

Building PSHE Knowledge: How can I stay mentally and physically well? (Health Week)

	EYFS	Year 1	Year 2
<p>How can I stay mentally and physically well?</p>	<p>We have lots of different feelings and that's okay. It is okay to not always get something right first time- it is about having the confidence to keep trying.</p> <p>We can have 'blue feeling' which might mean we are sad or tired. We may need to cry or sleep. To make myself feel better I might need to 'power up' and get more energy- so I could talk about my feelings with a trusted adult, drink some water, take some deep breaths, jump up and down or take a brain break.</p> <p>We can have green feelings where we feel happy and calm. Our brains are ready to learn and we are focussed. When we are in the green zone we can listen, learn, follow rules and try our best.</p> <p>We can have yellow feelings where we might be worried or excited. We might not be able to sit still, our hearts may beat fast or we may have butterflies in our stomachs. To get back to the green zone we could take some deep breaths, talk to an adult about your feelings, go for a walk, play with a fidget toy.</p> <p>We can have red feelings where we may feel angry or panicked. You might shout, scream, sulk, argue, or use your hands and feet unkindly. If we feel like we are in the red zone we can walk away, take a deep breath, talk to a trusted adult or try and think about things that make us happy.</p> <ul style="list-style-type: none"> ✓ It is important to look after our bodies. We can do this by: ✓ Eating healthily and not eating too much sugar. ✓ Brushing our teeth twice a day. ✓ Drinking water. ✓ Being sun safe. ✓ Washing ourselves. ✓ Dressing in appropriate clothing. ✓ Managing out toileting needs. 	<p>We have lots of different feelings and that's okay.</p> <p>We can have 'blue feeling' which might mean we are sad, sick or tired. We may need to cry or sleep. To make myself feel better I might need to 'power up' and get more energy- so I could talk about my feelings with a trusted adult, drink some water, take some deep breaths, jump up and down or take a brain break.</p> <p>We can have green feelings where we feel happy, ready to learn or calm. Our brains are ready to learn and we are focussed. When we are in the green zone we can listen, learn, follow rules and try our best.</p> <p>We can have yellow feelings where we might be worried, silly or excited. We might not be able to sit still, our hearts may beat fast or we may have butterflies in our stomachs. To get back to the green zone we could take some deep breaths, talk to an adult about your feelings, go for a walk, play with a fidget toy.</p> <p>We can have red feelings where we may feel angry, terrified or panicked. You might shout, scream, sulk, argue, or use your hands and feet unkindly. If we feel like we are in the red zone we can walk away, take a deep breath, talk to a trusted adult or try and think about things that make us happy.</p> <p>Eating healthy food means I stay healthy.</p> <ul style="list-style-type: none"> ✓ try to eat lots of fruit and vegetables; ✓ try to eat a balanced diet, including foods from all the food groups; ✓ eat treats occasionally. <p>I need to brush my teeth twice a day with toothpaste. I need to wash my hands regularly to stop germs spreading. I need to wear sun cream and a hat in the sun. Stay in the shade from midday until late afternoon.</p>	<p>Self-regulation means we can manage our feelings and behaviour.</p> <p>We have lots of different feelings and that's okay.</p> <p>We can have 'blue feeling' which might mean we are sad, tired, bored or sick. We may need to cry, rest or sleep. To make myself feel better I might need to 'power up' and get more energy- so I could talk about my feelings with a trusted adult, drink some water, take some deep breaths, jump up and down or take a brain break.</p> <p>We can have green feelings where we feel happy, focused, ready to learn or calm. Our brains are ready to learn and we are focussed. When we are in the green zone we can listen, learn, follow rules and try our best.</p> <p>We can have yellow feelings where we might be worried, nervous, silly or excited. We might not be able to sit still, our hearts may beat fast or we may have butterflies in our stomachs. To get back to the green zone we could take some deep breaths, talk to an adult about your feelings, go for a walk, play with a fidget toy.</p> <p>We can have red feelings where we may feel angry, terrified, panicked or out of control. You might shout, scream, sulk, argue, or use your hands and feet unkindly. If we feel like we are in the red zone we can walk away, take a deep breath, talk to a trusted adult or try and think about things that make us happy.</p> <p>Everyone has different feelings and reactions to different situations. People can experience 'big feelings' and can overcome these through talking, being mindful and breathing and also by exercising.</p> <p>Being physically active helps us stay healthy and we should be physically active every day. Sleep helps us rest, relax, grow and stay healthy.</p>

