

Growing Good Friends

We are learning about how to build healthy relationships and healthy bodies.



We can:

- ☐ Define who the 'special people' are in our lives
- ☐ Identify ways to make new friends and keep friendships strong
- ☐ Practice using positive phrases
- ☐ Explain why and how exercise is important for our health
- ☐ Learn about the role that food plays in keeping us healthy
- ☐ Take part in the Harold's Healthy Challenge