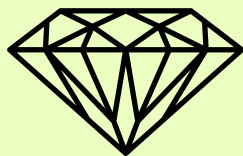


What I already know:

- 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.

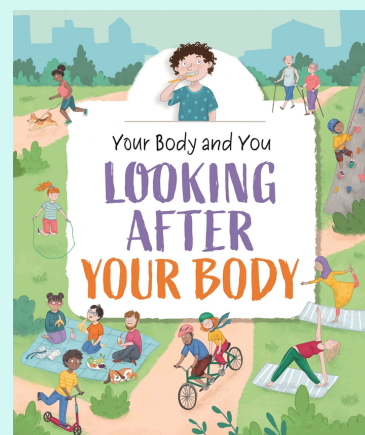
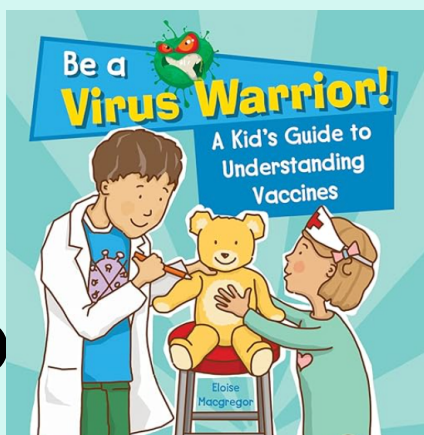
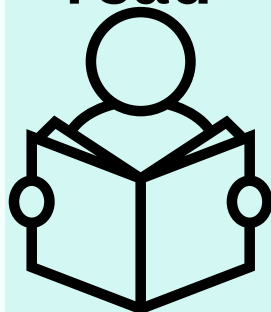
Gems of knowledge



I will know:

- Why a good night's sleep is important and how to have one.
- Risks of not staying safe in the sun.
- What vaccinations are and why they're important.
- Signs that might mean someone is ill.
- Examples of good and bad habits.
- What a healthy relationship with food is and how to prepare a healthy meal.
- The risks of technology and gaming on my health.
- How to get help if I'm feeling lonely.

I can read



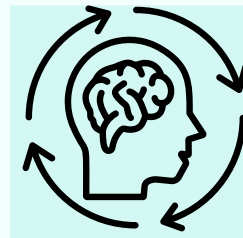
British Values

- Individual Liberty
- Rule of Law

Key vocabulary

Year 5/6 - Health and Wellbeing - Cycle A - Summer

Habit



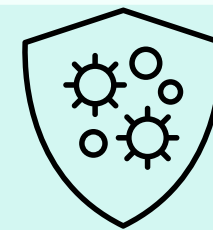
Something you do regularly, often without thinking about it.

Vaccination



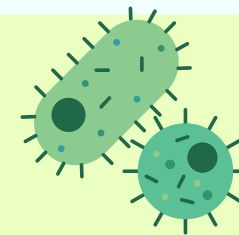
An injection that helps to protect your body from certain diseases.

Immunisation



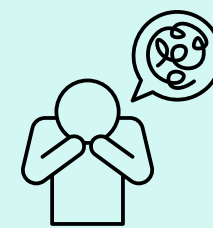
The process of becoming protected from a disease.

Disease



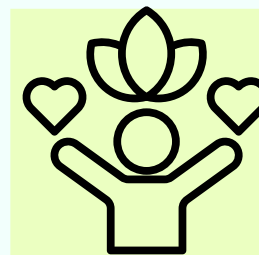
An illness or condition that affects the body or mind.

Addictive



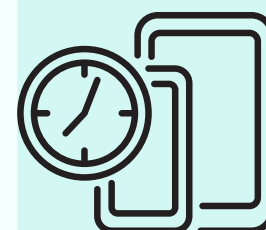
Something that you want to do very often or is hard to stop doing.

Wellbeing



How happy and healthy you feel in your body and mind.

Screen Time



The amount of time you spend using screens like phones, tablets and computers.