



Be the best that we can be.



EBJ Knowledge Organiser PSHE and RHE Year 5

Spring Health and Wellbeing



Health and Wellbeing

Mental and Emotional Wellbeing

Everyone has feelings, and it's normal for emotions to change. Talking about feelings helps keep us mentally healthy. Worries and stress can happen, but there are ways to cope (e.g. talking, relaxing, problem-solving). Positive self-esteem means feeling good about who you are.

Physical Health

Regular exercise helps keep our heart, muscles and bones strong. Children should be active for at least 60 minutes a day. Sleep is important for growth, mood and concentration. Good personal hygiene helps prevent illness (e.g. washing hands, brushing teeth).

Keeping Safe

Medicines should only be taken with adult supervision. Some substances can be harmful especially if misused. It's important to know how to get help in an emergency. Trust your instincts and tell a trusted adult if something feels wrong.

Relationships and Support

Healthy friendships are based on kindness, respect and honesty. Bullying is never okay and should always be reported. We can ask for help from- parents or carers, teachers, school staff, trusted adults

Personal Responsibility

We are responsible for looking after our bodies and minds Making healthy choices now helps us in the future. Everyone is unique and differences should be respected.



Health Tips



Establish good habits for sleeping.



Remember: "If at first you don't succeed, try, try and try again."



Write down your goals and the steps you need to get there.



Try to have a balance of food groups in each meal or across the day.



There are things we can do to look after our mental health, such as yoga.



Sleep is an important part of keeping healthy.

As we get older, we take on more responsibility for our own health.

Finding things hard and failing can feel uncomfortable but they are part of learning.



Having goals can help us achieve things and we will sometimes need to break these down into steps.

We all experience different feelings and we can decide how we are going to react to them.



When we plan a meal, we need to try and include all the food groups which keep us healthy.



UV rays from the sun can damage our skin if we don't protect ourselves.

Getting Help!

If you are worried about your mental health or wellbeing, talk to a trusted adult or doctor!

Contact: Childline
www.childline.org | 0800 1111
Calls DO NOT show on the phone bill

Topics Covered

- Yoga
- Importance of rest
- Embracing failure
- Going for goals
- Healthy meals
- Sun safety

Key Vocabulary

- fail
- goal
- protect
- relaxation
- responsibility
- steps

