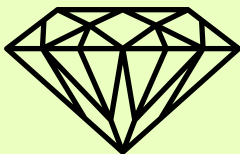


What I already know:

- Why sleep, exercise and looking after your teeth are important.
- How I can act when I have different emotions.
- What a healthy diet is.
- How to stop germs from spreading.
- How to stay safe in the sun.
- Why flu vaccinations are important and what allergies are.
- People who help to keep me healthy.
- 

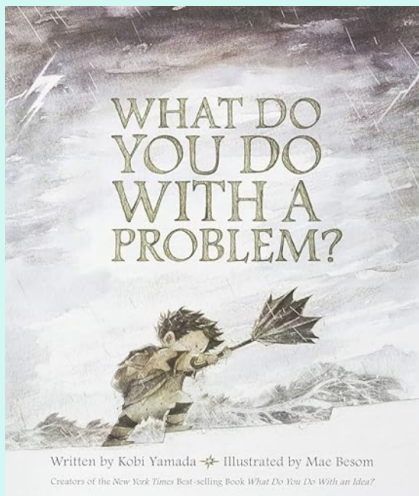
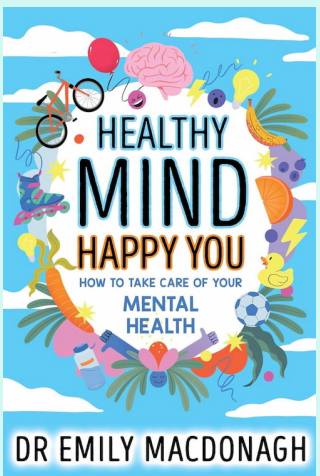
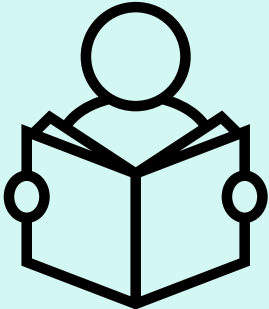
Gems of knowledge



I will know:

- What mental health is and what can help to improve it.
- That it's ok to feel lonely.
- What makes me happy and what I can do to help me to be more happy.
- That I can't control everything but can control my actions.
- How to break down a goal or problem into smaller, easier steps.
- What can be learned from making mistakes.
- My identity and what strengths I have.
- The benefits of a healthy lifestyle.

I can read



British Values

- Respect of Tolerance
- Individual Liberty

Key vocabulary

Year 3/4 - Health and Wellbeing - Cycle A - Summer

Mental Health



How we feel and think inside our minds.

Benefit



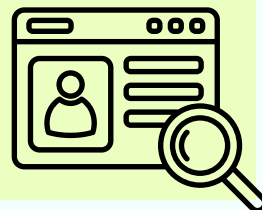
Something that is good for you and helps you.

Lonely



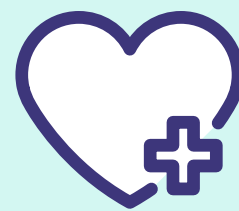
Feeling sad because you don't have someone to be with or talk to.

Identity



Who you are including what makes you special and unique.

Healthy



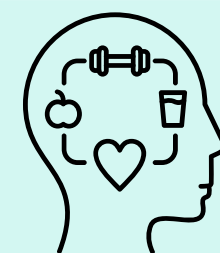
Looking after your body and mind so that you feel well.

Dental Health



Looking after your teeth and gums to keep them clean and strong.

Habit



Something you do a lot of the time.