	<p>Education for a Connected World- Health, wellbeing and lifestyle</p> <ul style="list-style-type: none"> ✓ I can identify rules that help keep us safe and healthy in and beyond the home when using technology. ✓ I can give some simple examples of these rules. 	<p>There are lots of different feelings and they affect us in different ways. I can ask for help if I need it. Medicines are good for us if they make us better. Medicines may be bad for us if they belong to someone else. Doctors and nurses can give us medicine to make us feel better or stop us from catching diseases by giving us injections. Injections can be harmful if they are not for us or you find a needle or syringe- do not touch it. An adult should give me medicine, I never help myself.</p> <p>Education for a Connected World- Health, wellbeing and lifestyle</p> <ul style="list-style-type: none"> ✓ I can explain rules to keep myself safe when using technology both in and beyond the home. 	<p>Taking medicine and getting vaccinations can help us stay healthy and keeps us safe. There are hazardous substances in our houses and at school that are unsafe. Some situations can be unsafe and I can protect myself by asking for help or leaving dangerous situations.</p> <p>To understand what situations are safe and unsafe. household items that could cause damage if mis-used e.g. matches, dishwasher tablets, lighter fuel, aerosols, liquid detergents for washing machines dangerous substances should have hazard labels on them. To know what are hazardous substances To understand that we need to follow rules to keep safe which includes: never playing in water without an adult to watch, don't talk to strangers, don't pick up syringes, don't take medicine that doesn't belong to you or if a trusted adult isn't giving it to you, don't touch containers with hazardous labels on them.</p> <p>Education for a Connected World- Health, wellbeing and lifestyle</p> <ul style="list-style-type: none"> ✓ I can explain simple guidance for using technology in different environments and settings e.g. accessing online technologies in public places and the home environment. ✓ I can say how those rules / guides can help anyone accessing online technologies.
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Year 3	Year 4
<p>How can I stay mentally and physically well?</p> <ul style="list-style-type: none"> ✓ I know that a healthy diet and regular exercise helps my body and mind. ✓ Eating healthily will keep our bodies and mind healthy. ✓ Sleep is really important to function properly. ✓ Seven to eight-year olds should have ten and half hours of sleep per night. ✓ If you do not get enough sleep you can become tired, grumpy and find it difficult to concentrate. ✓ It is important to have healthy sleep routines: no screen time, switching lights off and having a regular bedtime. <p>First Aid</p> <ul style="list-style-type: none"> ✓ If an accident happens, it is most important that before you do anything else you must ensure that it is safe to approach and offer help ✓ If there is an emergency dial 999 or 112 and tell the operator which service your require. <p>Remember LIONEL:</p> <p>Location. Tell them where the emergency is and where you want them to arrive.</p> <p>Incident. Tell them what has happened.</p> <p>Other services. Do you need more than one?</p> <p>Number of people that are involved.</p> <p>Extent of the injuries. What types of injuries do people have?</p> <p>Location. Repeat again where they need to arrive.</p> <ul style="list-style-type: none"> ✓ Feelings and emotions are part of a person’s health and wellbeing ✓ Feelings can change throughout the day ✓ Feelings can be felt all over our bodies and it is important to talk about our feelings and emotions. ✓ If you feel unhappy or worried, speak to a trusted adult. ✓ Exercise can also help and doing something that makes you happy- hobby, spending time with your pet, playing with friends. <p>Head Injury- if someone bumps their head it could be a minor injury or serious. You must tell an adult straight away if someone has bumped their head. They may feel dizzy, have blurred vision, feel sick or have a swelling or cut. Sometimes when people bump their heads- they’re unresponsive- if this happens try and find a safe adult and ask for help or call 999.</p> <p>Flat Stanley – CPR</p> <p>What to do if someone is lying on the floor</p> <ol style="list-style-type: none"> 1. Ask them loudly if they are alright. 	<ul style="list-style-type: none"> ✓ We need to look after our teeth just like we look after the rest of our bodies. ✓ We should brush our teeth twice a day. ✓ Brushing teeth removes any left over food and sugar that could cause tooth decay. ✓ The dentist will look in your mouth and at your teeth to see if there are any problems. ✓ Having lots of sugar isn’t good for teeth as it can hurt them. Some foods have lots of sugar in so we shouldn’t eat too much of them. ✓ It is important to be hygienic- this stops the spread of germs and becoming unwell. ✓ Habits are things we do often. Our habits can affect what happens to us. ✓ We can make choices and develop habits which are healthy. ✓ Feelings and emotions can make us feel comfortable and uncomfortable. ✓ Uncomfortable feelings include: feeling lonely, confused, anxious, cross, upset, frustrated. ✓ Feelings can be felt all over our bodies and it is important to talk about our feelings and emotions and this can affect how we behave. ✓ Coping strategies are different techniques and ideas to try when we experience uncomfortable feelings- the aim is to feel calm and comfortable again. ✓ If we talk about our uncomfortable feelings with people we trust, we can identify what it is that is making us feel that way. We can then take steps to manage our feelings and develop coping strategies for when we feel that way again. ✓ If we don’t share our uncomfortable feelings with people we trust, the feelings stay within us. They can start to affect our mood, our thoughts and our behaviour. This can sometimes mean we do or say things which hurt ourselves and those around us. ✓ Exercise can also help and doing something that makes you happy- hobby, spending time with your pet, playing with friends. <p>First Aid</p> <ul style="list-style-type: none"> ✓ If an accident happens, it is most important that before you do anything else you must ensure that it is safe to approach and offer help ✓ If there is an emergency dial 999 or 112 and tell the operator which service your require. <p>Remember LIONEL:</p> <p>Location. Tell them where the emergency is and where you want them to arrive.</p> <p>Incident. Tell them what has happened.</p> <p>Other services. Do you need more than one?</p> <p>Number of people that are involved.</p>

