

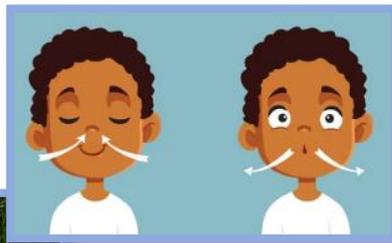
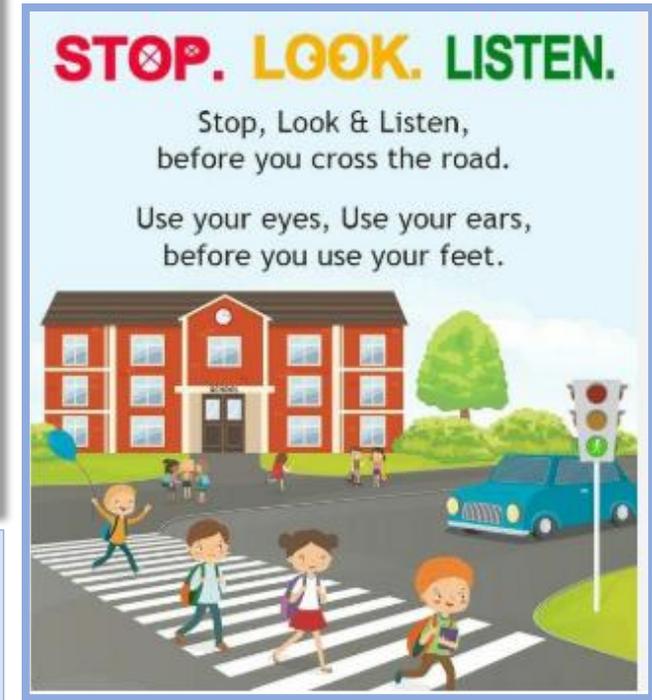
Managing self: My wellbeing

Reception

Exercise	Moving your body to get strong and healthy.
Movement	When your body goes from one place to another.
Healthy	Feeling good and strong in your body and mind.
Diet	The different foods you eat to help you grow.
Safety	Keeping yourself and others away from danger.
Breathing	Taking air in and out of your body to stay alive.



Exercise keeps us healthy. It is good for the body.



Things I can do to relax: happy breathing, listen to music, enjoy being outdoors. What other things can you think of?

