



What do we need to grow well?

1st Class

Print and cut along the dashed lines, then hand one card to each group. These carry the **text a group reads** — a job to do, a brief to research, or notes to identify by. They are not sorted or sequenced, so there is nothing to match on screen.

Water

A glass of water. People need water every day to stay well. ^{R_s} ^{R_s}

Dinner

A simple plate of food. Food gives energy to play and grow. When a group places this card, ask: What does food give your body energy to do at school? ^{R_s} ^{R_s}

Sleep

A child asleep in bed. Sleep helps bodies rest and grow. ^{R_s} ^{R_s}

Warm coat

A coat for cold weather. Warmth helps us stay comfortable and well. ^{R_s} ^{R_s}

A hug / care

An adult caring for a child. Care helps people feel safe and grow well. ^{R_s} ^{R_s}

Fresh air

Children playing outside. Air is something our bodies need all the time — we take it in when we breathe. ^{R_s} ^{R_s}

Sweets

A bag of sweets. Nice to have sometimes, not needed to grow well. ^{R_s} ^{R_s}

Toy

A toy car or doll. Fun to play with, not a basic need. ^{R_s} ^{R_s}

screen game

A tablet game. Enjoyable, but not needed to grow

