

Sharow and Skelton Federation Knowledge Organiser
PSHE

My Healthy Lifestyle

Year 2

Vocabulary

Hygienic	Clean	Mental health	The health of your mind (the way you think and feel)
Personal hygiene	Keeping yourself clean	Emotional health	Feeling lots of different feelings and knowing what they are and what to do about them
Dental health	Looking after your teeth by brushing them twice a day	Strategies	Ways to help yourself cope with things you find difficult
Physical health	The health of your body	Responsibilities	Having things that you need to do and making sure you do them as you are meant to
Physically active	Doing lots of activities that keep you fit. Exercise.	Resilient	Able to 'bounce back'. Able to take on tricky tasks and keep going even if something is hard.
Diseases	Illnesses. Things that make you poorly.		

Personal hygiene includes:

- Brushing our teeth;
- Washing our hands;
- Wearing clean clothes;
- Showering or bathing regularly;
- Keeping our noses clean;
- Minimising the spread of germs where we can!

Resilience

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

Looking after your teeth

Brush your teeth from the front, the back and the top. Don't forget your tongue!
 You should do this twice a day, every day.
 Usually, people visit the dentist every 6 months (every half a year) for a checkup.
 If we don't look after our teeth, they can get holes in them (cavities) and this can be painful.
 Too many sweets, fizzy drinks and fruit juice can be bad for our teeth as they have lots of sugar in them.



Emotional Health

It is normal to feel lots of different emotions at different times.
 Sometimes we feel more than one emotion at once.
 Sometimes we feel confused about our emotions.
 Talk about your feelings to help you to understand them.



- ✓ We take turns to speak
- ✓ We use kind and positive words
- ✓ We listen to each other
- ✓ We have the right to pass

Our PSHE Charter

- ✓ We only use names when giving compliments or being positive
- ✓ We respect each other's privacy (confidentiality)