



**Vocabulary you will know...**

<b>Mental Health</b>	This is the way people think, feel and act.
<b>Physical Health</b>	A <b>healthy</b> body.
<b>Hygiene</b>	The practice of keeping clean to stay <b>healthy</b> and prevent disease.
<b>Lifestyle</b>	The way you live.
<b>Routines</b>	A usual order and way of doing something
<b>Balanced</b>	<b>Balance</b> is having the right amount — not too much or too little
<b>Healthy</b>	Being well and free of sickness.

**Key Questions**

- What is **mental health**?
- What can we do to be **mentally healthy**?
- What is **physical health**?
- What can we do to be **physically healthy**?
- What is **hygiene** and why is it important?
- What are good **hygiene routines**?
- Why is sleep so important?
- How can we improve our quality of sleep?
- How can our choices (habits) affect our health?
- How do we stay safe in the sun?
- Why do we need to be sun safe?
- What is a **balanced** or **healthy lifestyle**?

Need help? - <https://www.mind.org.uk/>



**Key Learning**

Identifying what affects your **physical** and **mental health**.

Understanding what a **balanced, healthy lifestyle** means and what might influence our choices.

Recognising that habits can have both positive and negative effects on a healthy **lifestyle**.

Explaining what a **healthy** diet looks like.

Recognising opportunities to be physically active.

Understanding **routines** that support good quality sleep.

Knowing **hygiene routines** that can limit the spread of infection and how to maintain good mouth **hygiene**.

Understanding the benefits and risks of sun exposure.

Identify strategies for managing and **balancing** time online and offline.

Recognising behaviours that support good **mental health**.

**Top Tips for Mental Health**

1. Be kind to yourself and others.
2. Talk to your family and friends if you have any worries.
3. Eating regular **healthy** meals and drink lots of water.
4. Get some fresh air. Walking to school is a really good way of exercising.
5. Get into a good bedtime **routine**. Getting a good night's sleep is a really positive thing.

**Cross-Curricular Links!**

**Science – Animals Including Humans!**

In Science, we are deepening our learning about being **healthy** by learning how our bodies work (muscles and skeletons) and how much of each kind of food we need to stay **healthy**!

