

## Health and Wellbeing

I know how to recognise that it is dangerous to play with medicines and household substances. They should be kept in a safe cupboard, out of reach.

I know that prescribed medicines are intended for one person only.



I know how to assess some of the hazards in the home.

### Dangers in the Kitchen



I know that it is the responsibility of the adults to keep me safe but that there are things I can do to reduce risk.

I know that peer influence can be positive e.g. if my friends influence me to exercise but can also be negative.

I know how to keep safe online and to only share personal information with people I trust.

I know how to keep safe by rivers and lakes by remembering the **SAFE** rule – Stay Away From the Edge.



I know that caffeine, cigarettes, vapes and alcohol can affect people's health negatively.

I know that some foods (fruit and vegetables) should be eaten more often and that some foods (sweets, cakes, crisps, sugary drinks) should be eaten less.



I know that everyone needs regular exercise to maintain a healthy lifestyle. I should have at least one hour of physical activity a day.

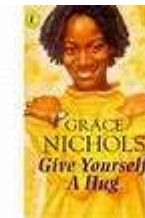
I know that regular exercise is good for my physical and mental health.



I know the importance of sleep on my physical and mental wellbeing. I should have around 10 hours sleep a night.

I can say positive things about myself – I know my strengths and skills.

I know that self-esteem is how I feel about myself and how to boost this everyday.



I know that I need to wash and keep my body clean particularly my personal and private parts. I can name body parts including: penis, vulva, nipples, testicles, anus, breasts and bottom.

I know the difference between safe and unsafe touch.