

YEAR 2 PSHE HEALTHY ME

STICKY KNOWLEDGE

- Know what their body needs to stay healthy
- Know what relaxed means
 - Know what makes them feel relaxed / stressed
 - Know how medicines work in their bodies
 - Know that it is important to use medicines safely
 - Know how to make some healthy snacks
 - Know why healthy snacks are good for their bodies
 - Know which foods given their bodies energy

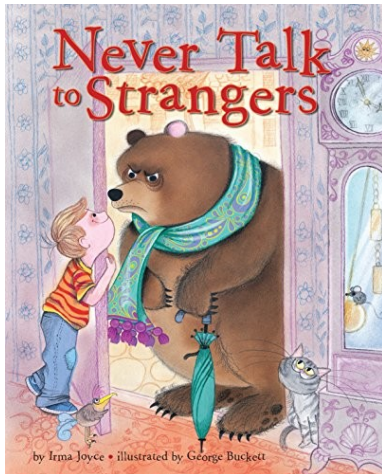
SOCIAL AND EMOTIONAL SKILLS

- Desire to make healthy lifestyle choices
- Identify when a feeling is weak and when a feeling is strong
 - Feel positive about caring for their bodies and keeping it healthy
 - Have a healthy relationship with food
 - Express how it feels to share healthy food with their friends

KEY VOCABULARY

Lifestyle	The usual way of life of a person, group, or society.
Motivation	A reason or reasons for acting or behaving in a particular way.
Relaxation	It can describe being free from responsibility .
Calm	Free from disturbance
Healthy	In a good physical or mental condition; in good health.
Balanced diet.	Healthy eating is about having a balance of different foods and nutrients in the diet for good health and wellbeing

QUESTIONS FOR FAMILY LEARNING



- What does your body need to stay healthy?
- What does relaxed mean?
- What makes you feel relaxed / stressed?
- What types of medicine have I given you? What are they for?
- What healthy snack shall we make and eat together?
- What snacks could you eat before exercise?
- How can Calm Me time help you stay healthy?

