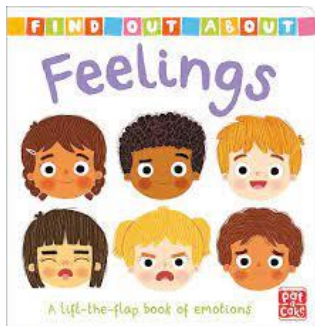




## Key Vocabulary

<b>Feelings</b>	Something that we feel from within or inside ourselves.
<b>Germs</b>	Bacteria that can sometimes cause disease.
<b>Relax</b>	To become happy and comfortable because nothing is worrying you.
<b>Allergies</b>	Over reactions of the immune system.



## Key Knowledge

- Describe and understand my feelings
- Know simple strategies to deal with my feelings
- Identify my strengths and qualities
- Set myself achievable goals
- Understand that physical activity is important and so is rest
- Understand how important sleep is to me
- Know simple ways to relax
- Know how relaxing can help me
- Understand how germs are spread and how we can stop them spreading
- Know that washing my hands can help
- Understand the risks of the sun
- Understand that the sun can be good for you
- Begin to understand allergies
- Understand that people can be allergic to food and things around them
- Understand that people in the community help us
- Understand that people have jobs to help us keep healthy