



Holy Family Halewood

Year 3/4 RSHE
Theme: Health and Wellbeing
Topic: Physical and Mental Wellbeing



Learning Objectives

- to identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally
- to identify the importance of good sleep and how this can affect mood, concentration and ability to learn
- what good physical health means and how to recognise early signs of physical illness
- that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary
- how to maintain oral hygiene and dental health, including how to brush and floss correctly
- the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health

Key Words

Feeling
Emotion
Health
Body
Mind
Good
Not so good
Sleep
Concentration
Mood
Action
Behaviour

How are you feeling?



Key Vocabulary

Dental enamel,
plaque
cavity
acid
gum disease
oral hygiene
saliva
acid



Top Tips for Oral Care

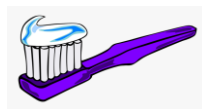
Brush your teeth twice a day for two minutes

Avoid too much sugar in your diet

Visit your dentist regularly

Drink plenty of milk or water

Use dental floss or mouthwash as you get older



Who can help

A trusted adult such as a parent, carer or teacher

Regular visits to your dentist to check your oral health

Childline
<https://www.childline.org.uk/>
0800 1111

A visit to your doctor or nurse if you are worried about your sleeping