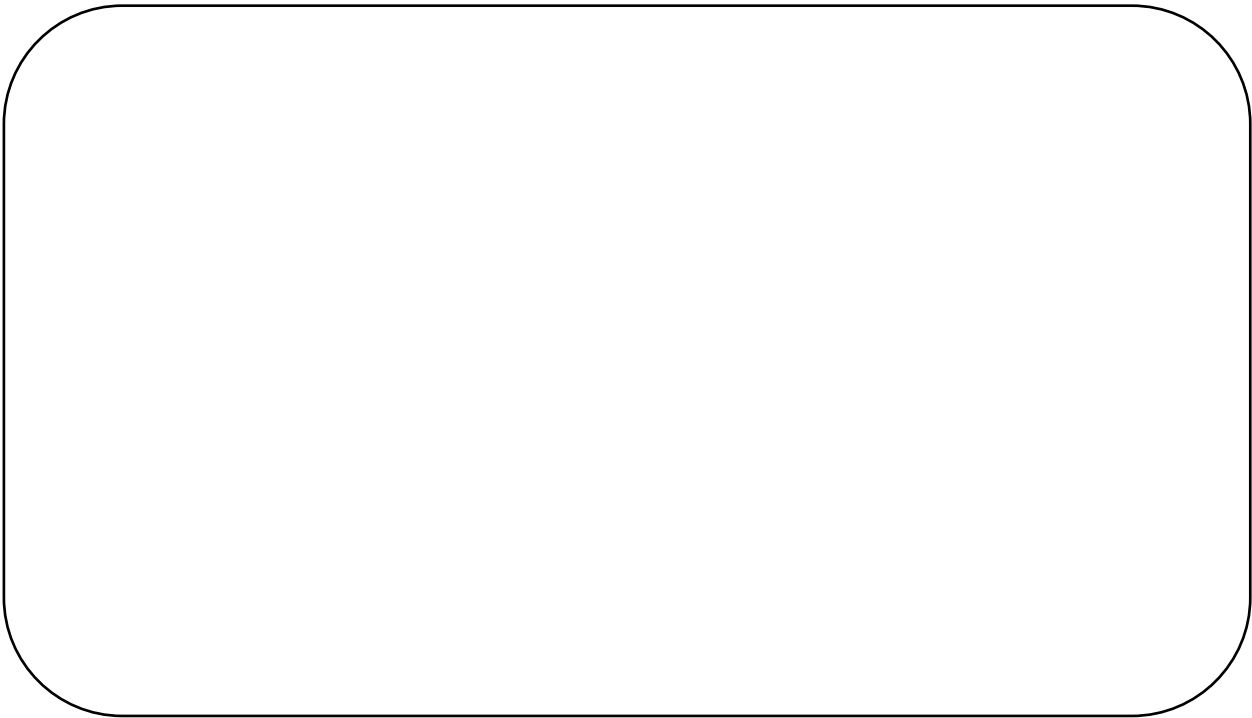
Success Criteria:
Use this checklist to ensure you have included all 5 groups in your meal.
<input type="checkbox"/> Fruit and Vegetables
<input type="checkbox"/> Carbohydrates
<input type="checkbox"/> Protein
<input type="checkbox"/> Dairy
<input type="checkbox"/> Fats

HEALTHY



ACHIEVING

Draw a picture and write about your proudest achievement.



Discuss with an adult something you would like to achieve this year!

NURTURED

Blether Station:

Discuss what we could do in school to make you feel... nurtured.

Write your ideas down:

Colour the face that shows how being nurtured makes you feel.



ACTIVE

Keep a diary of all the active activities you are involved in each day.

Monday:

Tuesday:

Wednesday:

