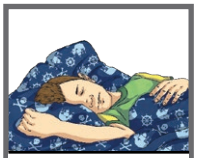
Head, Heart and Muscles

Think about each area listed below and what choices we can make to help it stay healthy or what will damage it. Choose carefully as there are some tricky ones!

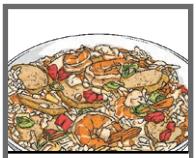
	Healthy	Damaging
Head		
Heart		
Muscles		

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study**.

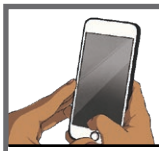
Cut out the symbols below and stick them to the right area. Remember some are just there to challenge you as they are not needed.


sleep


water


energy


friends


mobile phones

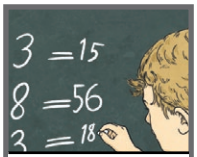

stress


exercise

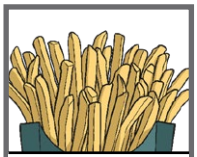

relaxing

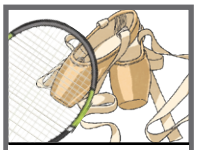

five a day

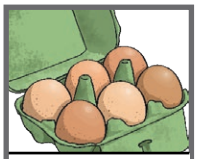

sensible portions



maths


junk food


variety of exercise


protein

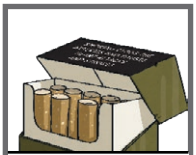

stretching


water


birthday cake


TV


stress


smoking

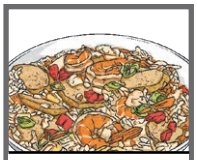
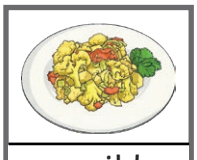
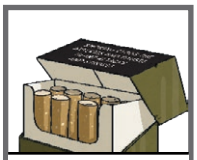
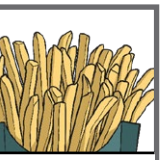
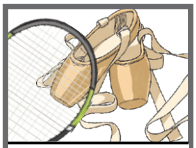
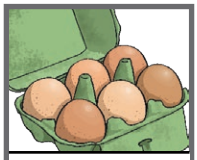

exercise


brushing teeth


anger


smoking

Head, Heart and Muscles **Answers**

	Healthy	Damaging
Head	 sleep  water  energy  friends  exercise	 stress  anger
Heart	 exercise  relaxing  sensible portions  five a day	 stress  smoking  junk food
Muscles	 variety of exercise  protein  stretching  water	 TV  smoking

These icons were in there to trick you:

 birthday cake

 brushing teeth

 mobile phones

 maths

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