

Year 2: Health and Wellbeing

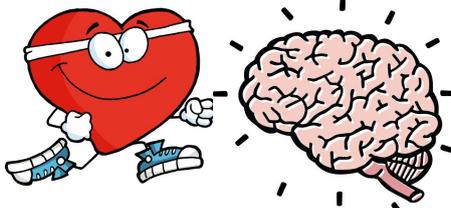
Key Learning



It is important that we regularly brush our teeth and visit the dentist.

We also need to look after our teeth by

watching what we eat/drink.



Routines and habits help us to maintain good physical and mental health.



Sleep and rest are really important for growing and keeping healthy.



Vaccinations, immunisations and medicines can help people to stay healthy and manage their allergies.



It is important to know how to describe and share a range of feelings.



We each have ways of calming down, feeling good or changing our mood. This could be playing

outside, listening to music or spending time with others.

Sometimes we need to manage bigger feelings, such as change, loss or bereavement.



It is important to know when to ask for help, and how to help others, with their feelings.



People grow from young to old. Our bodies and our needs change as we grow up.

We experience lots of changes as we grow up, including new changes and responsibilities.

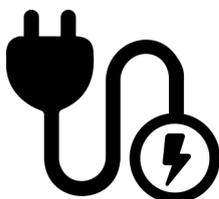
Some of these changes happen when we move to new classes, and set goals for our new year.



There are risks that we come across in everyday

life, such as crossing the road or online safety.

It is important to keep ourselves safe in familiar and unfamiliar environments, such as in school, out and about or online.



safe at home. There are certain things in the home which could put us at risk, including:

- Electrical appliances
- Fire safety
- Medicines
- Household products



There are steps that we can take to keep ourselves

I can name and identify the main parts of the body.



I can identify potentially unsafe situations and steps I can take to avoid them.

I know how to respond if there is an accident and someone is hurt. I know how to get help in an emergency, including how to dial 999 and what to say.



People can put things onto their skin or into their bodies, (e.g. medicines/creams). This can help people to feel better.

Key Vocabulary

Vaccinations	a substance that helps protect against certain diseases. Vaccines contain a dead or
Bereavement	losing someone of importance in your life.
Responsibility	doing the things you are expected to do and accept the consequences (results) of
Risk	something or someone that may cause loss or injury.