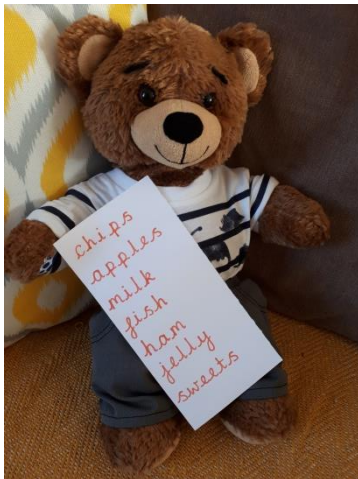


Hello everyone!

I hope you have had a good week and I know you are learning lots.

This week I have been learning about healthy habits. First, I sorted Mrs Ainslie's food into healthy and unhealthy. Did I get it right?



Next, I wrote a shopping list. Can you read what it says?

Then, I did 'Plan, Do, Review' and made a plan to go for a walk and climb a big tree, using my strong muscles.



Then, I put myself and my friends into order of height. I am taller than Paddington but smaller than Gerald Giraffe.

I helped Mrs Ainslie to choose a birthday card for her big sister and put it in the post.



I watched The Big Night In. I loved the 'Strictly Come Dancing' part.

I learned that sleeping is very important for growing, so I have been going to bed early.



Can you tell me some of your healthy habits and what you are doing to keep healthy at home?

Lots of love,

Bearemy