

PSHE – Year 6

Healthy Me

In this Puzzle the children discuss taking responsibility for their own physical and emotional health and the choices linked to this. They talk about different types of drugs and the effects these can have on people's bodies. The class discuss exploitation as well as gang culture and the associated risks. They also talk about mental health / illness and that people have different attitudes towards this. They learn to recognise the triggers for and feelings of being stressed and that there are strategies they can use when they are feeling stressed. The children will also learn basic first aid: recapping who to call in an emergency and how to handle head injuries, what to do if someone is choking and basic life support (including CPR).

Key vocabulary

Immunisation – making a person or animal immune to infection

Prevention – stopping something from happening

Drugs - a medicine or other substance which has an affect on our body

Prescribed – when a medical professional authorises and recommends the use of medicine or treatment

Unrestricted – there are no rules about how it can be used

Over-the-counter – can buy in a shop without a prescription

Restricted – when something is limited or controlled

Illegal – forbidden by law

Exploited – to be treated or used in a way that is unfair

Vulnerable – exposed to the possibility of being attacked or harmed, either physically or mentally, because of your age, disability or risk of abuse or neglect

Mental health - our emotional, psychological and social wellbeing

Things to try at home:



On one side of your template list words and phrases you would use to describe yourself.

On the other side, list words and phrases you would like to describe you.

Compare your 'real' and 'ideal' selves. How are they different? Why?

Questions for family learning

- What can you do to keep yourself physically / mentally well?
- What types of drugs do you know about?
- Are all drugs treated the same way?
- What makes you feel stressed?
- What helps you when you feel stressed?
- Can you recognise when anyone in our family is stressed?
- What can you do if someone is putting pressure on you?
- What should you do if someone is injured?
- How can you tell if a situation is an emergency?