

Health and Wellbeing Knowledge Organiser

Pupils should learn...



Physical and Mental Wellbeing	Growing and Changing	Keeping Safe
• The importance of sleep, and ways to relax. • Dental health – the importance of brushing, visiting the dentist and the effect food and drink has on my teeth. • Ways of sharing my feelings, particularly words to use; and how and when to seek help with my feelings. • Things that help people feel good (like hobbies, playing outside, time with friends, getting enough sleep). • Different ways of managing big feelings and finding ways to calm down or changing my mood when I don't feel good.	• Change and loss (including death) and explore the feelings associated with this. • To name the main parts of the body including the external genitalia. • NSPCC Pants Talk • Preparing to move into my new class and meet my new teacher.	• Recognising the risk in everyday situations and find suitable actions to minimise harm. • Keeping safe at home especially around electrical appliances and fire safety. • How medicines help people stay healthy, but they can be dangerous if not used correctly. • Some household items can be harmful (bleach, knives etc). • About how to stay safe in unfamiliar surroundings (e.g. the beach, swimming pool, shopping centre), and how to cross the road safely. • The jobs of people who are here to help keep us safe, and learn about what to do in an emergency (999).

Vocabulary

Sleep	Loss
Rest	Risk
Emotions	Safety
Anger	Medicine
Calm	Emergency
Change	
Death	

Resources

PSHE Association Mental Health and Wellbeing Lessons
Badgers Parting Gifts
PSHE Drug and Alcohol Resources
Medway Public Health Directorate Primary RSE Lessons
My Body What I Say Goes (picture book).
British Red Cross 'Stay Safe' Lesson Plan and Worksheets
[Wise Owl Drug Safety Youtube Clip](#) 'What is a medicine?'
Safe around medicines power-point

Possible Activities

Circle time
Role play
Story Time
Dentist visit
GoNoodle – relax videos
NSPCC Pants visit
Fire Safety visit