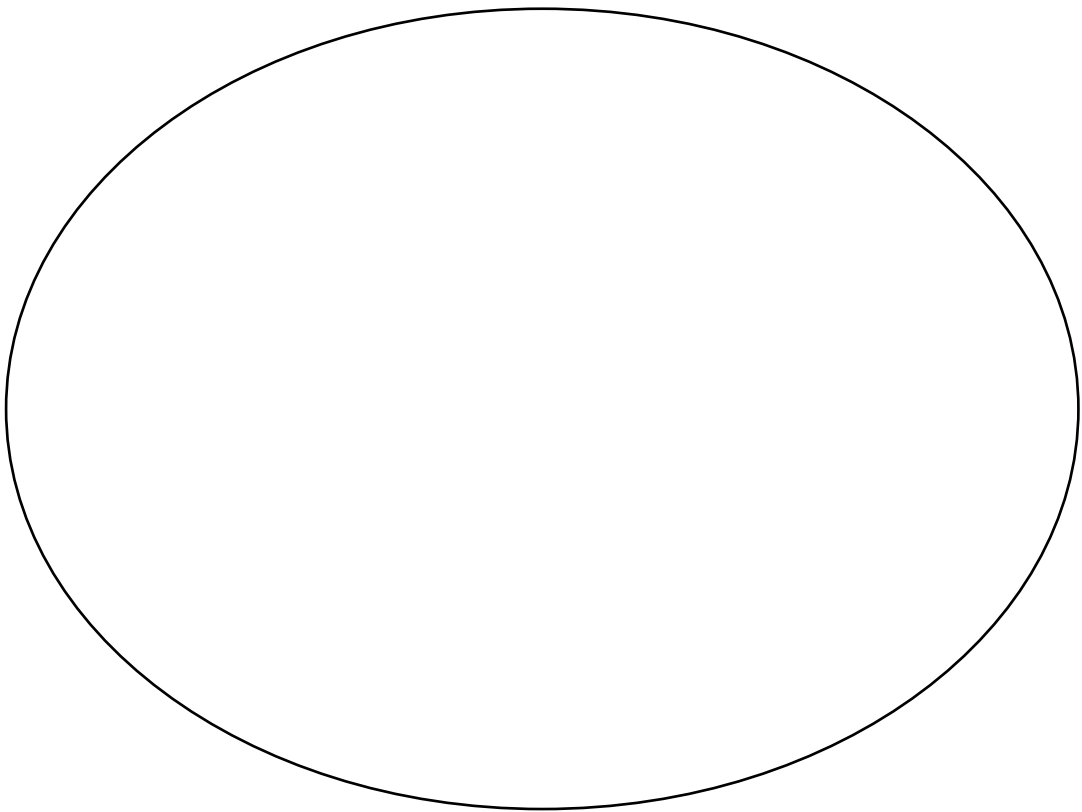
Thursday:

Friday:

RESPECTED

Respect means thinking about other people and their feelings.

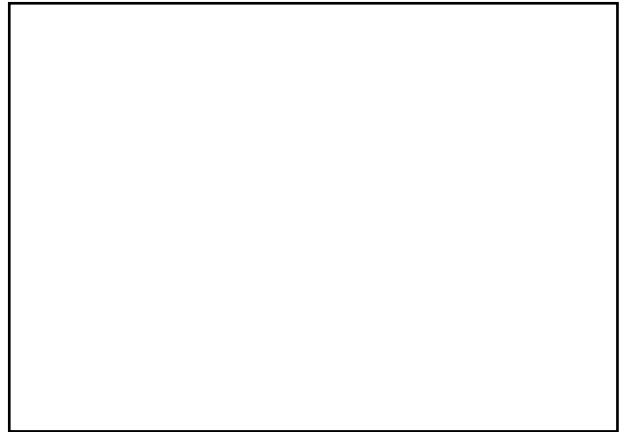
Can you think of different ways we can respect others?



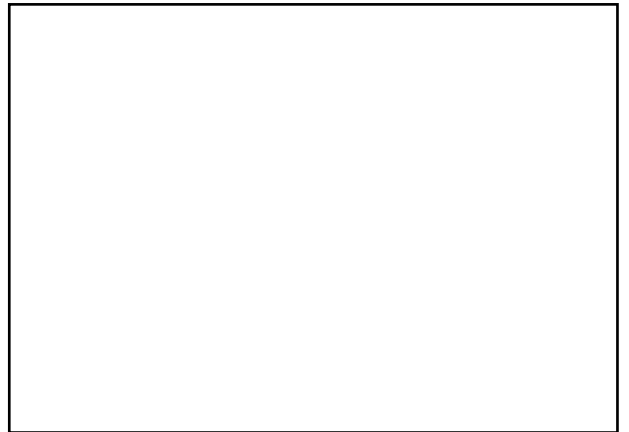
RESPONSIBLE

Under each heading, draw and write about 1 thing that you are responsible for in that area.

