



Holy Family Halewood



Year 1/2 RSHE
Theme: Health and Wellbeing
Topic: Physical and Mental Wellbeing

Learning Objectives

- To understand about routines and habits for maintaining good physical and mental health
- To understand why sleep and rest are important for growing and keeping healthy and can affect mood
- That medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies
- The importance of, and routines for, brushing teeth and visiting the dentist
- About food and drink that affect dental health
- How to describe and share a range of feelings
- Ways to feel good, calm down or change their mood e.g. playing outside, listening to music, spending time with others, remembering isolation and loneliness can affect mental wellbeing
- How to manage big feelings including those associated with change, loss and bereavement
- When and how to ask for help, and how to help others, with their feelings and know that there is help available to them

Key Vocabulary

Immune - Protected from an illness, either because a person has had the illness before or because they have received a vaccine.

Vaccine - A medical preparation that protects a person from an illness by making them immune

Dentist – a health professional who helps look after your teeth

Oral hygiene – making sure that you look after your teeth, mouth and gums to keep them healthy.

Mental wellbeing – looking after your mental health, understanding your feelings and know how to manage these feelings.

How are you feeling?



Key Words

Big feelings
little feelings
good feelings
not so good feelings
unsure
worried
angry
sadness
sleepy
excited
exhausted

Intensity
Happy
Heartbroken
Scared
Thrilled
Distressed
Glad
Furious
Overjoyed
terrified

Teeth
Care
Sugar
Toothpaste
Brushing
tooth decay
plaque
dentist
toothache