

Spring 2 PSHE: Health and Wellbeing.



Year Group	Learning Covered	Questions you could ask your child
1	<ul style="list-style-type: none"> • Healthy and unhealthy foods. • Importance of exercise. • Understanding of different feelings. • Recognise feelings in themselves and others. • An understanding of what they enjoy and how that makes them feel good. 	What healthy swap could we make for this? Why do we need to do exercise? What makes you feel really happy? What are you grateful for? Ask your children about characters feelings while reading: How does the character feel? How do you know?
2	<ul style="list-style-type: none"> • Routines and habits. • Sleep and exercise. • Understanding of different feelings. • Managing big feelings – loss and change. • Ways to calm down and feel good. 	What is a good routine? Why is a good night's sleep important? How could you manage negative feelings? What helps you to calm down? What could we try together?
3	<ul style="list-style-type: none"> • Healthy and unhealthy choices. • Healthy balanced diet. • Exercise as part of a routine. • Identify and talk about feelings • Ways to improve wellbeing. 	What is a healthy balanced diet? How could we make sure we do exercise every week? Who could you talk to about negative feelings you might have? How can we take care of our wellbeing? Tell me about a time you have felt really happy.
4	<ul style="list-style-type: none"> • Healthy lifestyles. • Risks associated with inactive lifestyle. • Managing setbacks/learning from mistakes. • Identify and talk about feelings. • Uncomfortable feelings. • Ways to increase wellbeing. 	What helps you to feel good? What self-care techniques could we try? What contributes to a balanced healthy lifestyle? Can you help me plan some healthy meals for the week? What are comfortable and uncomfortable feelings?
5	<ul style="list-style-type: none"> • Importance of sleep. • Sleep strategies. • Mixed feelings. • Consequences of a poor diet. • Self-care techniques. 	Why do we need sleep? What could help us get a good night's sleep? In what situations do we experience mixed feelings? What consequences are there of a constant poor diet? What self-care techniques could we try? How are you kind to yourself?
6	<ul style="list-style-type: none"> • Recognising early signs of physical illness. • Mixed feelings. • How to get help and support with mental health. • Balancing time online. • Self-care techniques. 	Why should you balance time online? What activities could you do instead of spending time online? What self-care techniques could we try? How are you kind to yourself? Who could you speak to if you are worried about your health?