



Health and Well being Summer 1



Key Vocabulary

Healthy - Being well, both physically and mentally.

Mental health - Our emotional wellbeing.

Emotions - how we feel about something.

Negative emotions - emotions that make us sad or angry.

Positive emotions - emotions that make us happy.

Resilience - a willingness to keep going and trying even when things become difficult.

Benefits - Anything that brings something good or gives an advantage.



What I will learn:

Physical health and Mental Well-Being

- Benefits to, and risks of not, eating a balanced diet
- How to maintain good oral hygiene

Growing and Changing

- Personal identity: what contributes to who we are
- Identify personal strengths, skills, achievements and interests

Keeping Safe

- Hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe
- Strategies for keeping safe online



