

Squirrels EBL

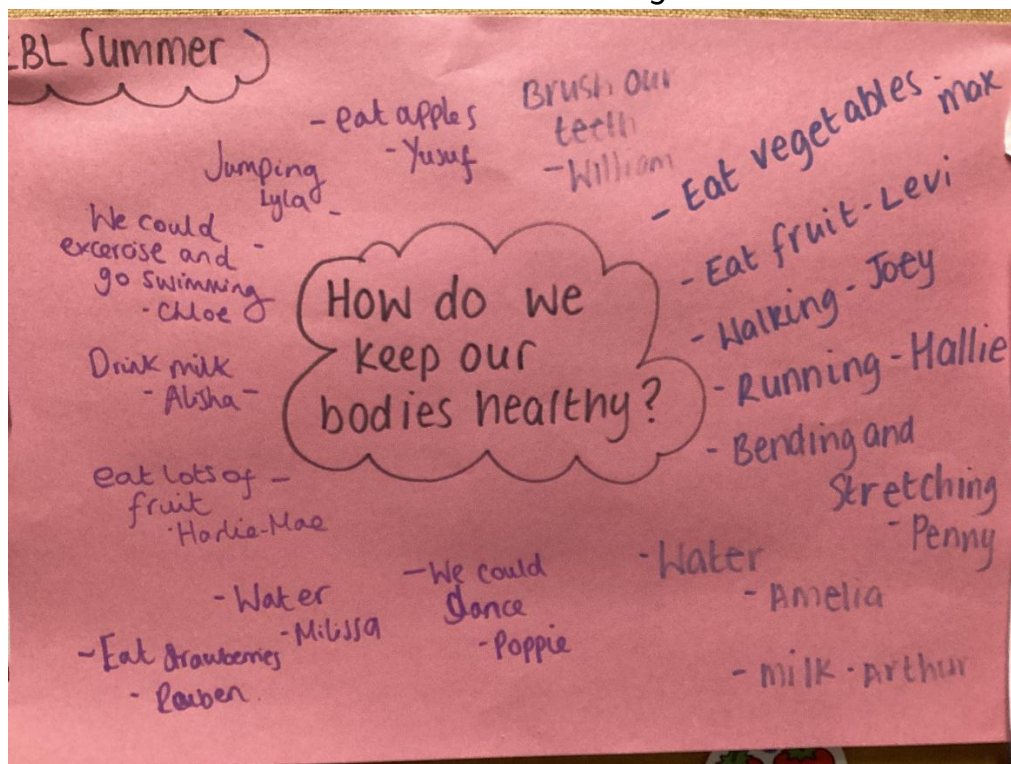
Summer 2026

How do we keep our bodies healthy?

We started off our enquiry based learning by asking the children
'How do we keep our bodies healthy?'

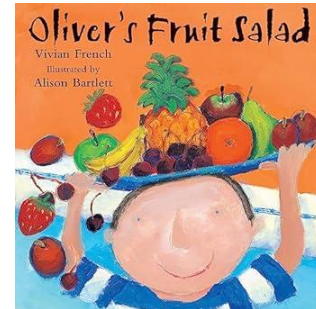
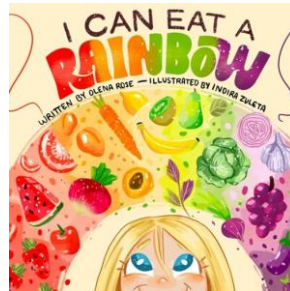
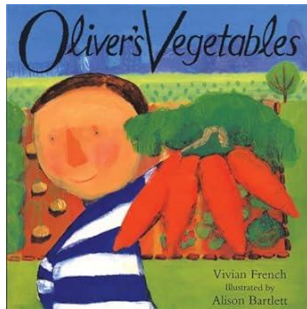
We explored the question over this term with the children by looking at: our bodies, looking after our teeth, the food we eat, healthy food and drinks, fruit and vegetables.

First we created a mind map of what the children understood by keeping our bodies healthy.

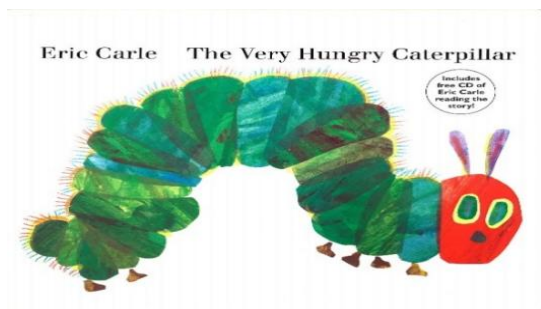


The children came up with lots of ideas about what they thought they could do.

We started talking about healthy food and we read some stories to help us understand what some healthy foods could be.



We really enjoyed the story of The Very Hungry Caterpillar. We talked about and explored all the delicious foods he got to try during the week.



Healthworks came in to see us and talked to us about the story of Handas Surprise.



We looked at different types of fruit and practised cutting these up using safety knives to make a fruit salad which we got to eat!



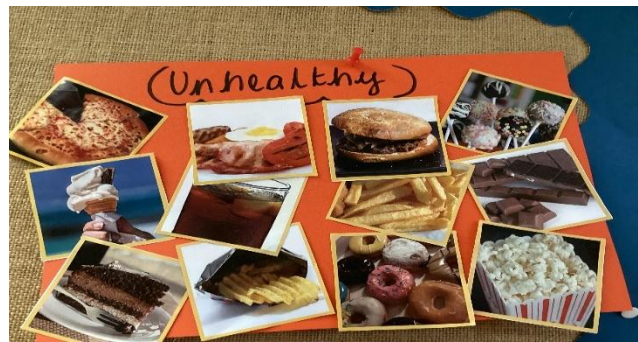
We went on to make our own pictures using a range of materials Practised our cutting skills too!



