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Life Education

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Session 1: Nine Basic Needs

Needs	Why?
Sleep	To get energy. And to get new thoughts
Safety	To not get hurt and die
Exercise	To get your heart beating i not to become fat and lazy
Food	To not die from hunger
Love	To be happy knowing someone love you and not to commit suicide
Shelter (home)	To be safe from animals and to not get wet when it's raining
Oxygen	To get you brain running
Water	To not die from dehydration
Hygiene (clean)	To not get infected

Session 2: Our Body

I learnt

