Being my Best

| EYFS | **Bouncing Back When Things Go Wrong*** bounce back
* encourage
* try again
 | **Yes, I can!*** Try
* Try again
* Bounce back
 | **Healthy Eating*** food
* energy
* grow
* healthy
* fruit
* vegetable
* dairy
 |
| --- | --- | --- | --- |
| **My Healthy Mind*** food
* exercise
* sleep
* wash
* healthy
* energy
* grow
 | **Move Your Body*** exercise
* heart
* muscles
 | **A Good Night’s Sleep*** Routine
* Calm
* sleep
 |
| Year 1 | **I Can Eat a Rainbow*** starchy
* dairy
* protein
* fruit
* vegetables
* vitamins
* portion
 | **Eat Well*** healthy
* fruit
* vegetables
* dairy
* meat
* sugar
* salt
* cereal
 | **Harold’s Wash and Brush Up*** hygiene
* routine
* clean
 |
| **Catch it! Bin it! Kill!*** germs
* disease
* hygiene
* spread
 | **Harold Learn To Ride His Bike*** learning
* practice
* make mistakes
* confidence
* achievement
 | **Pass On The Praise*** praise
* support
* feedback
* encourage
* feelings
 |
| **Inside My Wonderful Body*** organ
* heart
* lungs
* intestines
* brain
* stomach
* oxygen
* digested
* dairy
* fruit
* vegetables
* sugar
* salt
* cereal
* meat
 |  |  |
| Year 2 | **My Day*** choose
* choices
* healthy
* unhealthy
 | **Harold’s Postcard*** vaccination
* injection
* disease
* hygiene
* germs
 | **Harold’s Bathroom*** teeth
* dental
* hygiene
 |
| **What Does My Body Do*** brain
* heart
* lungs
* stomach
* small intestine
* large intestine
* food
* water
 | **My Body Needs*** oxygen
* water
* food
* exercise
* rest
 | **Basic First Aid*** first aid
* risk
* accident
* danger
* hazard
* kettle
* safe
* burn
* scald
* accident
* emergency
 |
| Year 3 | **Derek Cooks Dinner*** balanced diet
* proteins
* muscles
* dairy
* teeth
* bones
* starchy carbohydrates
* energy
* fruit & veg
* healthy
 | **Poorly Harold*** infection
* cleanliness
* hygiene
* rest
* sleep
* water
* medicine
* drug
* dose
* safety
* instructions
 | **Body Team Work*** intestine
* vessels
* veins
* arteries
* lungs
* liver
 |
| **For or Against?*** debate
* discussion
* continuum
* courteous
* respectful
* justify
 | **I am fantastic!*** goals
* ambitions
* improve
* achieve
 | **Top Talents*** goal-setting
* talents
* skills
* intelligence
 |
| **Getting on with Your Nerves*** collaboration
* cooperation
* teamwork
 |  |  |
| Year 4 | **What Makes Me ME!*** Individual
* unique
 | **Making Choices*** choices
 | **SCARF Hotel*** balanced diet
* wellbeing
* mental health
 |
| **Harold’s Seven R’s*** refuse
* reduce
* re-use
* rot
* recycle
* repair
* re-think
 | **My School Community*** community
 | **Basic First Aid*** first aid
* injury
* minor
* accident
* emergency
* blood
* nose bleed
* choking
* breathing
* airway
* unresponsive
* casualty
* burn
* wound
* recovery
* scald
 |
| **Volunteering is Cool*** volunteer
* wellbeing
* connect
* be active
* be mindful
* get creative
* give to others
 |
| Year 5 | **It All Adds Up*** organs
* body systems
 | **Different Skills*** perseverance
* commitment
* resilience
* determination
* patience
* interpersonal skills
 | **My School Community*** community
* school community
 |
| **Independence and Responsibility*** independence
* responsibility
 | **Star Qualities?*** personal qualities
* celebrities
 | **Basic First Aid**Life skillsepsis |
| Year 6 | **Community Art*** community
* valued
 | **This Will Be Your Life!*** aspirations
* goal setting
* perseverance
 | **Our Recommendations*** health
* wellbeing
* accurate
* reliable
* sources
 |
| **What’s The Risk*** Assessing Risk
* Weigh up
* Dilemma
* assessing risk
* weigh up
* choices
* influence

  | **Basic First Aid*** Red Cross
* first aid
* emergency
* 999
* ambulance
* operator
* information
* serious
* adult
* scenario
* script
* role
* feelings
* panic
* calm
* responsive
* unresponsive
 | **Five Ways to Wellbeing Project*** wellbeing
* connect
* be active
* take notice (mindful)
* keep learning (get creative)
* give
 |