

## Key Facts

In order to keep healthy we must:

- Healthy, balanced diet
- Exercise
- Drinking water
- Sleeping well
- Resting and relaxing
- Keeping clean

We are unable to learn very well when we are not feeling relaxed and calm .

Children must never take medicine on their own as this could be very dangerous and harm their bodies.

They must only take medicine when a trusted adult gives it to them. They must only take the dosage it says on the bottle/packet, NOT more. They must NEVER take each other's medicine.

There are lots of ways we can try to help ourselves feel better without taking medicine, but sometimes medicine can help us get better.



## PSED

## Year 2

## Healthy me

## Vocabulary

Word	Definition
Healthy	In a good physical and mental condition.
Choices	Right or ability to choose.
Lifestyle	The way in which a person lives.
Motivation	a reason or reasons for acting or behaving in a particular way.
Relax	make or become less tense or anxious.
Tense	Feeling of nervousness and anxiety.
Safe	Protected from danger or risk or being harmed.
Medicine	Treatment for a disease or an illness.
Unhealthy	Not having or showing good health; something that can damage your health.



### Knowledge and Understanding:

#### Children will learn:

- . Different ways to stay healthy.
- . How to look after your mind and body.
- . Different strategies of how to calm down when feeling tense.
- . How medicine should be stored and kept safe.
- . How to manage big feelings and where to go if children need to talk to somebody.
- . How to keep their teeth healthy.

### Key skills and concepts:

#### Children will be able to:

Know how to make a good decision.

To show or tell you what relaxed means and know some things that make them feel relaxed and some that make them feel stressed;

To understand how medicines work in their body and how important it is to use them safely ; to feel positive about caring for their body and keeping it healthy.

### Key Questions

**How can I be motivated to stay healthy?**

**What are the rules for keep safe around medicines and other household products?**

**How can I recognise good and not so good feelings?**

**What are 'big' feelings and how can I manage them?**

**How can I speak out and stay safe?**

**How can I keep my teeth healthy?**



