



# HEALTH AND WELL-BEING – AUTUMN 2

## **Skills and Knowledge**

### **Growing and changing**

To reflect on and celebrate their achievements, identify their strengths, areas for improvement, set high aspirations and goals  
To deepen their understanding of good and not so good feelings and to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others.

To recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these.

### **Keeping safe**

To understand school rules about health and safety, basic emergency aid procedures, where and how to get help.

To recognise people who are responsible for helping them stay healthy and safe.

### **Key Vocabulary:**

Physical, mental, emotional, wellbeing, lifestyle, diet, balanced, aspirations, habit, feelings, conflicting emotions, emergency aid, procedure.