2. If they do not answer and look like they are asleep shake their shoulders and speak to them.

3. Look to SEE if their chest is moving up and down.

4. Can you FEEL their chest moving up and down?

5. Can you HEAR them breathing from their mouth?

If someone is not breathing

First shout HELP and get help from an adult or dial 999.

Then kneel next to them and put your hands on top of each other and push down in the middle of the persons chest.

Put your hands where Flat Stan's heart is.

Keep pushing up and down hard until an adult arrives or the person starts to breathe.

Keeping Healthy- Smoking

- ✓ Smoking cigarettes and tobacco is bad for your health.
- ✓ Smoking can damage your body.
- ✓ There are many benefits of quitting smoking- you will be healthier and have more energy.
- ✓ Passive smoking is when you breathe in the smoke of someone else who is smoking.
- ✓ Passive smoking is unhealthy and can damage our bodies in the same way smoking damages smokers' bodies.

Education for a Connected World- Health, wellbeing and lifestyle

- ✓ I can explain why spending too much time using technology can sometimes have a negative impact on anyone, e.g. mood, sleep, body, relationships; I can give some examples of both positive and negative activities where it is easy to spend a lot of time engaged (e.g. doing homework, games, films, videos).
- ✓ I can explain why some online activities have age restrictions,
- ✓ why it is important to follow them and know who I can talk to if
- ✓ others pressure me to watch or do something online that makes me feel uncomfortable (e.g. age restricted gaming or web sites).

Extent of the injuries. What types of injuries do people have?

Location. Repeat again where they need to arrive.

- ✓ Asthma attack symptoms: coughing, difficulty speaking and breathing, panic, grey/blue tinge to lips.
- ✓ How to help: Help the casualty to sit down and reassure them. if there is an adult – ask them for help.
- ✓ Call 999/112 if the attack is not easing.
- ✓ Assist them to use their inhaler.
- ✓ Stay with them until an ambulance arrives (if needed)
- ✓ If they become unresponsive- be prepared to give CPR.
- ✓ Always remember to ask for an adult for help before doing anything alone.

Flat Stanley – CPR

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Keeping Healthy

Alcohol

- ✓ People have to be 18 to buy alcohol in the UK.
- ✓ Alcohol can effect people in different ways.
- ✓ If people drink too much alcohol it can be an unhealthy choice both physically and mentally.
- ✓ If people drink alcohol over a long period of time- it can cause damaging effects to the body.

