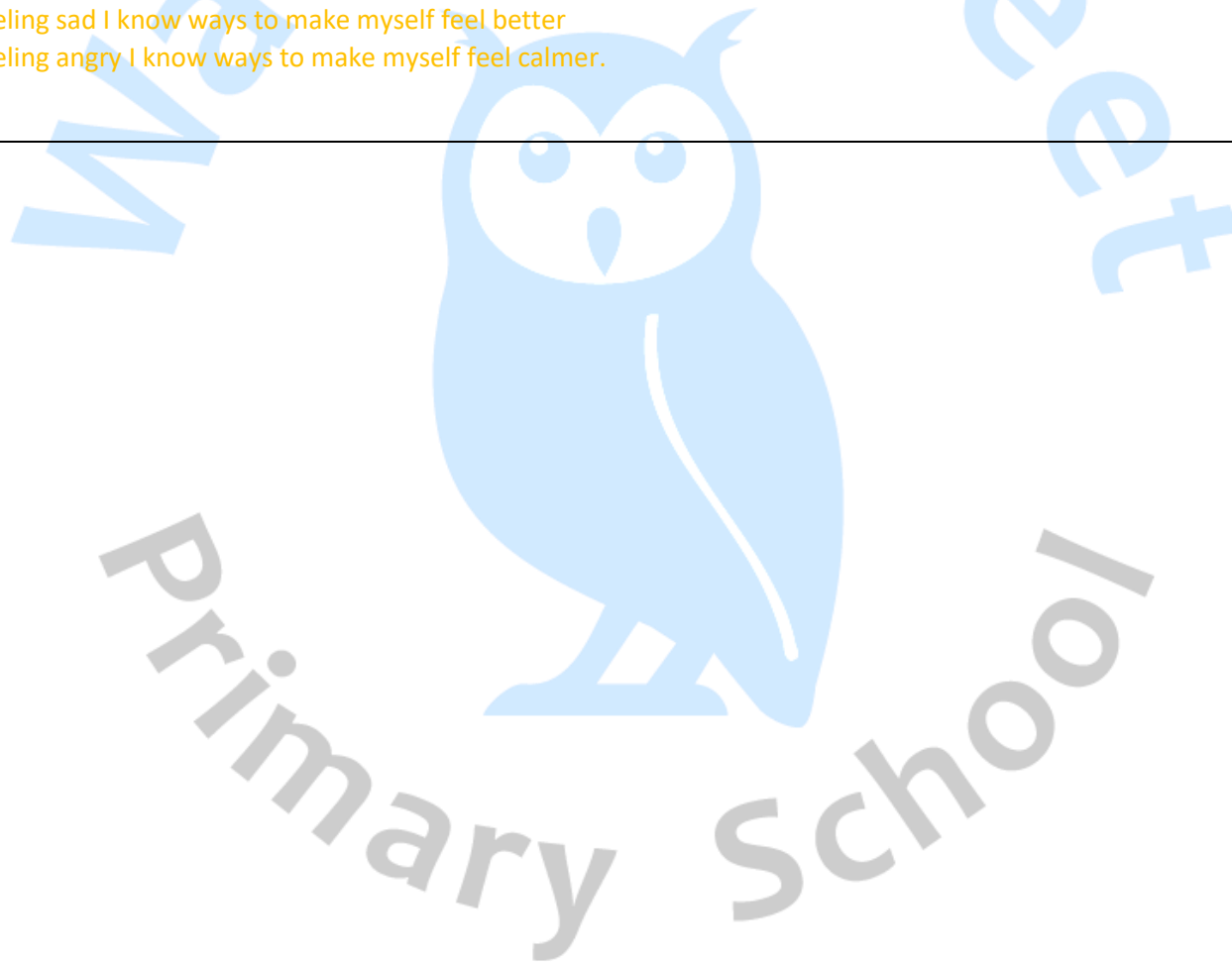


Healthy Lifestyles
Emotional health and wellbeing

EYFS

Healthy Lifestyles Emotional health and wellbeing

- I know ways to keep myself healthy and can make simple choices. (Food/ Exercise/ Keeping Clean/ Sun safety)
- I can manage my own basic hygiene and personal needs (dressing and going to the toilet independently).
- I am able to wash my hands properly and know why it is important.
- I can recognise and name a range of feelings
- I can say what makes me feel happy, sad and angry
- If I am feeling sad I know ways to make myself feel better
- If I am feeling angry I know ways to make myself feel calmer.



