



PSHE: Healthy Me

I can recognise what makes us stressed and what doesn't and how to relax when I need to



Moving our bodies by squeezing them and relaxing them can help too.

I could ask for help.

I feel stressed when I don't know what I should be doing.

I can take a deep breath to relax.

When something unexpected happens I can feel stressed.



I can identify how medicines can help us and what I need to do when I am poorly or hurt

Medicine



- Medicines are legal drugs.
- Medicines can help us to feel better when we are not well.
- However, if they are not taken properly, they can end up making us feel worse.



You shouldn't take something just because you feel poorly. Different medicines help with different things.

A trusted adult in your home can give you medicines only.



I can identify how to keep fit

Running, skipping, jumping, swimming and even football are good ways to exercise.

Keeping fit helps you to be strong.

It makes your heart and muscles stronger.



I can recognise a balanced diet is important to keeping healthy

You should eat more of some foods and less of others.



A balanced diet means eating the right amount of everything.

I can make a healthy snack

