

Key Facts

- Children need to be active for at least one hour every day and eat a balanced diet. It is important to form these habits when you are young.
- There is a risk that you might become overweight or obese if you do not have an active lifestyle. It benefits your mental health as well as your physical health. We should eat a nutritionally balanced diet and not too much junk food.
- Our oral hygiene is important to avoid tooth decay and gum disease. We should brush our teeth at least twice a day and visit the dentist regularly.
- Medicines are drugs that can be prescribed by a doctor to treat a specific illness or symptoms.
- We have different feelings and emotions through out a day and this is normal.
- We can do things that make ourselves feel better and look after our mind and body: Go outside! Get some fresh air • Run around or play - do something active that gets your body moving • Have you got a hobby that you enjoy? Learn something new! • Hang out with your family or friends • Do something nice for someone else • Helping others• Read books you like • Listen to your favourite music - sing and dance! • Have a good night's sleep.
- Some feelings such as grief and loneliness can be intense. If things happen that make us feel not so good there are things you can do to feel better: Talk to someone about it • Take your mind off it - do something else • Take some deep breaths • Count to 10! • Know that this moment will pass• If it feels very bad or not right... tell a trusted adult.

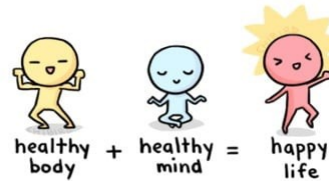


PSHE

Year 3

Spring Term

Health and Wellbeing



Vocabulary

Word	Definition
Nutrition	Food and the nourishing substances it contains e.g. vitamins and minerals.
Junk food	Food that does not form part of a well-balanced diet e.g. highly processed, high-fat savoury snack items eaten in place of or in addition to regular meals
Habits	A regularly repeated action or behaviour pattern.
Medicine	A drug for treating illness.
Prescription	A written order issued by a doctor that authorizes a chemist to supply a medicine for a patient.
Gum disease	When the gums that hold your teeth in place become red, swollen and sore, and bleed.
Oral hygiene	The care people take of their teeth and gums to prevent tooth and gum disease
Mind	The centre of consciousness that generates thoughts, feelings, and ideas, and stores knowledge and memories
Intense	Great, strong, or extreme in a way that can be felt
Grief	Great sadness, especially as a result of a death or another loss.
Loneliness	Feeling sad through being without friends or company

Knowledge and Understanding:

Children should know:

- The components of a physically and mentally healthy lifestyle, including a healthy balanced diet.
- Safety rules for taking medicines.
- The importance of dental health routines.
- How to identify everyday feelings and express their feelings.
- Understand what grief is and ways to manage it
- How to ask for help if they are worried about their physical or mental health.

Key skills and concepts:

Children will be able to:

- Understand that they can choose a health balanced diet.
- Explain and follow dental hygiene routines.
- Explain and follow safety rules for taking medicines.
- Identify everyday feelings.
- Recognise there are things we can do to make our selves feel better emotionally and when to ask for help.
- Understand the concept of grief and explain ways to manage it.
- Identify trust adults you could you speak to if you were worried about your physical or mental health

Key Questions:

How can I make healthier choices about what I eat?

What are the safety rules for taking medicines?

Why are dental health routines important?

How can we keep mentally healthy?

What are our everyday feelings?

How can we express our feelings in different ways?

What is grief and how can we manage it?

