

Primary Healthy Heroes

Emotional Health and Wellbeing



Resource Contents:

8 Cards and ideas for lessons with cross curricular links:

- Talk about their feelings
- Take notice of the world around them
- Know who to talk to when they are feeling sad
- Know how to make friends, keep them and can deal with losing them
- Enjoy helping other people
- Are becoming independent
- Develop a sense of self
- Know how to get enough sleep

8 Worksheets and 1 poster:

- Compliment card
- A3 and A5 Feelings Dashboard
- What happens when we feel happy or sad?
- Things that make me feel happy or sad
- My target bedtime
- Hero bookmarks
- Hero face summary sheet
- I am good at summary sheet
- Why is sleep important? (poster)

Healthy Heroes Teacher Guide

List of Useful Website Links

Plus a Class Set of 30 Hero Cards and Stickers

Resources available to purchase from £35

Buy all four topics together and receive additional resources:

A3 display poster template, certificate of achievement and pledge certificate for the family, Healthy Hero eye mask, face masks and logo to use for a Healthy Hero celebration event, evaluation sheets for healthy eating and physical activity topics.

Visit our website for further information on Healthy Heroes or to order