



## 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 Vocabulary

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



### Top Tips for Oral Care

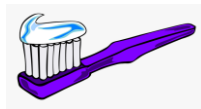
Brush your teeth twice a day for two minutes

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



### Key Words

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

#### **How are you feeling?**



### 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