

Key Facts

- Physical activity is good for people's bodies as it can keep them healthy
- Food is needed for our bodies to be healthy and grow. Some foods are better for you than others
- We should brush our teeth twice a day to remove plaque as this can damage our teeth.
- Big feelings don't start off as big feelings, they can start as little feelings but if they don't go away they can grow and grow until they become big feelings.
- Everyone gets worried sometimes and we can think of strategies to help us when we get worried.
- Everyone can get angry but we can learn to control it.



PSHE

Year 2

Spring Term

Health and Wellbeing

Vocabulary

Word	Definition
Physical	Relating to the body.
Exercise	Physical activity and movement which keeps you fit and healthy.
Vitamins	Tiny substances in your body that you need for good health and growth.
Bacteria	Tiny living organisms that live everywhere. They can be good or bad for us.
Plaque	Slimy saliva, food and bacteria that builds up on the teeth and can cause tooth decay.
Worried	Feel anxious about something that has already happened or might happen.
Distressed	Very upset or unhappy.
Overjoyed	Extremely delighted.
Terrified	Very frightened or scared.
Calm	Without any strong emotions.
Emotions	Feelings.

Why do we need to brush our teeth?

How can being active keep us healthy?

How can we look after our mental health?



How can food keep us healthy?