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| Wellbeing |
| Sleep design Royalty Free Vector Image - VectorStock**Sleep**-Sleep is important – it helps our bodies to rest and grow.-Everybody needs different amounts of sleep, but an average 5-year-old should get around 11 hours of sleep each day. Babies and children need more sleep than adults.-We know when we are sleepy: we yawn and we may be grumpy. |
| **Who can help?**-We can experience lots of different feelings. Often, we can tell how someone is feeling from things like their facial expression and body language.-Sometimes, we can feel anxious, scared, worried or nervous about something.-Trusted adults can help us when we are not feeling good (e.g. parents, carers, teachers, etc.) If they are busy, find a good time when they are not busy, ask when a good time would be, or find another safe person. Whatever you do, don’t give up! |

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| Relationships with Others |
| **Good and Bad Touches**There are nice ways that we can touch other people (e.g. a hug with our brother/sister) and bad ways (e.g. hitting someone). Some parts of our body are private and should not be touched by others. Follow the PANTS rule P = Privates are privateA = Always remember, your body is yoursC:\Users\aclayton\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C39B8ACF.tmp N = No means noT = Talk about secretsS = Speak up, someone can help | **Loss**-It can be very upsetting to lose things.-When we lose something, we may feel scared, anxious, nervous or worried. -We should retrace our steps to see if we can find what we have lost. If still cannot find something, we should speak to a trusted adult.  |

**Working together to be the best that we can be**

**PSHE – Keeping Safe**

Year 1

Spring 1

**Golden Thread:**

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| Keeping Safe |
| We are learning about how to live healthy and safe lives, to promote our wellbeing and to have positive relationships with others. Active Life Icons Images, Stock Photos & Vectors | Shutterstock You should already know that: Being healthy is about feeling good in your body and wellbeing is about feeling good in your mind. |

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| Health |
| There are several things that we can do to live a healthy lifestyle:Eat healthy meals; Do not eat too much or too little; Exercise every day; Be hygienic (e.g. wash hands before eating meals); Clean your teeth.-Even if we live a healthy lifestyle, we all sometimes get ill. -Illnesses can be mild (like a cold or a sickness bug) or more severe.-Medicines can be used to make us feel better when we are sick.-However, too much medicine can be very dangerous, and can make us very ill. Therefore, only adults should handle medicines. |