



PSHE	Health and Wellbeing	
Cross curricular links	Key skills	Lower KS2
<p>Science: Nutrition and other ways to look after our bodies</p> <p>Emotional Literacy: Encouraging children to name and discuss their emotions</p> <p>Place2Be: Emotional support/social groups</p>	<p>To be able to talk about their feelings.</p> <p>To understand the concept of a 'balanced lifestyle.'</p> <p>To understand what positively and negatively affects their physical, mental and emotional health.</p> <p>To know what food is healthy and why.</p>	<ul style="list-style-type: none"> Feelings – an emotional state or reaction Lifestyle – the way in which a person lives Physical health – the well-being of the body and the proper functioning of the organs and other systems in the body Mental Health – a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community Emotional Health – the ability to cope with both positive and negative emotions, including the awareness of them Diet – the kinds of food that a person habitually eats Balanced – keeping or showing a balance; in good proportions
<p>Pictures/photos relevant to topic</p>	<p>To recognise opportunities to make their own choices about food, what might influence their choices and the benefits of eating a balanced diet.</p>	
<p>Eatwell Guide</p>		
<p>Key facts</p>		
<p>Useful websites include: 2nd level Health and wellbeing - BBC Bitesize</p> <p>Books that support conversations about well-being include: Books to help children process feelings and emotions (penguin.co.uk)</p>		