

# Year 3: Health and Wellbeing

## Key Learning

We make different choices everyday that could affect our health e.g. food, exercise, sleep.



It is important to have a healthy, balanced diet that includes a wide variety of nutritious food from all different food groups (dairy, fruits, vegetables, grains, proteins and sugars).



Our feelings can change over time and become more or less powerful.

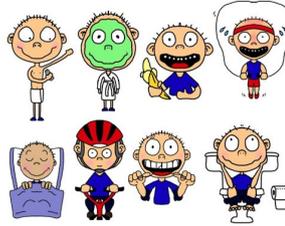
It is important to be aware of fire safety at home and have fire alarms.



I can predict, assess and manage risk in everyday situation e.g. crossing the road, running in the playground, in the kitchen.

There are lots of different hazards within the home and at school.

Our habits such as eating, sleeping, exercising and hygiene can be maintained, changed or stopped.



Regular exercise such as walking or cycling has positive benefits for mental and physical health.

Our habits can have positive and negative effects on a healthy lifestyle.

Positive 	Negative 
Getting 10 hours sleep a night	Not getting enough sleep
Eating a balanced diet	Eating too much sugar
Regular exercise	Not exercising

Everyone is an individual and has unique and valuable contributions to make to society.



Our strengths and interests form part of our identity.

I have my own personal strengths and interests and I am proud of the things I do in and out of school.

There are common challenges to face each day such as finding school work difficult or friendship issues.

I can manage setbacks by asking for help, focusing on what I can learn from setbacks, remembering what I am good at and trying again.

**RULES**

## Mental Wellbeing



Different things can affect feelings both positively and negatively.

There are different strategies to identify and talk about feelings.

People express feelings in different ways through words, actions and body language.

Rules are put in place to keep us safe.

It is important to follow safety rules from parents and other adults.

Rules can keep us safe in the local environment and unfamiliar places including: on the road, railway lines, around water and using fireworks.

## Key Vocabulary

Emotional resilience	How we cope in different and difficult situations.
Physical	Relating to the body.
Mental	Relating to the mind.
Emotional	Relating to a person's feelings.
Balanced diet	A diet consisting of a variety of different types of foods that provide the right amount of nutrients for good health.