**Summer 2 – What keeps us alive?**



**Chatter topic 1:** What do we need to do to stay healthy?

**Chatter topic 2:** What are your 3 favourite ways to keep fit and active – do you prefer games, sports or keeping fit by doing things like walking, cycling and activities you do just for fun.

**Chatter topic 3:** What can you do to look after your mental health?

**Chatter topic 4:** If you were the Prime Minster, what foods would you encourage people not to eat because they are unhealthy?