Healthy Lifestyles
Emotional health and wellbeing

Y1

Handwashing. Coughs and sneezes, germs.

- -I know the importance of personal hygiene and I am able to wash my hands properly.
- -I understand what physical and mental health means and that all humans have it
- -I know how to keep my body healthy through being active, healthy eating, getting enough rest, dental health, sun protection and looking after my emotional wellbeing
- -I can make simple choices to improve my physical and emotional health
- -I know how diseases are spread and how they can be controlled and my responsibilities for my own and others health.
- -I can recognise and name a range of feelings and understand that we all experience emotions in relation to different experiences and situations
- -I can talk about my emotions and recognise them in others
- -I know what makes me happy
- -I understand what being resilient means to me and I have strategies I can use
- -I know some of the reasons why change can feel uncomfortable and I know some of the ways of dealing with the feelings that sometimes arise from changes

Primary School

Healthy Lifestyles

Emotional health and wellbeing

Y2

Keeping clean

- -I know the importance of personal hygiene and I regularly wash my hair and body, cut my nails and clean my teeth twice a day.
- -I can recognise what I like and dislike, how to make real, informed choices that improves my physical and emotional health and to recognise that choices can have good and not so good consequences
- -I know that a healthy lifestyle includes being physically active, rest, healthy eating, dental health, sun protection and emotional health and I can give examples of what I do on a daily and on a regular basis to keep myself healthy
- -I can recognise and name a range of feelings and understand that we all experience emotions in relation to different experiences and situations
- -I have simple strategies to manage my feelings
- -I understand what being resilient means to me and I have strategies I can use
- -I know that even changes we want to happen can sometimes feel uncomfortable but I have identified ways I manage those feelings
- -I can talk about my emotions and recognise them in others
- -I know what makes me happy

Primary School

Healthy Lifestyles

Emotional health and wellbeing

Y3

- -I can make choices about my lifestyle to improve my health and well-being and recognise that choices can have good and not so good consequences
- -I know what are the good habits for looking after my growing body both physically and emotionally on a daily and regular basis
- -I know the benefits of physical exercise and time outdoors
- -I understand safe and unsafe exposure to the sun, and how to reduce the risk of sun damage
- -I know how to look after my mental wellbeing through some self-care techniques e.g relaxation, benefits of hobbies and interests etc
- -I can communicate my feelings to others, recognise how others show feelings and know to respond appropriately
- -I understand what being resilient means to me and I have strategies I can use
- -I can understand why other people are behaving as they are when they are finding change difficult



Healthy Lifestyles
Emotional health and wellbeing

Y4

Teeth

- -I understand what is meant by a healthy diet (including understanding calories, and nutritional content)
- -I can make informed choices about healthy eating and exercising

- -I understand the importance of good oral hygiene, including regular visits to the dentist
- -I know how to look after my mental wellbeing through some self-care techniques e.g relaxation, benefits of hobbies and interests etc
- -I understand a range of feelings and how these make me feel both emotionally and physically
 - I have a range of strategies for managing and controlling strong feelings and emotions
- -I can respond appropriately to other people's feelings
- -I can recognise my worth as an individual and the worth of other people
- -I understand what being resilient means to me and I have strategies I can use
- -I can identify positive things about myself, recognise some of my mistakes and learn from them

Healthy Lifestyles

Emotional health and wellbeing

Y5

Personal Hygiene / puberty

- -I can identify some factors (positive and negative) that affect physical, mental and emotional health e.g. relationships with family and friends, stress levels, physical activity, diet, self-image, media, online and have started to develop ways of counteracting the negative factors
- -I know what makes a healthy lifestyle- the benefits of exercise and healthy eating and the factors (positive and negative) that affect mental health, including having a positive self-image.
- -I understand that as my body starts to change and develop I need to wash my body regularly and change my clothes.
- -I can deal positively with my feelings and recognise a range of emotions in others and can explain the intensity of my feelings to others
- -I understand what resilience is and have strategies I can use to build my own resilience
- -I can resolve differences, looking at alternatives, making decisions and explaining choices
- -I know some of the ways of dealing with the feelings that sometimes arise from changes
- -I can make some changes quickly and easily but also understand that some changes are hard and can take a long time
- -I understand that the media can have a positive and negative effect on mental health, e.g. body image

