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| **Yarm Primary School** |
| Year 4 | PSHCE – Summer 1 | Health and Wellbeing**What influences our health and wellbeing?** |
| **Key Vocabulary** | **Sticky Knowledge** | **Golden Rules** |
| **influence**  | To have an effect on someone or something. | * We should identify who we can trust and how to manage with difficult friendship situations.
* A healthy diet consists of both the right food and exercise.
* We must ration our time online, be aware of its risks and how too much time online can affect us.
* Our mental health is just as important as our physical health.

We will learn about the choices that we make in relation to our health and wellbeing. We will identify when friendships may make us unhappy, who to trust, how to manage conflict and how to seek help from others. As well as this, we will learn how to have a healthy relationship with online devices and how to live a healthy lifestyle. We will also learn how our mental health is just as important as our physical health and where we can go for support or advice should it be needed.  | * We are kind and gentle.
* We are kind and helpful.
* We listen.
* We are honest.
* We work hard.
* We look after property.

You&#39;re not necessarily entitled to your opinion… - American Nurse |
| **pressure** | Use of continuous persuasion to make someone do something. |
| **persuade** | To try to make someone do something. |
| **healthy** | In good condition. |
| **choices** | When presented with more than one option. |
| **consequences** | A result or effect. Often used negatively.  |
| **responsibility** | Having a duty over something or someone. |
| **feelings** | Emotional state or reaction. |
| **emotions** | A feeling linked to mood. Often can be seen and recognised by others. Can be positive or negative.  |