Education for a Connected World- Health, wellbeing and lifestyle

- ✓ I can explain how using technology can be a distraction from other things, in both a positive and negative way.
- ✓ I can identify times or situations when someone may need to limit the amount of time they use technology e.g. I can suggest strategies to help with limiting this time.

	Year 5	Year 6
<p>How can I stay mentally and physically well?</p>	<ul style="list-style-type: none"> ✓ Mental health is about our minds- how we think, feel and our emotions. It impacts how we deal with challenges and difficulties and behave. ✓ Everyone is unique and they have their own thoughts, feelings and emotions which impacts their behaviour. ✓ Coping strategies are different techniques and ideas to try when we experience uncomfortable feelings- the aim is to feel calm and comfortable again. ✓ If we talk about our uncomfortable feelings with people we trust, we can identify what it is that is making us feel that way. We can then take steps to manage our feelings and develop coping strategies for when we feel that way again. ✓ If we don't share our uncomfortable feelings with people we trust, the feelings stay within us. They can start to affect our mood, our thoughts and our behaviour. This can sometimes mean we do or say things which hurt ourselves and those around us. ✓ Exercise can also help and doing something that makes you happy- hobby, spending time with your pet, playing with friends. <p>Healthy Lifestyle</p> <ul style="list-style-type: none"> ✓ Living a balanced lifestyle means feeling good physically, mentally and emotionally. ✓ It is important to take care of your body by sleeping, eating a healthily balanced diet, exercising, drinking plenty of water and getting outside (but remembering to be sun safe). ✓ It is important to keep our bodies healthy and clean. We can do this by: washing daily, brushing our teeth, covering your mouth/nose if you cough and sneeze, washing your hands regularly, wearing clean clothes, washing your hair. ✓ There are lots of factors that influence our choices: family, friends, magazines, social media. ✓ If you feel pressured to think, feel or act in a certain way, stop and ask yourself if it feels right. If it does not feel right, be brave and make the safe and healthy choice. ✓ You can always get help and support from a trusted adult if you need it. <p>Drugs and Alcohol Education</p> <ul style="list-style-type: none"> ✓ There are legal and illegal drugs. ✓ Legal drugs are drugs which are prescribed to help a person stay healthy or feel better. ✓ Illegal drugs are those that are not prescribed by a doctor or bought at a pharmacy. 	<ul style="list-style-type: none"> ✓ Mental health is about our minds- how we think, feel and our emotions. It impacts how we deal with challenges and difficulties and behave. ✓ Everyone is unique and they have their own thoughts, feelings and emotions which impacts their behaviour. ✓ It is normal to be anxious around times of change, including changing school. ✓ It is also normal to feel upset over loss: i.e bereavement. ✓ Coping strategies are different techniques and ideas to try when we experience uncomfortable feelings- the aim is to feel calm and comfortable again. ✓ If we talk about our uncomfortable feelings with people we trust, we can identify what it is that is making us feel that way. We can then take steps to manage our feelings and develop coping strategies for when we feel that way again. ✓ If we don't share our uncomfortable feelings with people we trust, the feelings stay within us. They can start to affect our mood, our thoughts and our behaviour. This can sometimes mean we do or say things which hurt ourselves and those around us. ✓ Exercise can also help and doing something that makes you happy- hobby, spending time with your pet, playing with friends. ✓ Making the right choices: do things that will make you feel happy and healthy- including monitoring time online, healthy sleeping habits, eating healthily and exercising. ✓ Exercise is really important to have a healthy mind and body. <p>Drugs and Alcohol Education</p> <ul style="list-style-type: none"> ✓ There are legal and illegal drugs. ✓ Legal drugs are drugs which are prescribed to help a person stay healthy or feel better. ✓ Illegal drugs are those that are not prescribed by a doctor or bought at a pharmacy. ✓ Illegal drug abuse is an unhealthy choice and can impact you both mentally and physically- making you unwell. ✓ Sometimes people will ask you to do something and you feel you should do it to fit in. This is called peer pressure. ✓ If someone is asking you to do something that is unsafe- be assertive and say no. Walk away and tell a trusted adult. ✓ If you feel in immediate danger- find a safe adult or call the police. <p>First Aid</p> <ul style="list-style-type: none"> ✓ If an accident happens, it is most important that before you do anything else you must ensure that it is safe to approach and offer help

- ✓ Illegal drug abuse is an unhealthy choice and can impact you both mentally and physically- making you unwell.
- ✓ Sometimes people will ask you to do something and you feel you should do it to fit in. This is called peer pressure.
- ✓ If someone is asking you to do something that is unsafe- be assertive and say no. Walk away and tell a trusted adult.
- ✓ If you feel in immediate danger- find a safe adult or call the police.

