

Year 3 Personal Care

National Curriculum objectives

Pupils learn about what keeping healthy means and different ways to keep healthy.

Pupils learn that mental health, just like physical health, is part of daily life; the importance of taking care of mental health.

Pupils learn about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing.

Key Learning

- To understand connections between physical and mental health.
- To create an overview of things that a person can do to improve their wellbeing.

Equipment and Resources

- [My Ways to Wellbeing worksheet](#). Print one for each child.
- [Five Ways to Wellbeing poster](#). Print and (if possible) enlarge for classroom display.

Key Vocabulary

Mental health: The health of our thoughts and emotions.

Physical health: The health of our bodies.

Self-confidence: Feeling that we are good at doing things.

Self-esteem: Feeling good about ourselves.

Wellbeing: Our overall health – mental, physical and relationships.

Key Questions

What do you do that improves your physical health?

Why do some people practice yoga?

Can you think of three things that could improve mental health?

Does it matter how much sleep we get?

Safety

- Carry out sessions in a quiet, safe area so that pupils can focus on their thoughts with minimal distraction