

PSHE - Health and Wellbeing Knowledge Organiser

physical health: having a healthy body
mental wellbeing: feeling good about yourself and the world around you including thoughts, feelings and emotions

healthy balanced lifestyle: the actions you take to stay fit and healthy e.g. diet, exercise and sleep

oral hygiene: the actions you take to look after your teeth e.g. washing them twice a day, choosing foods low in sugar, visiting the dentist regularly

germs: micro-organisms that cause disease. The four main types of germs are bacteria, viruses, fungi and protozoa

Personal hygiene: keeping clean to stay healthy and prevent disease



Oral Hygiene



Bathing Ritual



Hair Care



Foot Hygiene



Toileting Hygiene



Hand Hygiene



Coughing and Sneezing Hygiene



Home Hygiene

personal strengths: tasks or actions you can do well

personal interests: something you enjoy doing or learning about for fun

self-esteem: the opinion you have of yourself

medicine: a drug used to prevent or treat illness or disease

drug: a chemical that you take into your body which changes the way you feel and act. Some drugs are prescribed by a doctor for illnesses. Some drugs can be illegal or unsafe

side-effect: any effect of a drug, chemical or other medicine that is in addition to its intended effect. This could be harmful or unpleasant

habit: something we do repeatedly

household product: a category for goods used in and around the home such as cleaning products