

Curriculum overview

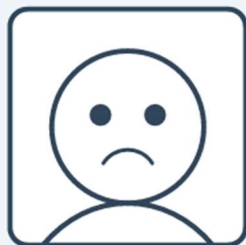
In this topic we will be developing our knowledge of how making informed choices now can support future wellbeing by exploring the effects of mindset, behaviour, dental hygiene and care for others and self.

Key vocabulary			Sticky knowledge
Word	Definition	Our topic is... My Healthy Self 	Pupils will know that... - I know that brushing, flossing and limiting sugar intake help protect teeth. - I know that food labels and traffic lights help me make a healthy choice. - I know that past experiences influence my feelings. - I know strategies that can help me regulate my emotions, and I can begin to use these independently. - I know that unkind behaviour can negatively affect the self-esteem of others.
Calories	Units of energy found in food that fuel the body.		
Dental hygiene	Habits that keep the mouth clean, like brushing teeth and flossing.		
Flossing	Sliding a thin thread between teeth to remove food and plaque.		
Long-term	Lasting or happening for a long time, like months or years.		
Mental health	How your mind is working or feeling.		
Regulate	To manage thoughts, feelings or actions to stay well balanced.		
Short-term	Lasting or happening for a short time, like for minutes, hours or days.		
Self-esteem	How you think and feel about yourself.		

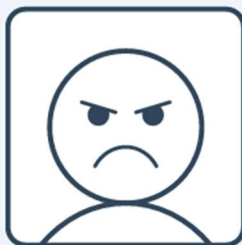
Emotions



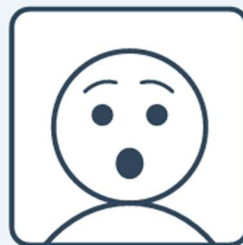
happiness



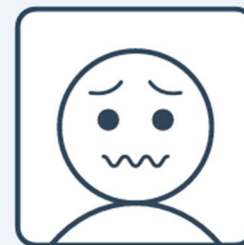
sadness



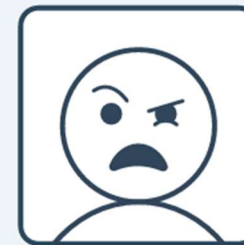
anger



surprise



fear



disgust