

Year 4: PSHE

Physical Health and Mental Wellbeing - Healthy Sleep Habits; Sun Safety; Medicines, Vaccinations, Immunisations and Allergies

Healthy Sleep Habits

TIDY YOUR ROOM!

A messy bedroom can actually affect good sleep! It is much easier to relax and fall into a deep sleep in a tidy, organised room. Making a bedroom dark and cool before going to sleep can also help.

CALM DOWN!

Avoid running around or doing lots of exercise just before bedtime. This can make the body wake up when it needs to be winding down.

TURN IT OFF!

All electronic screens like the TV, computer, tablet, mobile phone should be turned off at least an hour before bedtime. It's best to put them away in a room where people don't sleep.

DON'T DRINK THAT!

Drinking or eating anything with caffeine (like coffee, tea or energy drinks) or lots of sugar (like sweets and fizzy drinks) can keep someone awake for a long time. This might mean that when they fall asleep, they don't sleep very well.

Having good sleep habits means you will feel happier, avoid illness and perform and learn better!



The Benefits of Being Outdoors and Sun Safety

Being outdoors in the sun can help our physical health and mental wellbeing. It improves:

- our levels of vitamin D, vital to help our immune systems and bone growth;
- our activity levels;
- our creativity and love of nature;
- our ability to take risks safely;
- our relationships with friends;
- confidence, happiness and self-esteem, and will also reduce anxiety!

The sun has ultra-violet radiation and can be dangerous if we are in it for too long and it is hot! It can cause sunstroke, sunburn, dehydration and skin damage. Remember to wear:



Stay out of the sun between 11am and 3pm!

Medicines, Vaccines, Immunisations and Allergies

Immunisations and vaccines are given to people to prevent illness.



Medicines are taken to make people feel better when they are poorly. Medicines can also help people with allergies, such as hayfever and asthma.



Trusted adults need to administer medicines. In an emergency call 999.

Remember to keep bacteria (germs) away!



Vocabulary

allergies	When a person reacts to something in the environment that is harmless to most people.
bacteria	Germs that can't be seen.
dehydration	When the body needs water.
heatstroke	The body has overheated.
immune system	The part of the body that fights infection.
sunburn	The skin is burned and goes red and sore.
sun exposure	The amount of time in the sun.
virus	An infection.

CRC Article 19: All children have the right to be safe.
CRC Article 24: All children have the right to be healthy.