Healthy Lifestyles
Emotional health and wellbeing

Y6

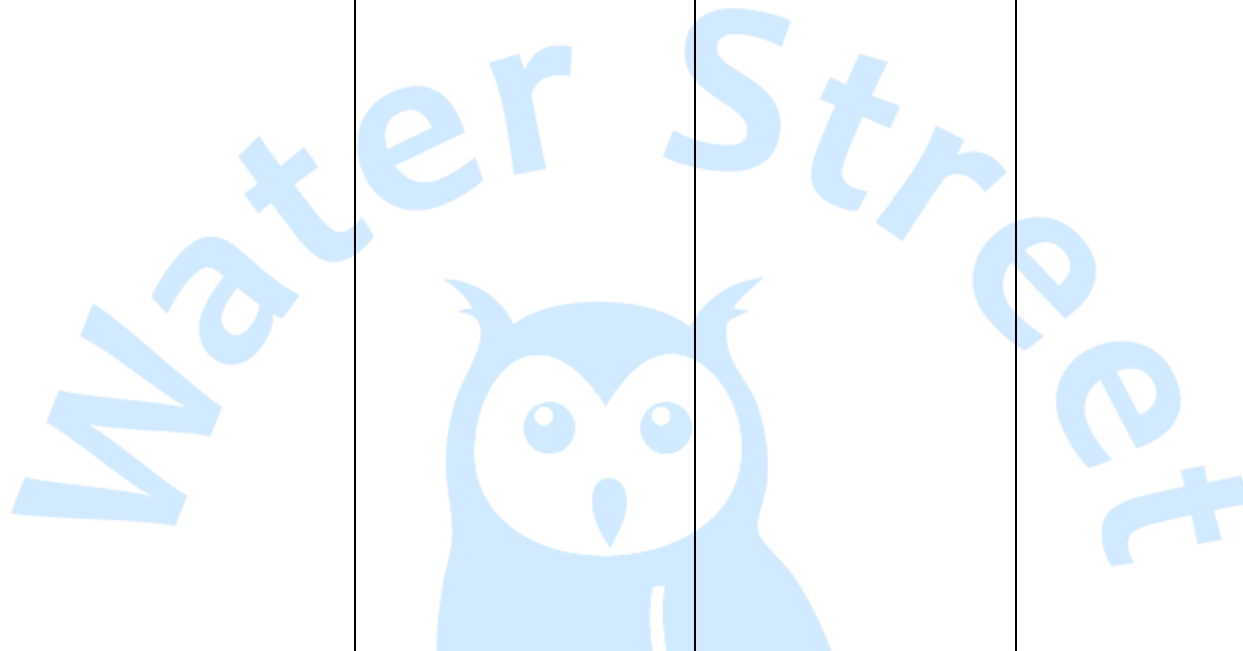
Immunisation

- -I can manage my time to include regular exercise and self-care techniques to look after my mental and physical health such as relaxation
- -I can recognise opportunities to make my own choices about food,
- what might influence my choice and the benefits of eating a balanced diet
- -I understand the impact of growth and adolescence on my hygiene, good quality sleep and nutrition needs
- -I understand the risks associated with an inactive lifestyle, poor diet, unhealthy eating and other behaviours on my physical and mental wellbeing
- -I understand early signs of physical illness, such as weight loss, or unexplained changes to the body
- -I understand simple, safe routines to prevent the spread of bacteria and viruses and the importance of immunisation

- -I recognise that I may experience conflicting emotions and when I need to listen to and overcome my emotions
- -I have an understanding of mental ill health and how important it is for people to get early help to support them
- -I understand what being resilient means to me and I have strategies I can use
- I know how change can impact with our feelings of belonging

	Y1	Y2	Y3	Y4	Y5	Y6
Caring for myself	<p>Handwashing. Coughs and sneezes, germs.</p> <p>-I know the importance of personal hygiene and I am able to wash my hands properly</p> <p>-I know how diseases are spread and how they can be controlled and my responsibilities for my own and others health,</p>	<p>Keeping clean</p> <p>-I know the importance of personal hygiene and I regularly wash my hair and body, cut my nails and clean my teeth twice a day.</p> <p>-I know how diseases are spread and how they can be controlled and my responsibilities for my own and others health,</p>	<p>Sun Safe</p> <p>- I understand safe and unsafe exposure to the sun, and how to reduce the risk of sun damage</p>	<p>Teeth</p> <p>-I understand the importance of good oral hygiene, including regular visits to the dentist</p>	<p>Personal Hygiene / puberty</p> <p>-I understand that as my body starts to change and develop I need to wash my body regularly and change my clothes.</p>	<p>Immunisation</p> <p>-I understand simple, safe routines to prevent the spread of bacteria and viruses and the importance of immunisation</p>

