Year 5 and 6: Health and Wellbeing

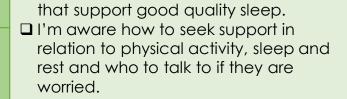
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Subject specific vocubolary		How can we keep	
Physical health	Is the condition of your body, critical for overall wellbeing and can be affected by lifestyle e.g. diet, exercise.	healthy as we grow?	LEARN GROW SUCCEEDI
Mental health	The wellbeing of a person, how we think, feel and behave.		
Emotions	A strong feeling, from a person's mood, circumstances or relationship with others.	PERFECTLY	BRANDY TREMPSEN
Mindfulness	Being aware of something, accepting your feelings, thoughts and bodily sensations, used as a therapeutic technique.	BRAIL SEAUTIFUL	One Drop of Kindness
Growth mindset	To believe that your basic abilities can be developed through dedication and hard work.	rejor Coos	
Emotional health	Being aware of your emotions, being in control of your thoughts, feelings and behaviour.	What I will learn by the end of this topic:	Previous Learning
		 How positive friendships and being involved in activities such as clubs and community groups support wellbeing. How to recognise early signs of physical or mental ill-health and what to do about this, including people to speak to in and outside school. That anyone can experience mental ill-health and to discuss concerns with a trusted adult. 	 I understand how regular physical activity benefits bodies and feelings. I know how to be active on a daily and weekly basis - how to balance time online with other activities. I understand how the lack of physical activity can affect health and wellbeing. I know how lack of sleep can affect the
Peer	Influence from your friends.		
pressure			
Consequences	A result or effect, typically one that is unwelcome or unpleasant.		
Balanced lifestyle	A healthy balance between work, time spent at home, eating healthily and personal pursuits.		
	That mental health difficulties can usually be resolved or	body and mood and simple routines	

managed with the right strategies and support



Subject Specific Vocabulary



Interesting Books