



# Being my Best

Year 4

## Vocabulary:

**Accident:** Something bad that happens that is not expected or planned and that can often cause damage or injury.

**Emergency:** A serious and often dangerous situation. People in emergency situations need help straight away.

**First aid:** The first help given straight away to someone who is ill or injured.

**Injury:** Physical harm or damage to someone's body

**Breathing:** The act or process of taking air into your lungs and releasing it.

**Choking:** When breathing is stopped by something blocking the windpipe.

**Wound:** A cut or other injury to a part of the body.

**Recycle:** To use something again for a different purpose.

**Repair:** To put something that is damaged, broken, or not working correctly, back into good condition or make it work again.

**Reduce:** To become or to make something become smaller in size or amount.

**Reuse:** To use something again.

**Community:** A group of people who live or work together in the same place, or who like to do the same kind of things.

**Choices:** Options we have about what to do.

**Future:** A period of time that is yet to come.

**Wellbeing:** How comfortable, happy and healthy we feel and how able we are to cope with daily life.

**Mental health:** How we are feeling and the thoughts we are having and the effect this has on the choices we make and how we behave.

**Exercise:** Physical activity that helps our bodies and minds to stay healthy.

**Active:** To be busy with a particular activity

**Mindfulness:** Focusing on the present and what we are feeling, seeing and doing right now.

**Balanced diet:** A diet that contains a variety of foods, in the right amounts.

**Creative:** Producing or using original and unusual ideas.



## Key questions

To help our thinking skills and focus on key knowledge in this unit.

### Having Choices and Making Decisions About My Health

- What choices help to keep me healthy?
- Why is it important to look after my health now?
- Why is it important to look after myself in the future?

### Taking Care of My Environment

- What different things do I do to look after our environment?
- Why is it important to look after our environment?
- How does this affect our future?



## I can .....

- I can give a few examples of different things that I do already that help to me keep healthy.
- I can give different examples of some of the things that I do already to help look after my environment.



## The Protected Characteristics