	<p>-I can make simple choices to improve my physical and emotional health I understand what physical and mental health means and that all humans have it</p> <p>-I know how to keep my body healthy through being active, healthy eating, getting enough rest, dental health, sun protection and looking after my emotional wellbeing</p>	<p>-I know that a healthy lifestyle includes being physically active, rest , healthy eating, dental health, sun protection and emotional health and I can give examples of what I do on a daily and on a regular basis to keep myself healthy</p> <p>-I can recognise what I like and dislike, how to make real, informed choices that improves my physical and emotional health and to recognise that choices can have good and not so good consequences</p>	<p>-I can make choices about my lifestyle to improve my health and well-being and recognise that choices can have good and not so good consequences</p> <p>-I know what are the good habits for looking after my growing body both physically and emotionally on a daily and regular basis</p> <p>-I know the benefits of physical exercise and time outdoors</p>	<p>-I understand what is meant by a healthy diet (including understanding calories, and nutritional content) -I can make informed choices about healthy eating and exercising</p>	<p>-I know what makes a healthy lifestyle- the benefits of exercise and healthy eating and the factors (positive and negative) that affect mental health, including having a positive self-image.</p> <p>-I can identify some factors (positive and negative) that affect physical, mental and emotional health e.g. relationships with family and friends, stress levels, physical activity, diet, self-image, media, online and have started to develop ways of counteracting the negative factors</p>	<p>-I can manage my time to include regular exercise and self-care techniques to look after my mental and physical health such as relaxation</p> <p>-I can recognise opportunities to make my own choices about food, what might influence my choice and the benefits of eating a balanced diet I understand the impact of growth and adolescence on my hygiene, good quality sleep and nutrition needs</p> <p>-I understand the risks associated with an inactive lifestyle, poor diet, unhealthy eating and other behaviours on my physical and mental wellbeing</p> <p>-I understand early signs of physical illness, such as weight</p>
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						loss, or unexplained changes to the body
Mental Health and well being / Feelings	<ul style="list-style-type: none"> -I can talk about my emotions and recognise them in others -I know what makes me happy -I can recognise and name a range of feelings and understand that we all experience emotions in relation to different experiences and situations -I have simple strategies to manage my feelings 	<ul style="list-style-type: none"> -I can recognise and name a range of feelings and understand that we all experience emotions in relation to different experiences and situations -I have simple strategies to manage my feelings -I understand what being resilient means to me and I have strategies I can use -I know that even changes we want to happen can sometimes feel 	<ul style="list-style-type: none"> -I can communicate my feelings to others, recognise how others show feelings and know to respond appropriately -I understand what being resilient means to me and I have strategies I can use -I can understand why other people are behaving as they are 	<ul style="list-style-type: none"> -I understand a range of feelings and how these make me feel both emotionally and physically - I have a range of strategies for managing and controlling strong feelings and emotions -I can respond appropriately to other people's feelings -I can recognise my worth as an individual and the worth of other people 	<ul style="list-style-type: none"> -I can deal positively with my feelings and recognise a range of emotions in others and can explain the intensity of my feelings to others -I understand what resilience is and have strategies I can use to build my own resilience -I can resolve differences, looking at alternatives, making decisions and explaining choices 	<ul style="list-style-type: none"> -I recognise that I may experience conflicting emotions and when I need to listen to and overcome my emotions -I have an understanding of mental ill health and how important it is for people to get early help to support them -I understand what being resilient means to me and I have strategies I can use

		<p>uncomfortable but I have identified ways I manage those feelings</p>	<p>when they are finding change difficult</p> <p>-I know how to look after my mental wellbeing through some self-care techniques e.g relaxation, benefits of hobbies and interests etc</p>	<p>-I understand what being resilient means to me and I have strategies I can use</p> <p>-I can identify positive things about myself, recognise some of my mistakes and learn from them</p> <p>-I know how to look after my mental wellbeing through some self-care techniques e.g relaxation, benefits of hobbies and interests etc</p>	<p>-I know some of the ways of dealing with the feelings that sometimes arise from changes</p> <p>-I can make some changes quickly and easily but also understand that some changes are hard and can take a long time</p> <p>-I understand that the media can have a positive and negative effect on mental health, e.g. body image</p>	<p>-I know how change can impact with our feelings of belonging</p>
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