| Sharow and Skelton Federation Knowledge Organiser<br>PSHE  |  |                              |   |   |   |
|--|--|------------------------------|---|---|---|
| My Healthy Lifestyle   |  |                              | Year 3  |   |   |
| Vocabulary   |  |                              |   |   |   |
| Positive   | Good   |                              | Daily   | Every day   |   |
| Negative   | Bad  |                              | Self-care   | Looking after yourself physically and mentally  |   |
| Wellbeing  | Feeling safe and well, and feeling<br>positive emotions more often<br>than negative emotions |                              | Hobby   | Something you enjoy doing in your free time   |   |
| Regular  | Often  |                              | Resilience The ability to 'bounce back'/ take on tricky tasks and keep going even if something is hard. |   |   |
| Habits   | Something that is done regularly, sometimes as part of a routine                             |                              |   |   |   |
| Communicate  | Speak or write to someone  |                              |   |   |   |
| Hobbies  |  | <u>Resilience</u>            |   |   |   |
|  |  | INSTEAD OF                   |   | TRY THINKING  |   |
| × 100 × 1  |  | I'm not good a               | t this  | What am I missing?  |   |
|  |  | l 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                                     |
|  |  |                              | l made a mistake<br>l just can't do this  |   | Mistakes help me to learn                                   |
|  |  |                              | I'll never be that smart  |   | I am going to train my brain<br>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                                      |
|  |  |                              |   |   |   |
| Make   | Make handwashing a habit   |                              | 9 ways to<br>look after<br>your mental<br>health<br>Keep active   |   |   |
| Wet your<br>hands  | Apply soap Wash the fronts and the backs   |                              |   |   |   |
| "1" 992m   | 121  | 2E                           |   | Keep in touch   | Do something<br>you're good at Accept who<br>you are        |
| Don't forget between<br>fingers, your palms, you<br>thumbs and your finger   |  | Dry with a clean towel       |   | Ask for help  | Care for others Talk about<br>your feelings                 |
| <ul> <li>✓ We take turns to speak</li> <li>✓ We use kind and positive words</li> <li>✓ We listen to each other</li> <li>✓ We have the right to pass</li> </ul> |  | E Charter                    | gi<br>be<br>✔ W   | /e only use names when<br>ving compliments or<br>eing positive<br>/e respect each other's<br>rivacy (confidentiality) |   |