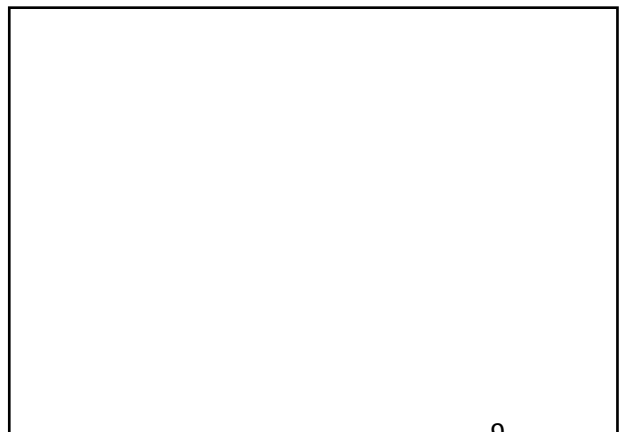
HOME



SCHOOL

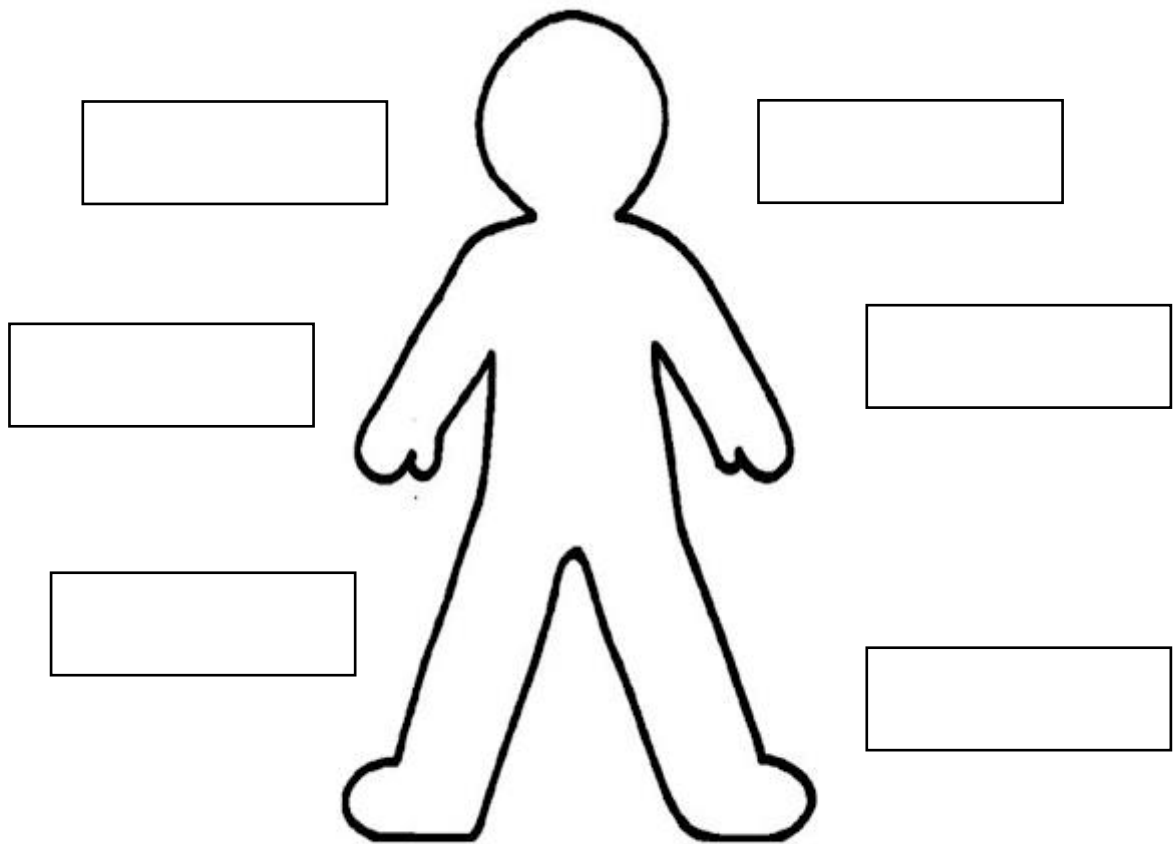


WIDER COMMUNITY



INCLUDED

Being a friend and having a friend helps people feel included.
Label the picture with words that make YOU a good friend.



Colour the face that shows
how being included makes
you feel.

