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 **Volunteering is Cool** ● volunteer ● wellbeing ● connect ● be active ● be mindful ● get creative ● give to others	**Basic First Aid** ● first aid ● injury ● minor ● accident ● emergency ● blood ● nose bleed ● choking ● breathing ● airway ● unresponsive ● casualty ● burn ● wound ● recovery ● scald
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 skill sepsis
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