

# Year 2: Health and Wellbeing

## Key Learning



It is important that we regularly brush our teeth and visit the dentist.

We also need to look after our teeth by watching what we eat/drink.



Routines and habits help us to maintain good physical and mental health.



Sleep and rest are really important for growing and keeping healthy.

We can keep our bodies healthy by eating healthily. It is important to



It is important to know how to describe and share a range of feelings.



We each have ways of calming down, feeling good or changing our mood. This could be playing

outside, listening to music or spending time with others.

People grow from young to old. Our bodies and our needs change as we grow up.



Vaccinations, immunisations and medicines can help people to stay healthy and manage their allergies.



We experience lots of changes as we grow up, including new changes and responsibilities.

Some of these changes happen when we move to new classes, and set goals for our new year.



I can identify potentially unsafe situations and steps I can take to avoid them.

I know how to respond if there is an accident and someone is hurt.

I know how to get help in an emergency, including how to dial 999 and what to say.



People can put things onto their skin or into their bodies, (e.g. medicines/creams). This can help people to feel better.

## Key Vocabulary

Relaxation	A form of rest.
Energy	What the body uses to carry out daily tasks.
Nutritious	Good, healthy foods that nourish our body.