

PSHE – HEALTHY ME			
STICKY KNOWLEDGE ABOUT HEALTHY ME	SOCIAL AND EMOTIONAL SKILLS	KEY VOCABULARY	
- Know the difference between being healthy and unhealthy - Know some ways to keep healthy - Know how to make healthy lifestyle choices - Know how to keep themselves clean and healthy - Know that germs cause disease / illness - Know that all household products, including medicines, can be harmful if not used properly - Know that medicines can help them if they feel poorly - Know how to keep safe when crossing the road - Know about people who can keep them safe	- Feel good about themselves when they make healthy choices - Realise that they are special - Keep themselves safe - Recognise ways to look after themselves if they feel poorly - Recognise when they feel frightened and know how to ask for help - Recognise how being healthy helps them to feel happy	Healthy	In a good physical or mental condition; in good health.
		Unhealthy	Not having or showing good health.
		Balanced Diet	A diet consisting of a variety of different types of food.
		Exercise	Activity requiring physical effort, carried out to sustain or improve health and fitness.
		Medicines	A drug or other preparation for the treatment or prevention of disease.
		Choices	An act of choosing between two or more possibilities.
		Toiletry Items	Articles used in washing and taking care of one's body, such as soap, shampoo, and toothpaste.
		Hygienic	Conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness
		Green Cross Code	1. Think · 2. Stop · 3. Look · 4. Wait · 5. Look and listen again · 6. Arrive alive.
	QUESTIONS FOR FAMILY LEARNING		
	- Can you give me an example of a healthy / unhealthy choice? - How do you feel when you make a healthy choice? - Can you tell me something that is special about you? - Can I tell you something I think is special about you? - What can you do when you feel poorly? - Can you talk about a time when you felt frightened? - Who can you ask for help when you feel frightened? - How does Jigsaw Jerrie Cat help you to pause in lessons?		