## <u>PSHE YEAR 2 - Autumn 1</u> Health and Well-being



## **Healthy Lifestyles**

- To recognise how to make healthy choices about our physical and emotional health.
- To recognise good and not so good feelings and using vocabulary to describe our feelings to others.
- o Identifying simple strategies for managing feelings.

## <u>Vocabulary</u>

- Physical health
- Emotional health
- Managing feelings