

About this unit

In this Puzzle the class will learn about physical and mental health. Students learn about taking responsibility for their own physical and emotional health and the choices linked to this. They will talk about different substances and their effects, nutrition, medicine, sleep, brain development, and mental illness and health. They will discuss what triggers stress and how to combat this is a valuable skill. Students will develop their mindfulness practice alongside other effective ways to nurture self-esteem and to build and maintain a positive sense of wellbeing.

Learning Outcomes (Linked to NC) Please teach me to...

PSHE	Explain how emotions are linked to physical health in a variety of ways. Explain that emotions can play a part in making healthy/less healthy choices, and also that healthy/less healthy choices can impact on emotions. Explain how medicines and vaccines can cure and prevent illness, and why they must be used correctly.
Social & Emotional	Explain why it is important to express my feelings and manage them positively. Offer strategies that I could use to help me make responsible choices. Apply these to support others with their choices and decisions.

Key Skills

- I can explain why it is important to express my feelings and manage them positively.
- I can offer strategies that I could use to help me make responsible choices.
- I can apply these to support others with their choices and decisions.
- I can recognise that decisions about my health depend on having access to accurate information.

During the unit children will be encouraged to reflect on the following questions:

To what extent am I responsible for my mental and physical health?

How can health be affected by emotions?

What range of ways do you know to keep yourself well and happy?

Can I recognise when I feel stressed and the triggers associated with this?

What positive impact does good nutrition have on my body and mind?

Vocabulary

Emotional health, Stress, Anxiety, Stressful, Stress response, Sympathetic nervous system, parasympathetic nervous system, Pressure, Expectation, Serotonin, Mindfulness, Mental health, Emotional symptoms, Physical symptoms, Cognitive, Behavioural, Self-Esteem, Resilience, Perspective, Substances, Controlled drugs, Virus, Disease, Vaccine, Eradicated.

Sequence of learning

- Healthy choices about my emotional health
- Managing stress
- Managing my choices around substances
- Managing my nutritional choices
- Medicines and immunisation
- Healthy choices about physical activity and rest/sleep

