

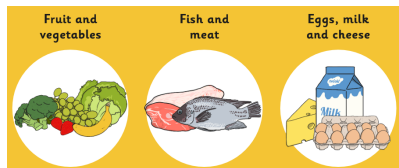
Year 1: PSHE

Keeping Healthy; Food and Exercise; Hygiene Routines; Sun Safety

Physical Health

We need to keep our bodies healthy. This is **physical health**.

We need to eat a healthy, **balanced diet** with 5 portions of fruit and vegetables every day. Treats, like biscuits and chocolate, are fine in small amounts. It's all about **balance!**



We need to exercise every day. Exercise makes us feel good, keeps our bodies strong and burns fat.



We need to get lots of sleep! Sleep helps our bodies to grow and makes us feel better. When we have had a good night's sleep we are ready and able to learn.



Different types of play

CRC Article 31: All children have the right to relax and play.

Try to include lots of different kinds of play in your day!

outdoor play



indoor play

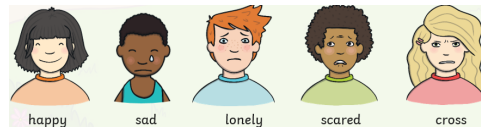


Try to limit the amount of screen-based play!

Mental Health

We need to keep our minds healthy. This is **mental health**. It is about how we are feeling and how we are able to cope with daily life.

Everyone has different feelings. This is normal!



It is important to talk about how you feel and tell a trusted adult if you need some help.

Taking care of yourself

We need to look after our **personal hygiene**. This means we need to keep ourselves clean.

We need to:

- regularly wash our hands;
- wash our hands after we have been to the toilet;
- wash our hands before we eat;
- have a bath or a shower regularly;
- wash and brush our hair;
- brush our teeth twice a day;
- blow our noses;
- wear clean clothes.



Staying safe in the sun

It can be great fun to play in the sun, but the sun gives out UV rays that you can't see. These can hurt our skin and cause sunburn.



Remember to wear:



Vocabulary

balanced diet	Eating the right amounts of the right kinds of food.
dentist	A person who looks after your teeth.
doctor	A person who helps you when you are ill.
mental health	Having a healthy mind.
physical health	Having a healthy body.
protection	Being kept from harm.
screen-based play	Playing on phones, tablets, games consoles and computers.
skin-damage	Harm to the skin.
sunburn	The sun makes your skin red and sore.



People who help you to stay healthy

Dentist

School Cook

Doctor



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



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