



Keys skills

I can talk about the things my body needs to stay well (exercise, sleep, healthy foods)

I can say what I can do if I have strong, but not so good feelings, to help me stay safe

I can say 'no' to unwanted touch and ask for help from a trusted adult.

I can say when medicines can be helpful or might be harmful.

I can tell you how to stay safe around medicine.



Questions to think about ...

How Our Feelings Can Keep Us Safe

Do different feelings make your body feel different?

What can you do if you have 'not so good' feelings?

Keeping Healthy

How do you keep yourself healthy?

Why do we need different things to be healthy?

Medicine Safety

How do medicines help?

Are medicines always helpful?

Where do medicines need to be kept? Why?



KEY VOCABULARY

air sleep exercise stop
unsafe share nervous
internet medicine
uncomfortable body
feelings food water
safe healthy private
worried scared

