

In this unit, we will be looking at ways that we can make healthy choices that's support our physical and mental health. We will be looking into how to develop our growth mindset.

Sticky knowledge

How Can I Make Healthy Choices?

- * They should aim to eat at least five portions of fruit or vegetables a day to get the vitamins and minerals they need.
- * Being active helps with coordination, balance and energy levels.
- * Sleep, hobbies, exercise and time with others can all help them to look after their feelings.
- * Too much sugar, salt or fat can cause health problems over time, and these are commonly found in processed foods.
- * There are some simple ways that they can help others each day.

Tips for Mental health



Healthy Options



Getting help

Always ask for help from a trusted adult if you or someone you know needs it.

STEM sentences:

I am feeling...

I am worried about...

I need help because...

I think.... needs help.

I do not know what to do about...