



the Inside story.

Discovering a healthy active you

We'll explore the body's systems and their synergy, while also covering the advantages of whole foods, sleep, movement, water, and mindfulness.

We can:

- Identify different body parts
- Draw and label the heart, lungs, brain, stomach, intestines, muscles and skeleton
- Determine which foods groups support specific body systems
- Create a poster to illustrate the impact of sleep, water, whole foods, movement and mindfulness
- Reflect on the body, its parts and the external influences on it.
- Make a commitment to change by setting a personal goal