

How do my choices affect my health? (PSHE Y2 – Healthy me)



What I can remember

- Know the difference between being healthy and unhealthy
- Recognise ways to look after myself if I feel poorly

Big Ws: What I can do to keep my body healthy

Exercise	
Drinking water	
Sleeping well	
Keeping clean	
Brushing teeth	

Big Ws: How I make healthy lifestyle choices

Balanced diet	Healthy snacks	Feeling good	Caring for my body
➤ Having a balanced diet from the major food groups	➤ Choose healthy snacks and not sweets when I am hungry between meals	➤ Feeling healthy makes me feel good and gives me energy	➤ A trusted adult will help me when I tell them I feel unwell

Vocabulary

Relaxation	Stress	Medicine	Energy
Being able to unwind, to relax and be calm	Feeling worried or under too much pressure	A drug used to treat an illness	Power to do lots of physical activities