



Words you will learn:



health

How your body and mind are working or feeling.



mind

The part of you that thinks, feels and remembers.



mood

The way a person feels at a certain time.



routine

Doing things in the same way and at a similar time each day.



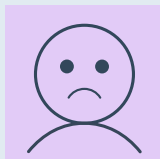
support

Help or care given to others or received from others.

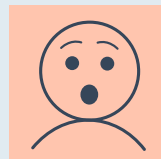
Feelings are how you notice and describe emotions.



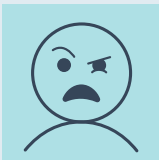
happiness



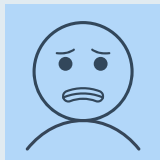
sadness



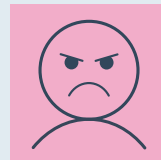
surprised



disgust



fear



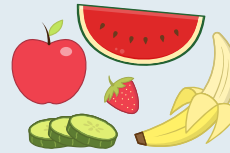
anger

Face clues and body clues help us understand what someone is feeling and how strongly they feel it.

Your mind and body are connected.

Looking after your health means taking care of your body and mind.

Make sure you:



eat a balanced diet



do things you enjoy



get a good night's sleep



stay hydrated



keep active



spend time with family and friends

Sleep helps your body and mind.

Children your age need 9-12 hours of sleep each night.

Not enough sleep



bad mood
hard to concentrate

Enough sleep



good mood
able to concentrate



We cannot stop strong emotions from happening. We can learn to notice how we are feeling, pause and choose what to do next.

You could:



listen to calm music



move your body



take deep breaths



do some drawing



Bullying is repeated unkind or hurtful behaviour done on purpose.

It can affect how you feel.

If you need help with your health, talk to a trusted adult.



Use these phrases to get help from a trusted adult:

I am feeling...

I am worried about...

I need help because...

Something is making me feel...

I do not know what to do about...