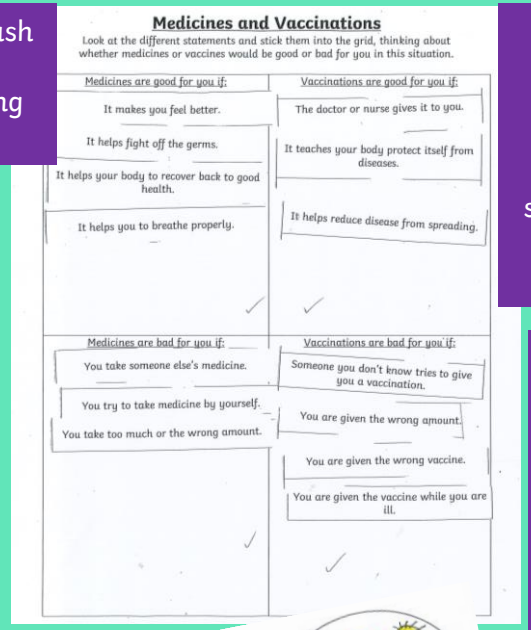
Year 2

PSHE Week - Spring

We learnt about hygiene and how to wash our hands properly to stop spreading germs. We did a little investigation using glitter to see how important this is.

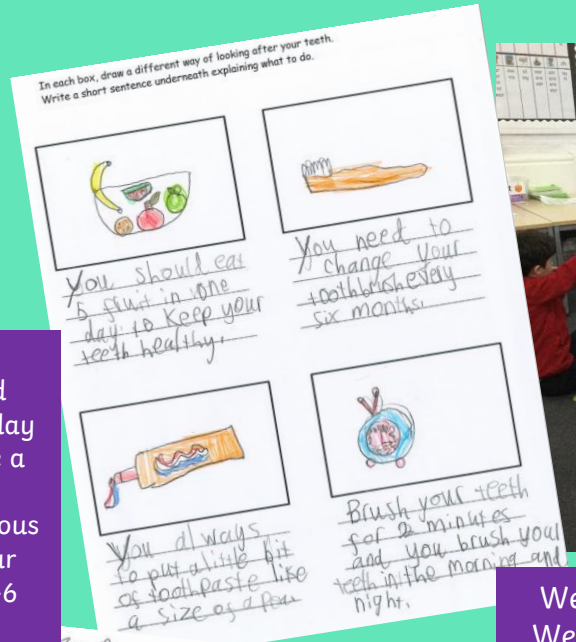


Medicines and Vaccinations

Look at the different statements and stick them into the grid, thinking about whether medicines or vaccines would be good or bad for you in this situation.

Medicines are good for you if:	Vaccinations are good for you if:
It makes you feel better.	The doctor or nurse gives it to you.
It helps fight off the germs.	It teaches your body protect itself from diseases.
It helps your body to recover back to good health.	It helps reduce disease from spreading.
It helps you to breathe properly.	
Medicines are bad for you if:	**Vaccinations are bad for you if:**
You take someone else's medicine.	Someone you don't know tries to give you a vaccination.
You try to take medicine by yourself.	You are given the wrong amount.
You take too much or the wrong amount.	You are given the wrong vaccine.
	You are given the vaccine while you are ill.

We also learnt about the importance of using medicines properly and safely so we don't make ourselves more ill.



In each box, draw a different way of looking after your teeth. Write a short sentence underneath explaining what to do.

You should eat 5 fruit in one day to keep your teeth healthy.

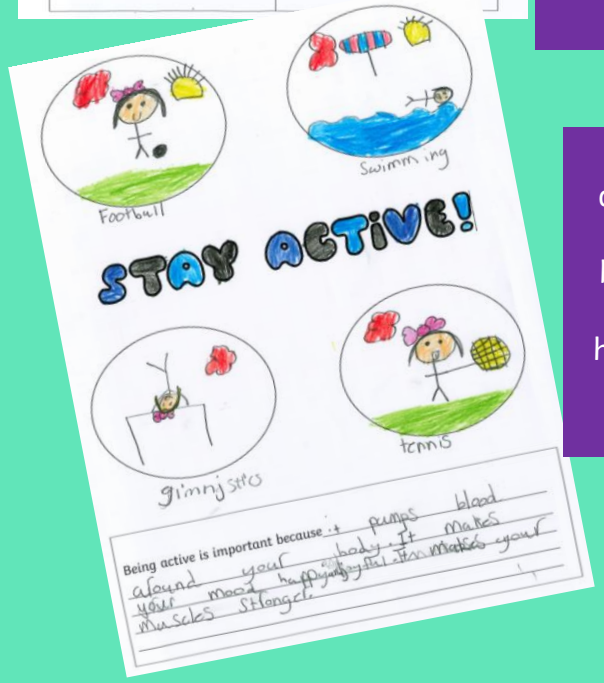
You need to change your toothbrush every six months.

You always to put a little bit of toothpaste like a size of a pea

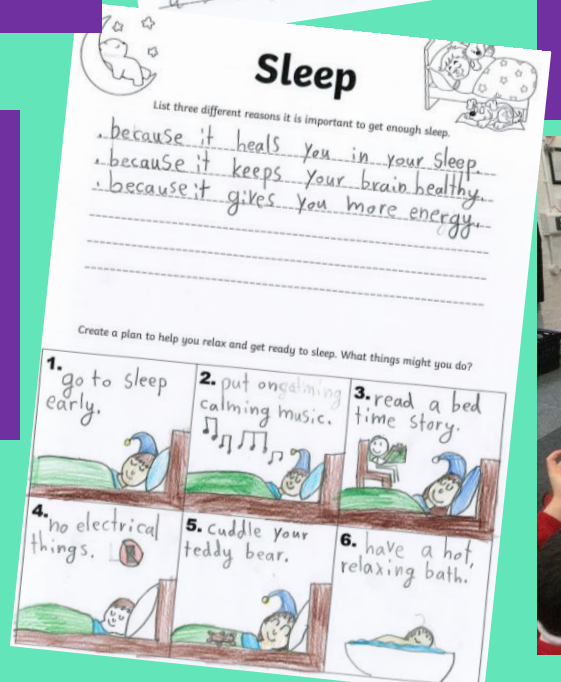
Brush your teeth for 2 minutes and you brush your teeth in the morning and night.

To keep our teeth healthy, we should brush them twice a day for two minutes, see a dentist every 6-12 months, eat a nutritious diet, and change our toothbrush every 3-6 months.

We had visits from the dentist and police. We learnt about the importance of keeping our teeth clean, and about who we can speak to if we need help.



We learnt about other things our bodies need to stay healthy, like sleep and exercise.



Sleep

List three different reasons it is important to get enough sleep.

- because it heals you in your sleep.
- because it keeps your brain healthy.
- because it gives you more energy.

Create a plan to help you relax and get ready to sleep. What things might you do?

1. go to sleep early.
2. put on calming music.
3. read a bed time story.
4. no electrical things.
5. cuddle your teddy bear.
6. have a hot, relaxing bath.