





Topic: PSHE

Term: Spring 2















Year: Unit 2

Duration: 6 weeks

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

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

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



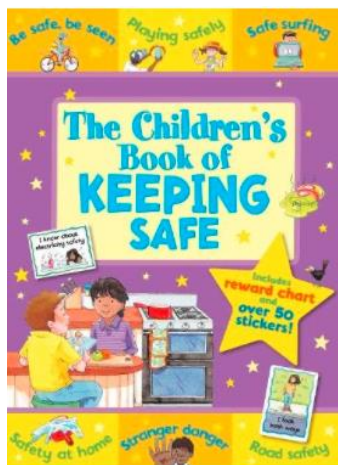
Family Talk Time Learning:

- 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

3 Strengths/Qualities

3 Things I'm Good at Doing

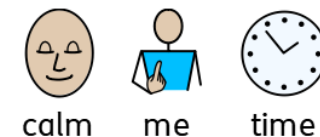
Positive Things About My Health/Body

Activities I Enjoy

Relations I'm Grateful For

People Who Have Taught & Supported Me

A Dream I'm Working Towards



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?