

Year 2: PSHE

Why Sleep is Important, Medicines and Keeping Healthy, Keeping Teeth Healthy, Managing Feelings

Physical and Mental Health

Mental health is about how you are **feeling**. If you have good mental health you are able to manage the ups and downs of daily life.

Mental health is just as important as **physical health** and both need looking after.

We need to:

- **get plenty of sleep so that we are healthy and can grow properly;**
- have lots of fresh air;
- be active;
- look after our personal hygiene;
- eat a balanced diet;
- talk about how we feel.



Medicines, vaccinations and immunisations all help us to **keep healthy**.

Who should give us medicines so that we are safe?



Your mum or dad. A grown-up that you trust. The nurse. Your grandparent. The doctor.

Feelings

We need to be able to describe our feelings and talk about them so that we can be healthy.



It is normal to have a wide range of feelings.

If you are not feeling good you could:

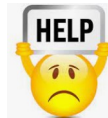
- play outside;
- listen to music;
- spend time with people you love and care for;
- talk about your feelings.

How to manage BIG feelings

Sometimes we have **BIG** feelings which are hard to cope with on our own.

There are people who can help:

- parents and grandparents;
- any adult in class and in school;
- Marnie in Place2Talk;
- Miss Stainsby;
- Childline 0800 1111.



How can we keep our teeth healthy?

You need to brush your teeth every morning and every night before you go to bed.



You need to visit the dentist every 6 months for a check-up.



You need to avoid eating too much sugar. Eat a healthy, balanced diet.

Drink water and milk as these are good for your teeth. Fizzy pop is very bad for teeth!



Vocabulary

| | |
|-----------------|---|
| bereavement | When someone you love dies. |
| cleanliness | Keeping things clean. |
| dental health | Keeping your teeth healthy. |
| habit | Routine behaviour. |
| immunisation | An injection to stop someone getting ill. |
| medicine | Liquid or tablets that help to make someone recover from illness. |
| mental health | To have good emotional wellbeing and being able to cope. |
| physical health | Having a healthy body. |
| vaccination | An injection to stop someone getting ill. |

Make sure that you develop good habits and routines to take care of your physical and mental health.

Healthy Habits

CRC Article 19: All children have the right to be safe.



CRC Article 24: All children have the right to be healthy.