We also made repeating patterns choosing our favourite fruits.



We talked about healthy and unhealthy foods and the children sorted these into two groups. The children were able to talk about their favourite foods and could say if they were healthy or unhealthy.



We talked about that we can have a little bit of unhealthy food but shouldn't have lots!

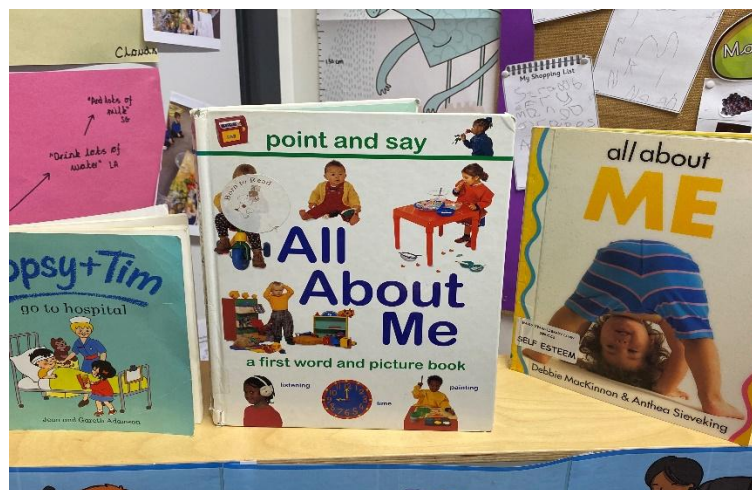


The children enjoyed sorting activities with fruit and vegetables in the ICT suite using their mouse skills.



Next we moved onto our bodies!

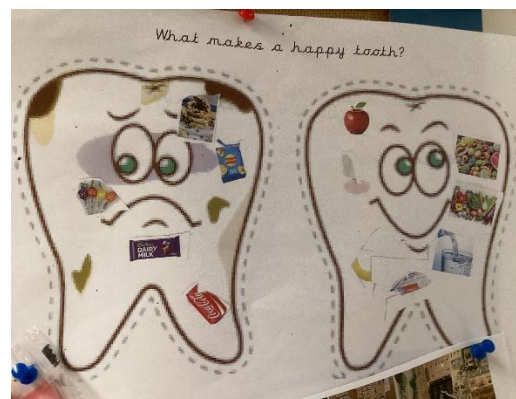
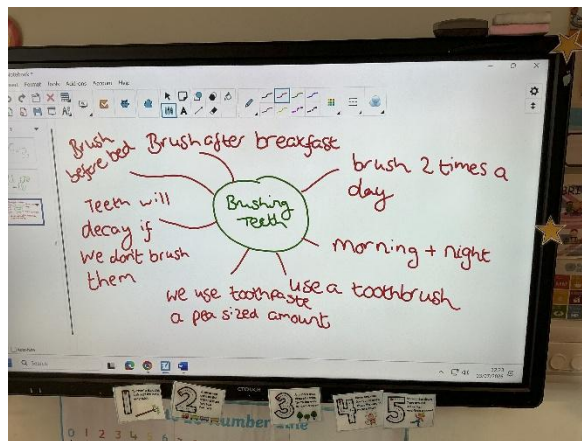
We read fiction and non fiction books to help us understand how we can look after our bodies.



Healthworks visited us again and this time they helped us understand how to wash our hands properly and about brushing our teeth.



We sang songs about handwashing and brushing our teeth to help us remember what to do and know we have to brush our teeth twice a day!



They brought a special UV machine which meant we could see where we hadn't washed our hands properly and a giant set of teeth to practice our brushing skills!



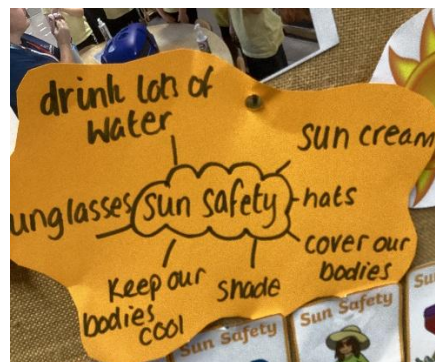
The collage displays a child's project on 'Exercise!'. At the top, two worksheets titled 'We Can Be Active and Exercise' are shown, featuring illustrations of children and text about the benefits of exercise. Below these is a 'SPORTS DAY!' certificate. The central element is a pink mind map with 'Exercise!' in the center, branching out to various activities: Jumping (also, dancing, Roshko), Twisting (Twigs), Swimming (Huddle), Spinning (Lol), Playing on my wheel (Huckle-Mae, rolling - Huddle), Hopping (Bun, Plan), Yoga, Warm up (Huddle), Walking (Poppa), balancing (Pang), Skipping (Huddle), going to the park (some huddle, Poppa), Jumping hula's (Lyla), and Gymnastics (Jesse). Surrounding the map are several Polaroid photos of children participating in these activities. The project is decorated with colorful cutouts of a sun, a star, and a flower.





We have been practising lots of different skills all year and know that exercise keeps our body healthy and really enjoyed our sports day at Hodgkin Park!

We read 'George the Sunsafe superstar' and talked about how to keep our bodies safe in the sun.



In our final week, we revisited the same question. The children confidently shared their ideas, giving more detailed responses and demonstrating a wider range of understanding. Their answers included healthy foods, exercise, and other ways to look after their bodies and wellbeing.

Our end product:



