

## All About Me

For a healthy body we need:

To eat a healthy range of foods

Exercise

To drink lots of water

To keep our body clean and brush our teeth

Sleep



### Knowledge:

- I can talk about people who are important to me.
- I can identify parts of my body.

### Skills:

- I can play in a group, taking turns and sharing.
- I can use kind words and actions.

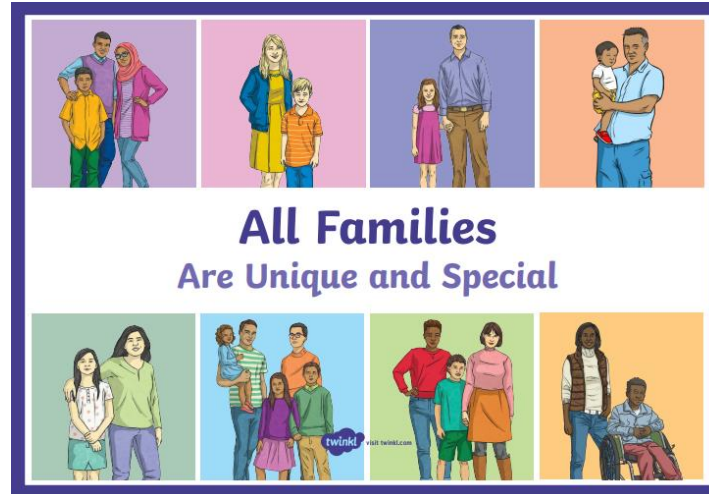
## All About Me

Key Vocabulary	Definition
Family	people you live with and who care for you
Friends	someone you can play with and who makes you happy
Home	the building where you live
Dentist	a person that looks after your teeth
Healthy	eating fruit and vegetables and drinking water helps to keep us healthy

### Home Learning Ideas

- Talk about who is in your family, can you draw a picture of some of your family members
- Can you see any signs of Autumn in your local area?
- Practise the rhymes we are learning in Nursery.

- Who is in your family?



*Our families might be different*

### Key Texts

