

Curriculum overview

We will be learning how to look after our physical and mental health. We will explore healthy habits, understand different emotions, learn strategies to manage strong feelings and know who can help us when we need support.

Key vocabulary

health	How well your body and mind are working.
mind	The part of you that helps you think, learn, remember and make decisions.
emotion	A feeling you have, such as happiness, sadness, anger or worry.
routine	Things you do regularly, often in the same order or at the same time.
wellbeing	How happy, healthy, safe and comfortable you feel.
mood	How you are feeling at a particular time, such as happy, calm or grumpy.

Our topic is...



My healthy self

Sticky knowledge

Our physical and mental health are connected.

Eating a balanced diet helps keep our bodies healthy.

Drinking water helps us stay hydrated.
Regular exercise helps our bodies and minds.

Children need around 9-12 hours of sleep each night.

Everyone experiences different emotions.

Talking to a trusted adult can help when we are worried.

Bullying is repeated, deliberate behaviour that hurts someone physically or emotionally.

emotions

emotions can cause changes in our body, such as a fast heartbeat, a big smile or a funny feeling in the tummy. These are clues that help us understand our emotions. Sometimes body changes can happen for other reasons too, such as exercise, tiredness or feeling unwell.



support

Use these phrases to get help from a trusted adult:

I am feeling...

I am worried about...

I need help because...

Something is making me feel...

I do not know what to do about...

