

A Day in the Life

Write a diary entry in the first person about making lots of good, healthy choices. You could write about food, activities, healthy habits and healthy routines. You could also write about those inevitable pressures and how to resist them. It doesn't have to be true, so let your imagination run free!

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study**.