



**Wellbeing Curriculum**  
**Year 2 Term 4**

*Our school's vision for our Wellbeing Curriculum is that children are able to keep themselves physically, mentally and emotionally safe and healthy, throughout their lives. They will do this by developing the skills and knowledge they need to make informed choices, build healthy & positive relationships and by knowing where to seek help when it is needed.*

*If you have any questions or concerns about any aspect of the Wellbeing Curriculum please contact the Wellbeing Lead, Mr Wheeler, through the school office for further information, clarification and support.*

**This term we will be learning...**

- To show an understanding of how different things help their bodies to be healthy
- That the things people put in their bodies effect how they feel
- That medicines can help people stay healthy
- About how much rest/ sleep they need to have

**Our Key question for this term is...**

***What helps us to grow and stay healthy?***

**Key Vocabulary we will learn and use...**

*Healthy, health, sleep, routine, physical, mental, household substances, medicines, risk, danger*

**Points to note– The Sleep Factor**

During this unit the children will be exploring why sleep is so important in children's lives, how it can sometimes be difficult to fall asleep or stay asleep and some of the reasons for this. It will consider what young children can do to help themselves foster good habits that can help them fall asleep, and support the children to try and follow this. There is support on the childline website with tips for better sleep.

If you or your child needs help and support these websites have information that can help...

<https://www.childline.org.uk/>

<https://anti-bullyingalliance.org.uk/>

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/problems-sleeping/#8tipsforbetersleep>

**8 TIPS FOR BETTER SLEEP**

- 1 Relax before going to bed**  
Some people find reading helpful. But stick to paper books - the light from computer screens and some e-readers can make it harder to fall asleep. It's best if you have no screen time for at least 30 minutes before you plan to sleep.
- 2 Make sure you're comfortable**  
Not too hot or cold, and that the room you're in isn't too noisy or bright.
- 3 Do some exercise**  
Don't overdo it, but try some regular swimming or walking. The best time to exercise is in the daytime - particularly late afternoon or early evening. Later than this can disturb your sleep. Exercise burns off excess energy and releases endorphins - natural chemicals that help you de-stress, feel less anxious and more relaxed.
- 4 Write it down**  
If something is troubling you and there's nothing you can do about it right away, try writing it down before going to bed. Once it's written down, you can tell yourself you'll deal with it tomorrow.
- 5 List things that make you feel good**  
These don't have to be big things - they could include the weather, your favourite song or someone in your life that you enjoy seeing. Keep the list nearby.
- 6 Only use your bed for sleep**  
If you can't get to sleep after about 20 minutes, get up and do something that relaxes you. When you feel ready, go back to bed.
- 7 Turn off your phone**  
If you're being kept awake by friends ringing or texting you, you could ask them to stop. Or just switch your phone to silent or 'do not disturb' - or even turn it off.
- 8 Picture yourself in your favourite place**  
Close your eyes and imagine you're in your favourite place or where you want to be one day. Imagine yourself happy and relaxed. Slowly breathe in and out, relaxing your muscles until you feel a sense of calm.

**Points to note– Learning about Medicines and Household Substances**

These lessons are an age appropriate introduction to Drug Education.

The children will learn about different things that go into their bodies and onto their skin, and explore how to manage risk in relation to household products and medicines.

The children learn about how medicines are used to treat illness in the short and long term, and how they can also prevent illness from occurring. They will also be thinking about people who can help them to stay healthy and well, and help them manage or recover from illness.

There will also be a focus on safety rules and managing risks related to medicines and household products, eg cleaning products at home and in other familiar settings.

At all times, teachers will be sensitive to children's experiences and circumstances related to these issues.