

Year 2: PSHE

Feelings and Keeping Clean

Feelings

Everyone can have a range of different feelings. Sometimes these can be positive and sometimes they can be negative. It is normal to have a full range of feelings!

Positive feelings:



Negative feelings:



Having positive feelings make us feel good!

To help turn negative feelings to positive ones we could:

- talk about how we feel;
- do some exercise;
- be around people we care about and who care for us;
- read a book;
- have some quiet time;
- listen to some music.

Make someone else feel good by sharing a smile!

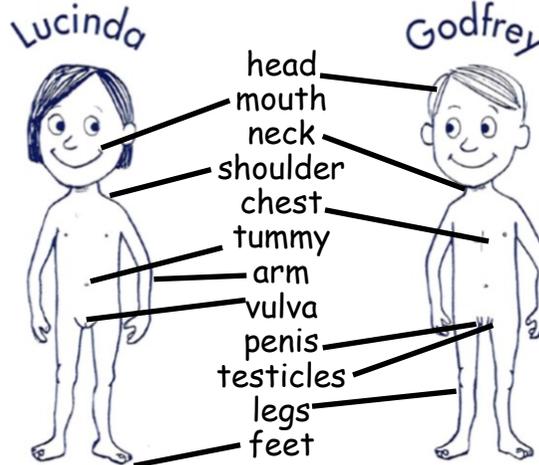


Keeping Clean

Personal hygiene is how we look after our bodies. Keeping ourselves clean helps us to feel better about ourselves.

We need to:

- bath or shower regularly;
- wash and brush our hair;
- brush our teeth twice a day for at least 2 minutes;
- wash our hands when we have been to the toilet;
- wash our hands before eating;
- keep our noses clean;
- wear clean clothes;
- keep germs away!



The Smell Monster



How did the Smell Monster feel at these points in the story?

Vocabulary

germs	Tiny, invisible micro-organisms that can make people ill.
hygienic	Being clean.
negative feelings	Feelings that make you feel bad.
penis	A boy's private parts.
positive feelings	Feelings that make you feel good.
smelly	Giving off an unpleasant odour.
testicles	A boy's private parts.
unhygienic	Not being clean.
vulva	A girl's private parts.

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

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