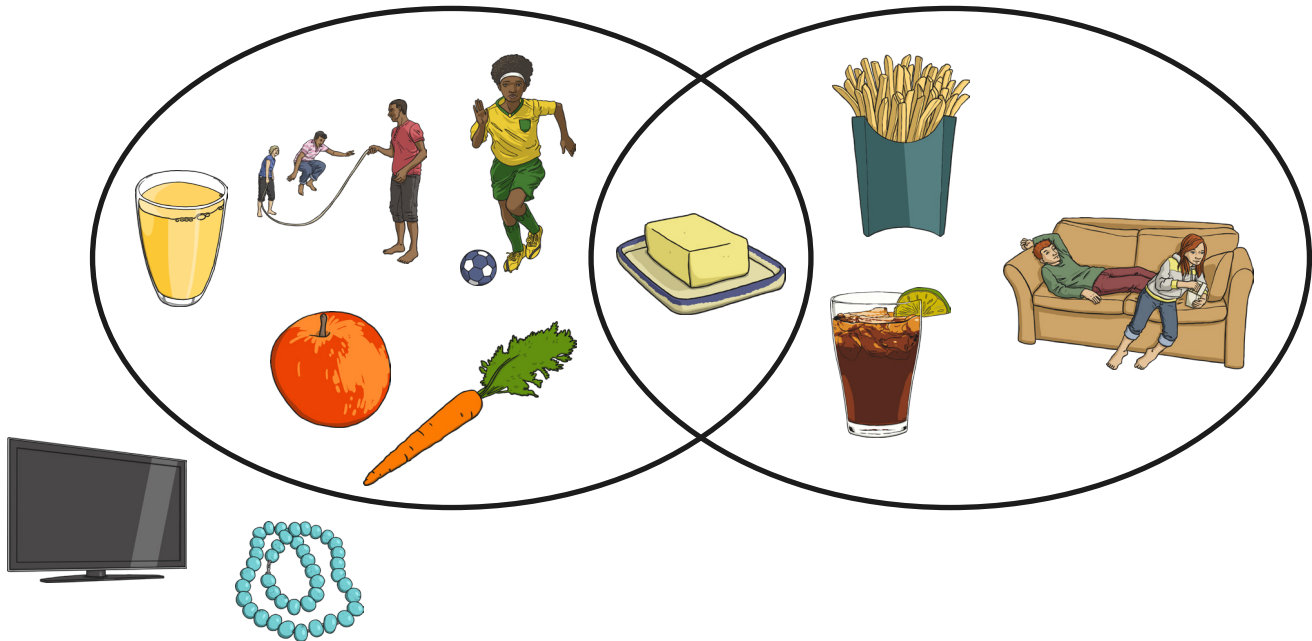


Adult Guidance

Healthy Lifestyle

In Year 6 children should be considering how they can take more responsibility for living a healthy lifestyle as part of being secondary ready.

Healthy Lifestyle Slide Answers



The reason for leaving the television out is that in itself watching TV does not make you unhealthy. The beaded necklace was placed as a talking point. Is making jewellery or other activities that aren't exercise healthy or unhealthy? Is being healthy or unhealthy a dichotomy or more complex?