

Year 5 and 6: Health and Wellbeing

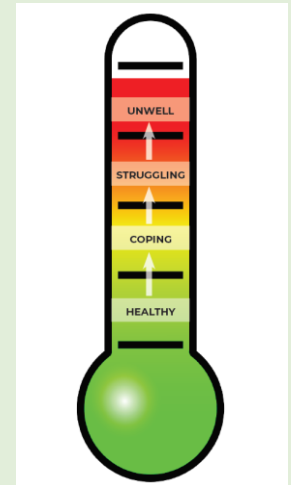
Subject Specific Vocabulary

Illegal	Forbidden by law.
Abuse	The improper use of something.
Moods	A mood is a feeling or a person's specific state of mind at any particular time.
Wellbeing	The state of being comfortable, healthy, or happy.
Mental	Relating to the mind, or involving the process of thinking.
Physical	Relating to the body
FGM	Female Genital Mutilation – a violation of the human rights of girls and women.
Human Rights Act	This includes the right to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and education.

How can we keep healthy as we grow?



Mental Health Thermometer



What I will learn by the end of this topic:

- ☐ How to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school.
- ☐ That health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on.
- ☐ That anyone can experience mental ill-health and to discuss concerns with a trusted adult.
- ☐ That mental health difficulties can usually be resolved or managed with the right strategies and support.
- ☐ That FGM is illegal and goes against human rights; that they should tell someone immediately if they are worried for themselves or someone else.

Previous Learning

- ☐ I understand that feelings change overtime and can be experienced at different levels
- ☐ I understand people can be influenced by their peers' behaviour and by a desire for peer approval and how to manage this
- ☐ I am aware that rules, restrictions and laws exist to help people keep safe and how to respond to a situation that is anti-social or against the law