

Topic: PSHE

Term: Spring 2

Year: Unit 2

Duration: 6 weeks

## The Powerful Knowledge we will take away from this PSHE Puzzle:

 Knowledge	 Social and Emotional Skills
I will... <ul style="list-style-type: none"> <li>Know the difference between being healthy and unhealthy</li> <li>Know some ways to keep healthy</li> <li>Know how to make healthy lifestyle choices</li> <li>Know that all household products, including medicines, can be harmful if not used properly</li> <li>Know that medicines can help them if they feel poorly</li> <li>Know how to keep safe when crossing the road</li> <li>Know how to keep themselves clean and healthy</li> <li>Know that germs cause disease/illness</li> <li>Know about people who can keep them safe.</li> </ul>	I will ... <ul style="list-style-type: none"> <li>Recognise things that they do well,</li> <li>Explain how they learn best,</li> <li>Recognise their own feelings when faced with a challenge/obstacle,</li> <li>Recognise how they feel when they overcome a challenge/obstacle,</li> <li>Celebrate an achievement with a friend,</li> <li>Can store feelings of success so that they can be used in the future.</li> </ul>

**What I already know:** You will have already learned about how food or exercise can keep your body fit and healthy. You will know the importance that good rest and sleeping habits have on your health, and you will know how to keep yourself safe if approached by a stranger.

## Our Key Vocabulary

Our Key Vocabulary	Meaning
 Balanced diet   Nutrition   Nutritious	A balanced diet is made up by eating a combination of food types. <b>Nutrition (noun)</b> is what the body takes from food to keep it strong and healthy. <b>Nutritious (adjective)</b> is the amounts of vitamins, minerals, carbohydrates, protein and fact contained in foods.
 Dangerous   Safe	Something <b>dangerous</b> will cause pain, injury or harm to you. Something safe is not harmful. It will protect you from pain or injury. It is free from <b>damage</b> .
 Medicines   Cleaning Products   Chemicals	Medicine is something (as a pill or liquid) used to prevent, cure, or relieve a disease. Cleaning products are items used to clean the spaces we live in. The world is made up of many different kinds of substances, which we call <b>chemicals</b> . A chemical is a substance that cannot be broken down without changing it into something else.
 Relaxed   Stressed	When you are <b>relaxed</b> , you feel at rest and ease. Stress is any type of change that causes a physical or emotional strain. Stress is the body's response to something that needs attention or action.
 Road Safety   Stop   Look   Listen	Road Safety is what you do to understand the dangers all around and what you can do to keep yourself safe.



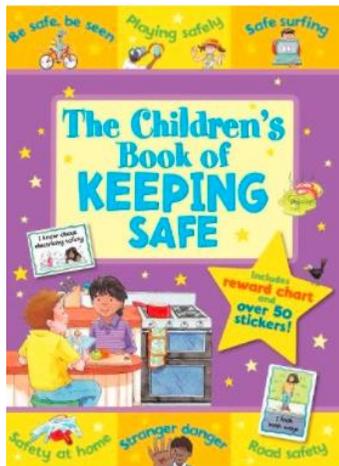
### Family Talk Time Learning:

- What does your body need to stay healthy?
- What makes you feel relaxed / stressed?
- What types of medicine have I given you?

What are they for? How do they help us?

- What are the safety rules about medicines in our house?
- How can different cleaning products be harmful to us?
- What healthy snack shall we make and eat together?
- What snacks could you eat before exercise?

### Texts that Teach:



### Personal reflections: Ask and tell yourself...



Create a poster of things that help you feel relaxed and content.

### Mindfulness Activities to try:

**I AM GRATEFUL FOR:**

Positive Things About My Life: 1-5

3 Strengths/Qualities: 3 circles

3 Things I'm Good at Doing: 3 ovals

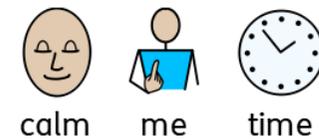
Positive Things About My Health/Body: 1-5

Relations I'm Grateful For: 1-5

Activities I Enjoy: 1-5

People Who Have Taught & Supported Me: 1-5

A Dream I'm Working Towards: 1-5



Think about your different body parts and be thankful for the job they do in keeping you fit and healthy.

What else are you grateful for?