

## Ready Teddy



### What happens in the sessions?

With the ultimate aim of looking after our God-given bodies, this interactive session involves children helping Freddy Teddy to make good, healthy lifestyle decisions, including about exercise, diet, sleep and personal hygiene. Note that this session is not exhaustive and these topics will need to be revisited multiple times for children to really grasp them; rather, this session offers spiritual reasoning for why we should look after our bodies, and consolidates on the good practice being taught in schools and at home.

### What do children learn?

- That our bodies are good and we need to look after them
- What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene

### Suggested Home Activity

Discuss diet, exercise, sleep and personal hygiene with your child, encouraging them to take more responsibility for themselves.

Have your child help design and prepare a meal with you, teaching them any new skills required.

You might also like to consider enrolling your child in an after-school club that will promote a healthy lifestyle, e.g. exercise (most schools offer this for all ages groups either through staff or through external companies).

<https://www.tentenresources.co.uk/online-parent-portal-primary/home-learning/3987523007-2/>

<b>Username</b>	christ-king-ch62
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<b>Parent Portal</b>	<a href="https://www.tentenresources.co.uk/parent-portal/">https://www.tentenresources.co.uk/parent-portal/</a>
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