



**Wellbeing Curriculum**  
**Year 4 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...**

- That we have a shared responsibility to help look after the world around us
- About how everyday choice can affect the environment
- To explain how what we buy or spend money on can affect others or the environment
- To identify the skills and vocabulary to share their thoughts, ideas and opinions
- To demonstrate how to show care and concern for others

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

***How can our choices make a difference to others and the environment?***

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

*Responsibility, choices, environment, Influence, money, care, concern*

During these units the children will be exploring the decisions they can make with money and also with energy use. They will be learning about the impact on the environment from these choices, thinking about their local environment as well as globally. The children will be completing a 'Pledge' sheet of things they can do to try and reduce their energy use– we'd love to know they are doing this at home!

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

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

**Energy-Saving Tips**



- Dry clothes on the line, not the radiator. Avoid using the tumble drier where possible.
- Turn off plugs when not in use. Leaving things on standby uses energy.
- Boil a kettle with only as much water as you need.
- Wash clothes at a lower temperature (30 degrees) and try to make sure the washing machine is full.
- Don't leave the hot tap dripping.
- Use energy-saving light bulbs.
- Try not to leave the fridge door open.
- Defrost the freezer regularly.
- Cover pots and pans when cooking, they will boil a lot quicker.
- Cook several different things on one ring using a steamer.
- Turn central heating down by one degree and put a jumper on.
- Close doors to prevent losing heat from the room.

Useful website for energy-saving tips  
[www.direct.gov.uk](http://www.direct.gov.uk)



RESOURCE  
2.1

**I PLEDGE SHEET**

KSI/2 | COSTING THE EARTH

Energy-saving pledge	Tally (how many times you did it)
<input type="checkbox"/> Turn the light switch off	
<input type="checkbox"/> Put on a jumper to keep warm	
<input type="checkbox"/> Close door to keep the room warm	
<input type="checkbox"/> Take less time in the shower	
<input type="checkbox"/> Put less water in the bath	
<input type="checkbox"/> Turn plugs off when not in use	
<input type="checkbox"/> Turn light switch off	
Add your idea.	
<input type="checkbox"/>	
Add your idea.	