

PSHE – Health and Wellbeing 2

Health and Wellbeing

At Claregate we understand and can explain how to keep ourselves and others happy and healthy.

Relationships

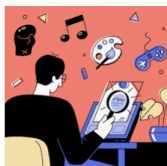
At Claregate we listen to and respect other people's beliefs.

Living In the Wider World

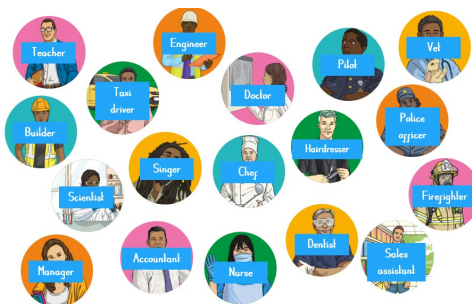
At Claregate we understand how the world works and how to look after it.

What should I already know?

My interests and strengths

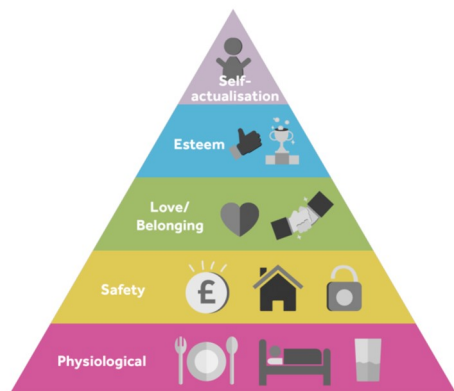


Jobs in the local
community

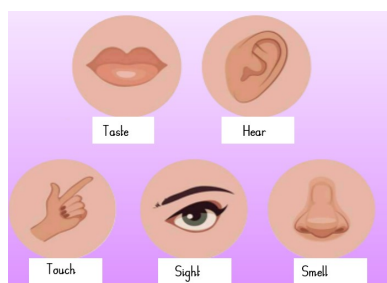


What am I going to learn?

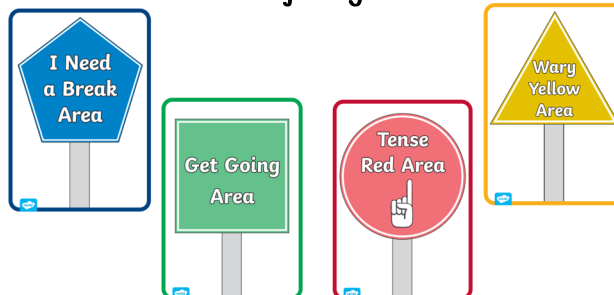
What we need to be happy, healthy humans



Our Five Senses



Zones of Regulation



What makes us unique and special

We Are All Different.
We Are All Friends!



Key Vocabulary

Definition

self-regulation

Manage your own feelings and behaviour.

feelings

Our emotions such as happy and sad.

mental well-being

Looking after our mental health so we are calm and happy.

needs

Things you must have to be happy and healthy.

unique

One of a kind-nothing else like it.

coping

Managing our feelings, trying to stay calm.

Zones of Regulation

Organise our feelings and energy levels.

Class Rules

We listen.

We are kind.

We are polite.

We respect other's opinions.

Safeguarding

Miss Evans is in charge of keeping me safe at Claregate.

Mrs. Fielding, Mr. Saunders and Mr. Murphy help her to do this.

If I feel worried about something in school, I can talk to Mrs. Reynolds or Mrs. Sugden.