Year 5 PSHE Knowledge Organiser Autumn 1 – My Healthy Self – How can I support my mind and body as I grow?

Key Vocabulary	
Cope	To manage a difficult situation or feeling a positive way
Regulate	To control or manage your feelings, thoughts or actions so they are appropriate for the situation
Response	Something you say, do, think or feel after something happens
Light	An activity that does not make your heart beat much faster and is easy to do, such as a gentle walk
Moderate	An activity that makes your heart beat much faster and makes you breath a little harder, such as a brisk walk or cycling
Vigorous	An activity that makes your heart beat much faster and makes you breathe hard

Key Knowledge

- Looking for the traffic light label on food packing helps when making choices about what to eat
- Too many high fat, high salt or high sugar foods can leave for feeling tired or unwell

- Children should be active for about 60 minutes each day.
- This could be light, moderate or vigorous activity.
- This can release endorphins which is a natural chemical in the brain that creates a happy feeling

- It is normal to feel more complex emotions such as grief, betrayed, content, insure, startled and overwhelmed
- A wide range of emotions is a normal part of every day life
- Our bodies send clues when feelings grow stronger

- We all have different ways of regulating our emotions
- Some strategies include counting to ten, box breathing, stretching, squeezing a squeeze ball or going for a walk in nature

- Signs someone might need help include feeling sad for a long time or not enjoying usual activities.
- Talking to a trusted adult or calling Childline on 08001111 can help

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