

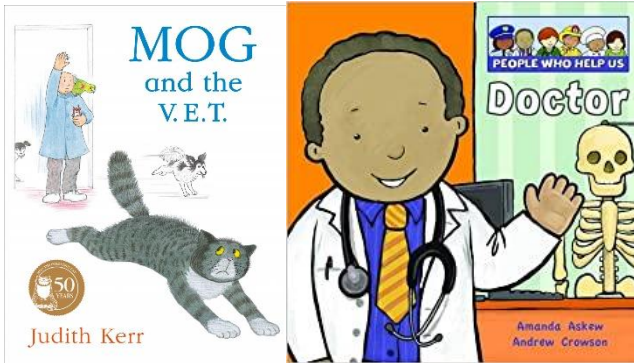
Spring 1 Theme 1:

People who help make us feel better.

What can you do at home?

Books to read at home

This term we are learning about people who help us. The current theme focuses on people who help make us feel better. We are learning about doctors, nurses and vets. Feel free to also read about dentists and other people who help make us feel better when we are sick or unwell.



Literacy learning

Pretend you are a doctor or a vet. Write a prescription for a sick patient. What will they need to feel better? How will you help them? Also advise them of what food/ fruit/ drinks they can have to support their wellbeing and health.

Health and self-care

Why is it important to consume healthy foods? What will happen to our health and our bodies?

Can you list some healthy and not very healthy foods. List them in two separate columns and discuss what makes them healthy or not healthy.