



What do we need to grow well?

1st Class

Print and cut along the dashed lines. These carry the **text a group reads** — a job to do, a brief to research, or notes to identify by. Check the lesson's teacher notes for how many sets each group needs and how they are used: some lessons hand out one card per group, others sort or sequence a full set.

Water

A glass of water. People need water every day to stay well

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?

Sleep

A child asleep in bed. Sleep helps bodies rest and grow

Warm coat

A coat for cold weather. Warmth helps us stay comfortable and well

A hug / care

An adult caring for a child. Care helps people feel safe and grow well

Fresh air

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

Sweets

A bag of sweets. Nice to have sometimes, not needed to grow well

Toy

A toy car or doll. Fun to play with, not a basic need

Extra screen game

A tablet game. Enjoyable, but not needed to grow

