

What have I previously learned?

- * Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help
- * Growing older, naming body parts, moving class or year.
- * Safety in different environments: risk and safety at home; emergencies.

Sticky Knowledge

What are healthy choices and habits.

What affects feelings; expressing feelings.

What are personal strength and achievements.

How to manage setbacks.

Understand risks and hazards;

Recognise safety in the local environment and unfamiliar places.

Vocabulary - Goldilocks words

Word	Definition
Health	the condition of the body and the degree to which it is free from illness, or the state of being well
Feelings	the fact of feeling something physical
Setbacks	the fact of feeling something physical
Hazards	something that is dangerous and likely to cause damage
Environment	the conditions that you live or work in and the way that they influence how you feel or how effectively you can work
Wellbeing	the state of feeling healthy and happy.

Prompts to help me in my learning

Your rules could be



kitchen

- Stay away from hot things.
- Stay away from sharp objects.
- Don't touch cleaning products.



bathroom

- Ask an adult to check how hot the bath is before getting in.
- Move safely - that means walking.
- The medicine cabinet is for adults.



living room

- Don't use matches, lighters or candles.
- Don't climb on furniture if there's a risk of falling.
- If you break something, tell an adult so they can clear it up.

One thing to describe me...

Say one sentence to describe something about how you look.



- My hair is...
- My eyes are...
- I am...
- I have...
- I wear...

Useful links: