

<b>allergy</b>	A condition where your body reacts to something that is normally harmless.
<b>emotions</b>	The range of feelings that someone can have, such as happiness or anger.
<b>germs</b>	A very small living thing which can make us ill.
<b>healthy</b>	Feeling good and not ill. Eating good food, drinking water, sleeping well, exercising and keeping clean help us to stay healthy.
<b>ill</b>	Not feeling well because of an illness or disease.
<b>qualities</b>	Special things about a person that make them who they are.
<b>relax</b>	To rest or take a break.
<b>strengths</b>	Something you are really good at.

Key facts

Some emotions we can feel are happiness, sadness, anger and worry. Different situations make us feel different emotions.



We are all good at different things.

Some people can be allergic to different foods, plants or animals.

Health tips



1 Washing our hands helps to get rid of germs which can make us ill. We should wash our hands regularly.

2 The sun can be good for us but we need to take care to look after our skin. In the sun, remember the 5 S's: **s**lip, **s**lop, **s**lap, **s**hade, **s**unglasses.

3 Use relaxation techniques such as muscle relaxation and laughter.

4 Get the right amount of sleep every night to keep healthy and well.



nurses

dentists

doctors

Some people have jobs which help us to keep healthy, for example: doctors, nurses and dentists.

Getting help

If you are worried about anything, talk to an adult you trust at home or at school.