

Health and Wellbeing

I know it is important to keep clean and healthy. We can do that by washing our hands, cleaning our teeth and brushing our hair.



I know there are different people who help us to stay healthy e.g. dentist, doctor and parents.



I know which products / medicines can go into my body or onto my skin that keep me healthy or make me feel better e.g. suncream, cough medicine, antiseptic cream.



I know that some household substances and medicines can be harmful and to not touch them.



I know that vaccinations can help people stay healthy.



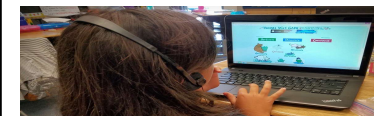
I know what to do if I feel unsafe in a situation and the people I can ask for help.

I know how to keep safe online and that I must speak to an adult about anything that worries me.

I know how to dial 999 in an emergency and how to ask for the most appropriate service.



I know that I need a balance of the right amount of food, drink, physical activity and sleep and rest to keep healthy. I know that eating and drinking too much sugar can affect my health. I know I need regular breaks from screen time.



I can name different feelings e.g. happy, sad, angry and frustrated. I know how to manage big feelings by talking to an adult or trying different activities.