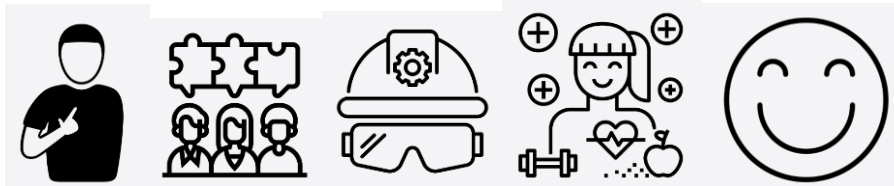


Yr 2 PSHE/RSE Autumn 2: Health and Wellbeing Knowledge Organiser

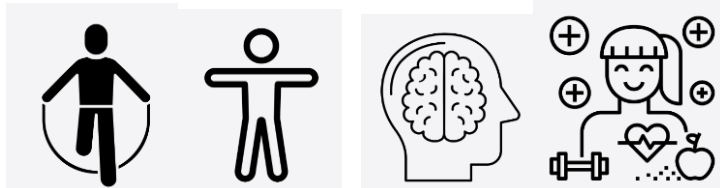
I know that PSHE lessons are for learning about myself, how to get along with people, about keeping safe, healthy and happy.



I know that we can have more than one feeling at the same time



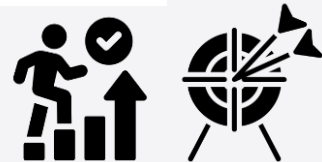
I know that some physical activity can help to keep our body and mind healthy



I know that relaxation helps our bodies and helps us deal with difficult situations



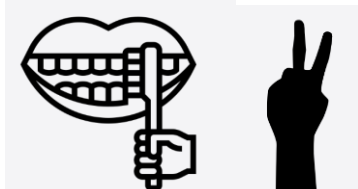
I know that we can practice and set goals to get better at something



I know that we need to eat a variety of foods to be healthy



I know that I should brush my teeth at least twice a day



Some foods are bad for our teeth.