PSHE Knowledge Organiser

Health and wellbeing - How can we manage risks in different places?	Year 5	Autumn Term 2

Key Vocabulary

Fail	To be unsuccessful in achieving a goal.
Goal	Something you want to achieve.
Protect	To keep someone safe from something.
Relaxation	Doing calming activities such as having a bath or reading a book.
Responsibility	Being in charge of our own actions.
Steps	To do what is necessary to reach a goal.

Health tips



Establish good habits for sleeping.



Remember: "If at first you don't succeed, try, try and try again".



Write down your goals and the steps you need to get there.



Try to have a balance of food groups in each meal or across the day.

Getting help

If you are worried about your health, talk to an adult you trust or your doctor.

Contact: Childline
www.childline.org | 0800 1111
Calls DO NOT show on the phone bill

Sticky Knowledge



There are things we can do to look after our mental health, such as yoga.



Sleep is an important part of keeping healthy.

As we get older, we take on more responsibility for our own health.

Finding things hard and failing can feel uncomfortable but they are part of learning.



Having goals can help us achieve things and we will sometimes need to break these down into steps.

We all experience different feelings and we can decide how we are going to react to them.



When we plan a meal, we need to try and include all the food groups which keep us healthy.



UV rays from the sun can damage our skin if we don't protect ourselves.