

Healthy routines Colour And Observe Colouring Page

EYFS / Reception - Personal Social Emotional Development

Find the child brushing teeth. Point to one other pictured healthy routine and tell an adult why it helps.



Healthy routines Colour And Observe Colouring Page

EYFS / Reception - Personal Social Emotional Development

Find the child brushing teeth. Point to one other pictured healthy routine and tell an adult why it helps.

Parent & Teacher Guidance

Curriculum focus

Topic: Healthy routines. Develop accurate observation, subject vocabulary and evidence-based explanation. Mapped scope: EYFS learning and development: purposeful play, communication, physical development and expressive learning.

Before you begin

Review the picture together and ask the learner what they already notice about Healthy routines. Read the activity aloud, explain unfamiliar vocabulary, and agree which details need special attention.

Solo activity

The learner can complete the colouring independently, then use the finished page to explain three details linked to Healthy routines. Encourage accurate colour choices where they carry meaning, but allow creative choices elsewhere.

Group activity

Give pairs or small groups different areas to inspect. Ask them to agree on evidence before colouring, compare their findings, and present one curriculum fact to the class. Finish with a whole-group check against the guidance below.

Questions to guide discussion

Which pictured routines can the learner identify besides brushing teeth?

Answers and checking

Accept a routine genuinely shown, such as washing, eating a healthy meal or sleeping, with a simple reason. Do not infer unseen actions from the artwork.

Learning record and next steps

- | | |
|--|---|
| ☐ Completed the colouring | ☐ Explained key vocabulary |
| ☐ Completed the activity | ☐ Used visible evidence |

Evidence noticed / vocabulary used

Next step: _____