



Overview: in this unit we will learn about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals and developing a growth mindset and understanding dental hygiene.

Key Vocabulary

Diet
Emotions
Exercise
Goal
Growth mindset
Healthy
Physical activity
Relaxation
Skill
Strengths



Relaxation helps our bodies but also helps us deal with difficult situations.

Key Points of Learning

- Understand that we can have more than one feeling at a time
- Understand that how we are feeling can affect our bodies inside and out
- Physical activity helps to keep our body and mind healthy
- Relaxation helps our bodies but also helps us deal with difficult situations
- We can practise and set goals to get better at something
- We sometimes need to keep trying to achieve something
- We need to eat a variety of foods to be healthy
- Some foods are bad for our teeth

Health tips



Breathing exercises can help us to relax.



Only eat foods which are high in fat, sugar and salt occasionally.

Useful Websites

<https://www.kapowprimary.com/subjects/rse-pshe/key-stage-1/year-2/ks1-yr2-rse-health-and-wellbeing/>

Questions I want to investigate now...