

# Health and Wellbeing: What helps us stay healthy?

PSHE

Year 2: Summer 2

## Sticky Knowledge



## Key Vocabulary

Demonstrate at least 6 different emotions using only your face or body.



How can I make myself feel better?

A: Go for a walk, read a book, talk to someone, play a game, find a friend.

How can emotions affect your behaviour and body?

A: They prepare your body for a particular situations.

What do you do if you feel worried or scared?

A: Tell a trusted adult at School, Mosque or Home.

## Vocabulary Definition

feelings

Emotions such as happy, sad, angry, worried, embarrassed, excited

experiences

the knowledge a person gets by doing something or watching someone else do it

Loss and bereavement

To lose a close relation or friend through death

help

to provide with what is useful in achieving

trusted adult

regarded as reliable or truthful person you can turn to for help, advice and support