



Topic: Mental Wellbeing & Keeping Active

Year: 5

NC Strand: Healthy Lifestyles

What should I already know?

- Influences on our health and wellbeing
- How family, friends and media can influence our physical and mental health
- Have an awareness of how these can affect our personal choices
- Dental health
- Hygiene, including germs
- Basic first aid
- Early signs of illness and seeking help

What will I know by the end of the unit?

- About mental health, what it means and how to take care of it
- How feelings and emotions are affected at changing, challenging or difficult times
- Ways of managing these feelings
- How to seek support and advice when needed
- Strategies and behaviours that support mental health (sleep, exercise, community groups, clubs, hobbies, family & friends)
- About the benefits of exercise to mental and physical health
- About risks associated with an inactive lifestyle
- To identify opportunities for physical activity
- About the benefits of the Internet and the importance of balancing time online with other activities
- How to stay safe in the sun and reduce the risk of sun burn, heat stroke and skin cancer

Vocabulary

Mental health	a person's condition with regard to their psychological and emotional well-being
Sleep	a condition of body and mind that typically recurs for several hours every night, in which the nervous system is relatively inactive, the eyes closed, the postural muscles relaxed, and consciousness practically suspended
Exercise	activity requiring physical effort, carried out to sustain or improve health and fitness
Community	a group of people living in the same place or having a particular characteristic in common
Hobby	an activity done regularly in one's leisure time for pleasure
Active	engaging or ready to engage in physically energetic pursuits
inactive	not engaging in or involving any or much physical activity
Lifestyle	the way in which a person lives
Physical health	Ways to keep the body healthy
Balance	Having the right amounts of something
Resilience	the capacity to recover quickly from difficulties; toughness
Nutrition	the process of providing or obtaining the food necessary for health and growth
Healthy habits	Doing things that keep us in a good physical or mental condition; in good health
Lifestyle choices	choice a person makes about how to live and behave, according to their attitudes, tastes, and values



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Keeping Myself Safe

We are learning about how to live healthy and safe lives, to promote our wellbeing and to have positive relationships with others



You should already know that:
being healthy is about feeling good in your body and wellbeing is about feeling good in your mind.
Our relationships with other people are important for our health, wellbeing and happiness

Habits are repeated behaviours, which can be positive or negative. When a person loses control of a habit, they can become an addiction. Many things can be addictive, including some drugs.

In order to solve dilemmas, we should take active steps to consider the risks of each option. We should understand that taking some risks can be a good thing and we can ask a trusted adult if we are unsure.

We do not have to do things that we are uncomfortable with
- being assertive is a positive way to approach this. We should always be safe when playing games online.

Health

Habit

A habit is a pattern of behaviour that is repeated - it is done routinely.

Some habits are a good thing e.g. brushing our teeth every morning and evening.

However, there are some habits that can be bad for our health and wellbeing, e.g. eating too many fatty foods or spending too much time on video games.

An addiction is a habit that someone finds exceptionally difficult to stop.

Addictions are not normally good for our health and/ or wellbeing. We can become addicted to many things, but some products contain addictive substances (e.g. nicotine in cigarettes). Once a person has a certain amount of nicotine, they crave more nicotine. This makes it very difficult to stop smoking.



Wellbeing

Managing Dilemmas

Risk - an action which is taken in a hazardous situation e.g. taking a difficult route on a BMX trail or taking the lead role in a school play.

Dilemma - when we need to make a difficult choice.

Often, when we have a dilemma, it is important to weigh up the risks. We should be able to determine actions that are high risk, medium risk or low risk. To manage the risk, we should consider:

1. What is the situation?
2. What is the risk level?
3. How can I make the situation safer?
4. Which choice is the safest?
5. What is the risk level now?



We should remember that not all risks are bad - good things can come from taking risks (e.g. performing in front of lots of people, and doing well!)

There are several things that we can do to inform our decision, for example getting some more information (e.g.

Spotting Bullying

Bullying is when someone is repeatedly unkind or hurtful to another person.

There are different types of bullying:

1. Calling names/ saying hurtful things;
2. Hurting by hitting, punching, kicking,
3. Leaving someone out of something;
4. Sending hurtful messages or photos on technology (cyber-bullying)

-Bullying can sometimes be difficult to spot as bullies may mix bullying behaviour with kindness, or it may get gradually worse over time.

-When bullying is taking place, we should challenge it. One way is to tell an adult.

-With cyber-bullying, you should not respond to the hurtful messages, and can block the other person.



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what is the BMX trail route? or How many lines does the leading role need to remember?) or asking a trusted adult. We all have to deal with chance events in our life and need to manage those in a way which helps us and keeps us safe.

Playing Online



Playing games online can be fun, but it is important to play safely:

Have specific times in the day for gaming, so that it doesn't take over life!

Turn it off at night, so that you can sleep.

Use passcodes on phones and other devices so that others can't access accounts or their personal information.

Remember that it is far safer to only chat to people you know in real life.

If anything online upsets or annoys you, speak with a trusted adult.

Lesson Overview

Lesson 1: to learn about mental health; what it means and how we can take care of it

Lesson 2 To learn about how feelings and emotions are affected and can be managed at changing, challenging or difficult times

Lesson 3: To learn about the feelings and common anxieties pupils face and ways to manage feelings

Lesson 4: To understand what resilience is

Lesson 5: To learn what makes a healthy diet and why this is important

Lesson 6: To learn about influences and making healthy choices when deciding what to eat or drink

Lesson 7: To learn how to plan and prepare a healthy meal