

# Year 4: PSHE

Respecting Ourselves and Others: Respecting Differences and Similarities  
Physical Health and Mental Wellbeing: Maintaining a Balanced Lifestyle

## Respecting Differences and Similarities

People across the world have many similarities because we are all human.

There are also many differences between people. This might be due to their race, their beliefs and customs, their religion, their age, their gender and the additional needs some people may have.

This diversity makes life interesting!

Each person is unique and special. All humans are equal and share the same rights.

What makes us unique?



Our talents, personalities and likes and dislikes also make us unique. **No two people are the same!**

When a person doesn't respect the different qualities of another person or group, this can be called 'discrimination'. **Discrimination** is the unfair treatment of one particular person or group of people. Discrimination is wrong and if you hear or see it, you need to tell a trusted adult.

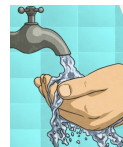
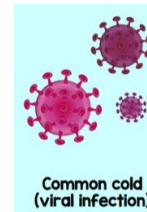
## Maintaining a Balanced Lifestyle

To maintain a healthy and balanced lifestyle, physically and mentally, we need to:

- eat healthily;
- exercise regularly;
- get plenty of sleep;
- develop positive relationships.

One of the ways that we can maintain good physical health is by being able to spot early signs of illness, for example, the common symptoms of a cold are:

- a sore throat;
- a runny nose;
- sneezing;
- coughing;
- a temperature;
- a headache.



Good hygiene slows the spread of germs and diseases. By having good hygiene we can look after ourselves and others.

Remember to:

- wash your hands for 20 seconds before eating or cooking;
- wash your hands for 20 seconds after going to the toilet;
- cough into your elbow;
- sneeze into a tissue and then put it in a bin.

If you think you are becoming unwell, then you must tell a trusted adult. It might be that you need to visit a doctor who will decide if you need any medication.

## British Values



**Mutual Respect and Tolerance**

Treating everyone equally and celebrating similarities and differences.



**Individual Liberty**

Recognising that everyone has rights and that these should be respected.



**Democracy**

Understanding and participating in the democratic process - using your pupil voice.



**Rule of Law**

Understanding and reflecting on your own and others' behaviour and its consequences.



## Vocabulary

difference	When things are not the same.
diversity	A variety of different people.
hygiene	To keep clean.
medication	When medicine is given to make you better.
respect	To be polite, honourable and caring.
similarity	When things are almost the same.
tolerance	To accept the differences between people. To show respect to everyone and to accept that everyone is equal.

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

CRC Article 30: All children have the right to learn and use the language, customs and religion of their family.

