



**Topic: Health & Hygiene and  
Mental Health**

**Year: 6**

**NC Strand: Healthy Lifestyles**

### What should I already know?

- 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 sunburn, heat stroke and skin cancer

### What will I know by the end of the unit?

#### Health & Hygiene

- Making informed choices regarding a healthy lifestyle, including nutrition
- Hygiene and bacteria and viruses
- Allergies and getting help in an emergency
- Vaccination and immunization

#### Mental Health

- Strategies to respond to feelings
- Recognize warning signs of mental health and wellbeing
- How to seek support

### Vocabulary

Healthy lifestyle	it is a state of complete physical, mental and social well-being. This means <b>eating</b> a balanced diet, <b>getting regular exercise</b> , <b>avoiding tobacco and drugs</b> and <b>getting plenty of rest</b> .
Nutrition	the process of providing or obtaining the food necessary for health and growth
Bacteria	a member of a large group of unicellular microorganisms which have cell walls but lack organelles and an organized nucleus, including some that can cause disease
Virus	an infective agent that typically consists of a nucleic acid molecule in a protein coat, is too small to be seen by light microscopy, and is able to multiply only within the living cells of a host
Allergy	a damaging immune response by the body to a substance, especially a particular food, pollen, fur, or dust, to which it has become hypersensitive
Allergens	a substance that causes an allergic reaction
Immune system	the organs and processes of the body that provide resistance to infection and toxins
Emergency	a serious, unexpected, and often dangerous situation requiring immediate action
Vaccination	treatment with a vaccine to produce immunity against a disease
Mental health	a person's condition with regard to their psychological and emotional well-being
Wellbeing	the state of being comfortable, healthy, or happy



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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

**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 and alcohol.

All people have emotional needs that we would like to be met. Recognising these helps us to become confident and secure individuals. We should also learn to become independent and responsible.

We should think carefully before we post anything online. Any information that we share can spread rapidly. The traffic lights system is a good way of maintaining online safety.

**Health**

Habits

A habit is a pattern of behaviour that is repeated - it is often 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**

**Emotional Needs**

We all have emotional needs that need to be met in order for us to feel safe, healthy and happy.

Some examples of our emotional needs are:



By recognising that we have basic human emotional needs and the ways we can get those needs met can help us to be more confident and secure individuals.

1. I need to feel that I am good at some things
2. I need to have friends
3. I need to feel part of a group
4. I need to try new things
5. I need to have some choice over what I do
6. I need to give and receive attention
7. I need some time on my own
8. I need to feel safe and secure

**Independence and Responsibility**

Independence is about being able to do things for yourself. For example, you can show independence when you complete your homework without being asked to!



Responsibility is about being dependable, making good choices, and being accountable for your actions. For example, you may be given the responsibility of being a prefect for younger children in your school.

Part of becoming an adult is about gaining more independence and taking on more responsibility. It helps to keep ourselves and others safe.



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We should be aware that life is full of ups and downs, good times and times of challenge and hardship. At times when we do not feel that our emotional needs are being met, we should speak to a trusted adult.

**Staying Safe Online**

**Think Before You Click**

Remember that information can spread rapidly on the internet.



Even posts, messages or photographs that have been sent privately can be captured and spread by others around the internet. Here, the whole world may see it.

It can be extremely difficult to remove something once it has been posted. Things that you post now could even resurface many years later - something that may seem funny at the time may not do so later on.

We should always think about our own safety and should never post anything that may hurt or embarrass someone else.

**Traffic Lights**

When online, we should use the traffic lights system to maintain safety - 'STOP', 'THINK', 'GO'



**STOP:** when faced with a situation where we are being asked for personal information

**THINK:** is it ok to share this information? What information is being asked? Who is asking for it? Have I checked with an adult?

**GO:** I have checked with an adult, I know what information is safe to share

**Lesson Overview**

Lesson 1: Understand what mental health means

Lesson 2: Recognising warning signs of mental health and how to get support

Lesson 3: The importance of good sleep

Lesson 4: The importance of regular, physical activity

Lesson 5: Strategies to maintain a balanced lifestyle

Lesson 6: Discover common allergens, where they can be found and learn why it's important for people with food allergies to stay safe

Lesson 7: To understand that vaccines help prevent a range of infections, including the flu