



# PSHE - How can we keep healthy as we grow?



## Key Vocabulary

<b>Physical Health</b>	Is the state of being free from illness or injury. It can cover a wide range of areas including healthy diet, healthy weight, dental health, personal hygiene and sleep. Physical health is vital for overall well-being.
<b>Mental Health</b>	It is all about how people think, feel, and behave. It is about our mind, our emotions and feelings.
<b>Resilience</b>	The ability to bounce back after adversity (problems/ knockbacks)
<b>Empathy</b>	The ability to understand and share the feelings of another.
<b>Emotions</b>	The way that you feel about the things that are happening to you.

## Resilience

**How can being resilient help with wellbeing?**  
 If a person is resilient, they are less likely to give up and be more positive in their outlook.

- Characteristics of a resilient person**
- Persevering even though it might be challenging.
  - Knowing when it is better to stop and ask for advice or help.
  - Trying your best.

**Physical and mental health are connected. Being fit and well physically, helps us to be fit and well mentally and vice versa.**

### Tools to look after your wellbeing

- Being resilient
- Learning how to handle emotions,
- Learning about empathy and how to be empathetic
- Acquiring problem solving skills,
- Having a growth mindset
- Aspiring to be the best version of themselves

**9 CALM DOWN IDEAS FOR KIDS**

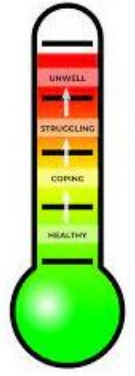
1. Go outside and kick a ball or run around.
2. Punch a pillow.
3. Listen to music or sing a song.
4. Close your eyes and think of a calm place.
5. Draw a picture.
6. Write a letter or a story.
7. Read a book.
8. Talk to someone.
9. Ask for a hug.

*Managing Big Emotions with Childhood 100*

## Key Knowledge

### Ways to keep physically healthy:

- eating healthily
- drinking water,
- physical exercise,
- getting enough sleep
- practising good hygiene



### The five ways to look after your wellbeing:

- Connect,
- Give,
- Be Active,
- Keep Learning,
- Be Mindful

**CONNECT**: TALK & LISTEN, BE THERE, FEEL CONNECTED

**Give**: Your time, your words, your presence

**TAKE NOTICE**: REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

**KEEP LEARNING**: EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

**BE ACTIVE**: DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

### People to speak to if you are experiencing ill mental health:

- Parents/ carers
- Teachers
- Pastoral lead
- Trusted adult

### Ways to solve problems

- create a plan,
- Learn from mistakes,
- Be resilient,
- Be adaptable and flexible,
- Stay calm,
- Break the problem down
- Think creatively
- Be reflective