

# Year 5 and 6: Health and Wellbeing

Subject Specific Vocabulary	
<b>Illegal</b>	Forbidden by law.
<b>Abuse</b>	The improper use of something.
<b>Moods</b>	A mood is a feeling or a person's specific state of mind at any particular time.
<b>Wellbeing</b>	The state of being comfortable, healthy, or happy.
<b>Mental</b>	Relating to the mind, or involving the process of thinking.
<b>Physical</b>	Relating to the body
<b>FGM</b>	Female Genital Mutilation – a violation of the human rights of girls and women.
<b>Human Rights Act</b>	This includes the right to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and education.

## How can we keep healthy as we grow?

## Mental Health Thermometer

- ### What I will learn by the end of this topic:
- How to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school.
  - That health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on.
  - That anyone can experience mental ill-health and to discuss concerns with a trusted adult.
  - That mental health difficulties can usually be resolved or managed with the right strategies and support.
  - That FGM is illegal and goes against human rights; that they should tell someone immediately if they are worried for themselves or someone else.

- ### Previous Learning
- I understand that feelings change overtime and can be experienced at different levels
  - I understand people can be influenced by their peers' behaviour and by a desire for peer approval and how to manage this
  - I am aware that rules, restrictions and laws exist to help people keep safe and how to respond to a situation that is anti-social or against the law