

## Key Vocabulary

healthy	in a good physical or mental condition.
Impact	a marked effect or influence.
energy	the strength required for sustained physical or mental activity.
physical	relating to the body and not the mind.
responsible	having an obligation to do something.
drugs	a medicine or other substance which has an effect on the body.
emotional	relating to a person's emotions.
emergency	A serious or unexpected situation.
emotionally well	refers to the emotional quality of your experiences.
misuse	To use something in the wrong way.
mental health	a person's condition with regard to their emotional well-being.
stressed	experiencing mental strain or tension.
under pressures	feeling the strain of a task or number of tasks.

# HEALTHY LIFESTYLE

### Keeping healthy – food.

We will begin this topic by thinking about how our body is impacted by the food we eat. We will also discuss the importance of food in giving us energy for physical and mental tasks.

### Keeping healthy – drugs.

In this lesson we will look at the different categories of drugs. We will think about why someone may take drugs when we know they could be bad for us and think of alternatives to keep us safe.

### Keeping healthy – alcohol.

In this lesson we will identify how alcohol can be misused and lead to anti-social behaviours. We will consider a range of viewpoints from people our own age.

### Emergency situations

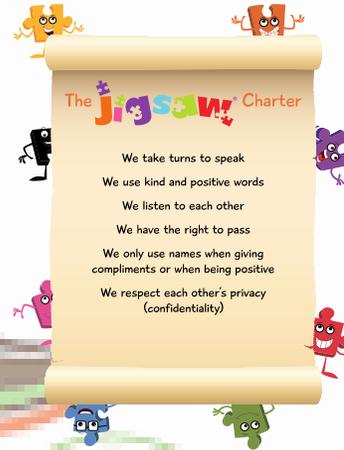
We will review our learning of the recovery position and CPR. We will think about what to do if we find ourselves in an emergency situation and the steps that we should take. We will also consider how we can keep ourselves as safe as possible.

### Keeping healthy – emotionally well

It is very important that when we keep ourselves healthy we recognise that emotions have a big part in this too. We will think about how our emotions can tell us whether we are well or not and what we could do to improve our mood.

### Keeping healthy – stress

In this lesson we will identify events or situations that cause us to feel stressed. We will consider what this feels like in our bodies but also what we can do to help keep our stress levels down.



The Jigsaw! Charter

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive
- We respect each other's privacy (confidentiality)

