

Healthy Living

Learners are learning about:

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| 1 | Keeping themselves healthy |
| 2 | Self-help and self-care |
| 3 | Making choices |
| 4 | Concentrating |
| 5 | Expressing emotions and emotional needs |
| 6 | Paying attention |
| 7 | Coping with change |
| 8 | Their own personal worth |
| 9 | Keeping themselves safe from harm |