



## Key Vocabulary

<b>Balance</b>	A variety of different things or an equal amount of something
<b>Alone</b>	Being by yourself
<b>Barriers</b>	Obstacles that stop us achieving our goals
<b>Lonely</b>	Feeling sad because you are alone
<b>Identity</b>	Who someone is, how they define themselves
<b>Belonging</b>	Feeling comfortable and at home in a certain situation or place
<b>Resilience</b>	Willingness to try even when things get really hard

## Key Knowledge

- Food can give us energy, help our body to repair itself and help our bones become strong.
- Doing energetic activities makes us sweat, become out of breath and our hearts beat faster.
- Eating healthy is important for your body and your mind.
- We can use yoga to relax our body and mind.
- We can use dance to help us relax.
- Lots of things make up our identity, including the groups we belong to.
- Everyone is different and unique.
- We all like different things and are part of different groups.
- We all have different strengths and we can use these to help others.
- Helping others is good for us as well and can help our mental health.
- Mental wellbeing is just as important as physical health.
- We can break down a problem into smaller goals.
- It is ok to feel different emotions, positive and negative.
- We can use facial expressions to show emotions.
- We can also talk to an adult, draw it or write it down to express emotions.



Keeping a diary can help us have a healthy lifestyle.



Eat **five** portions of fruit and vegetables every day.



Brush your teeth at least twice a day.



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