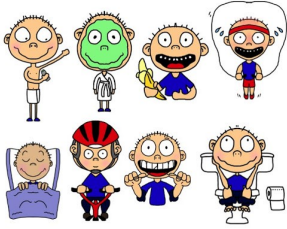


# Year 4: Healthy Me

## Key Learning



There are a wide range of factors that maintain a balanced, healthy lifestyle both mentally and physically e.g. a balanced diet, regular exercise, drinking lots of water, getting enough sleep etc.

We all have our own individuality. It is important to recognise, respect and express this.

Everyone is unique. We have our own strengths and weaknesses and so do our friends. It is important that we can identify which friends we value the most so that we know who to ask for advice and help when we need it.

There are lots of different roles in a friendship group. Some are leaders and some of us are followers. We can change which role we take on depending on the situation we are in.



Smoking and alcohol can have a negative impact on the body.

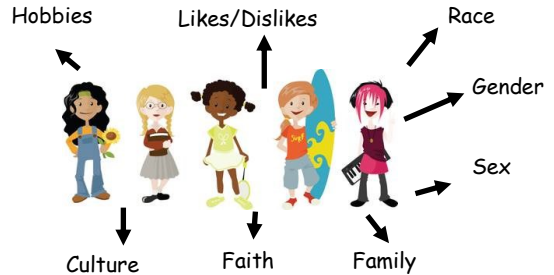
If drunk too much, alcohol will affect the liver and this could lead to liver disease.

People begin smoking for many different reasons:

- they may feel pressured by their friends
- they are stressed
- they think it is cool



Lots of things contribute to our own personal identity. These can include:



There are lots of things that we can do to boost our mood and improve our emotional wellbeing. This could be playing sports, or joining in with hobbies or community groups.

There are some drugs common to everyday life that can affect health and wellbeing such as: cigarettes, e-cigarettes (vaping), alcohol and medicines. These drugs can become a habit which is difficult to break and can cause risks in everyday life.

## Key Vocabulary

Assertive	Having or showing a confident and forceful personality.
Drugs	A chemical that you take into your body, which changes the way you feel and act.
Peer pressure	Feeling like you have to do something because people around you want or expect you to.
Opinion	A view or judgement formed or made about something or someone that isn't necessarily based on something factual.