



Key Vocabulary:	
Healthy	Something that is good for your body and mind.
Unhealthy	Something that is not good for your body or mind
Habit	Something you do again and again, almost without thinking.
Balanced	Having the right amount of different things.
Physical health	How your body feels and works.
Mental health	How your mind feels, like your thoughts and emotions.
Feeling	What's happening in your heart or mind, like happy, sad, mad, or excited.
Unique	Being one-of-a-kind and special in your own way.
Contributions	Things you do to help others or make something better.
Personal strengths	The things you're really good at or the ways you're strong inside.
Proud	A happy feeling when you've done something great or tried your best.

Sequence of Learning:					
Objectives (key knowledge):					
To learn about healthy and unhealthy choices and how these choices affect our lives.	To know what a habit is. To know good and bad habits and the effects that they have.	To be able to recognise a balance diet and the positive effect of exercise on physical and mental health.	To learn how to recognise feelings, how we express our feelings and the importance of talking about how we feel.	To recognise that everyone can make unique and valuable contributions.	To learn how to identify their own personal strengths and interests and what they are proud of.