First Aid

- ✓ If an accident happens, it is most important that before you do anything else you must ensure that it is safe to approach and offer help
- ✓ If there is an emergency dial 999 or 112 and tell the operator which service you require.

Remember LIONEL:

Location. Tell them where the emergency is and where you want them to arrive.

Incident. Tell them what has happened.

Other services. Do you need more than one?

Number of people that are involved.

Extent of the injuries. What types of injuries do people have?

Location. Repeat again where they need to arrive.

Bleeding

Signs and symptoms of someone bleeding from an injury could be:

- ✓ Pain and blood at site of the injury
- ✓ Pale skin
- ✓ Feeling faint
- ✓ Rapid pulse or heart rate
- ✓ Distress and anxiety
- ✓ Bruising and swelling
- ✓ Lack of response
- ✓ Always ask an adult for help or call 999 or 112 if it is severe bleeding.
- ✓ **Severe bleeding:** If an adult isn't around, apply pressure to the wound (if there is nothing stuck in it). Apply a pad and bandage around it and call for help.
- ✓ Apply a second dressing if needed.
- ✓ If an object is in the wound- do not remove it- put a pad either side and bandage carefully around it.
- ✓ **Nose bleed-** sit down – pinch the soft part of the nose for ten minutes. Check. If still bleeding after 10 minutes pinch for a further 10 minutes.
- ✓ If still bleeding after 30 minutes seek medical help.

- ✓ If there is an emergency dial 999 or 112 and tell the operator which service you require.

Choking: Signs and symptoms of someone who is choking could be:

- ✓ They may be unable to speak, breathe or cough
- ✓ The casualty's face or neck may become very red or look a purple or blue colour
- ✓ They may point to or grasp at their mouth or throat
- ✓ They may stand up and look very distressed
- ✓ They may look frightened with wide eyes
- ✓ They may become unresponsive

What to do if an adult isn't around – always ask an adult for help before doing anything.

- ✓ Ask the casualty if they are choking
- ✓ Encourage them to cough
- ✓ Give up to 5 back blows using the heel of your hand between the shoulder blades
- ✓ Give up to 5 'tummy' thrusts (abdominal thrusts)
- ✓ If this is not successful call 999 or 112 for emergency help
- ✓ Repeat if necessary
- ✓ Do not forget to call for help.
- ✓ REMEMBER that your casualty could become unresponsive. Be prepared to perform CPR

Flat Stanley – CPR

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If someone is not breathing

First shout HELP and get help from an adult or dial 999.

Then kneel next to them and put your hands on top of each other and push down in the middle of the persons chest.

Put your hands where Flat Stan's heart is.

Keep pushing up and down hard until an adult arrives or the person starts to breathe.

Education for a Connected World- Health, wellbeing and lifestyle

- ✓ I can describe common systems that regulate age-related content (e.g. PEGI, BBFC, parental warnings) and describe their purpose.
- ✓ I recognise and can discuss the pressures that technology can place on someone and how / when they could manage this.

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Education for a Connected World- Health, wellbeing and lifestyle

I can describe ways technology can affect health and well-being both positively (e.g. mindfulness apps) and negatively.

I can describe some strategies, tips or advice to promote health and well-being with regards to technology.

I recognise the benefits and risks of accessing information about health and well-being online and how we should balance this with talking to trusted adults and professionals.

I can explain how and why some apps and games may request or take payment for additional content (e.g. in-app purchases, lootboxes) and explain the importance of seeking permission from a trusted adult before purchasing.

- ✓ I can recognise features of persuasive design and how they are used to keep users engaged (current and future use).
- ✓ I can assess and action different strategies to limit the impact of technology on health (e.g. night-shift mode, regular breaks, correct posture, sleep, diet and exercise).