



Weaving concepts



What should I already know?

Key Learning Points:

Looking After Our Bodies and Minds: There are lots of things we can do to keep our bodies and minds healthy. We can:

- spend time doing active things we enjoy;
- spend time doing calming, quiet activities to help our minds rest;
- spend time with family and friends;
- eat a wide variety of foods to create a balanced diet;
- spend time outside;
- drink lots of water;
- get enough sleep.



Our Bodies are Our Own: No one should make us feel **uncomfortable** about anything they do to us. If someone has touched our body in a way that we don't like, it is very important we:

- tell them to stop it because we don't like it;
- run to a **trusted adult**;
- tell them what has happened.

Key Vocabulary choice

consent

touch

uncomfortable

sleep deprivation

bedtime routine

sleep hygiene

germs

drugs

medication

addiction

Options we have about what to do.

To give permission or agree to something.

Physical contact from another person.

Something we feel isn't OK or that makes us feel unsettled.

Not getting enough sleep.

Things we regularly do before going to bed.

Having good habits to regularly get enough sleep.

Bacteria that can make us unwell.

A substance that has an effect on our body.

A substance that is prescribed by a doctor to help if someone is feeling unwell.

Enjoying the effects of something and wanting to experience this more and more.

Sticky Knowledge

Key Learning Point:

My Body, I Choose: Our body is our own. It is special and unique and deserves to be respected by ourselves and others. We can respect our bodies and look after our minds by:

- eating a balance of lots of different food groups;
- brushing our teeth and flossing twice a day;
- getting enough sleep;
- doing a wide range of activities like crafting, exercising, playing with friends, spending time with family and learning;
- avoiding any substances that could be dangerous to us;
- only taking **medication** that is prescribed for us;
- feeling confident to express our boundaries about physical **touch**;
- saying 'no' and 'stop' to any unwanted **touch**;
- getting help from a trusted adult if anything makes us feel **uncomfortable**.