



Health and Wellbeing Knowledge Organiser

Vocabulary

- Choice** - the act of choosing between two or more possibilities.
- Habit** - a usual way of behaving often a regular or repeated behaviour or action.
- Different** - not the same as one another or each other.
- Important** - of great significance and value.
- Responsibilities** - to do the things that you are expected to do and accept the consequences of your actions.
- Emotions** - a strong feeling coming from a circumstance or mood.
- Feelings** - an emotional state or reaction.
- Future** - time to come.
- Personal** - belonging to or affecting a particular person rather than anyone else.
- Strength** - the ability to do things that need a lot of physical or mental effort.
- Achievement** - something done successfully with effort, skill or courage.
- Regular** - existing or happening repeatedly in a fixed pattern, with equal or similar amounts of time in between.
- Balanced diet** - a diet consisting of a variety of different types of foods to give the right amounts of nutrients necessary for good health.
- Mental health** - your emotional, psychological and social wellbeing. It helps us determine how we handle different events and make choices.
- Physical health** - the condition of your body.
- Express** - to show using words, actions or body language.
- Challenge** - to take part in a contest or competition with yourself or with others.
- Difficulty** - finding something hard or tricky.
- Risk** - a situation involving exposure to danger.
- Hazard** - a potential source of danger.
- Danger** - the possibility of suffering harm or injury.
- Safe** - protected from or not exposed to danger or risk.
- Unfamiliar** - not known or recognised.
- Stranger** - a person you do not know or are not familiar with.



Reflective Questions

- What healthy choices do I make?
- What can happen if I don't make healthy choices?
- How do I express my feelings?
- What strategies can I use to help me deal with my feelings?
- How do I use growth mindset when I find something challenging?
- Why should I follow safety rules?
- How do I keep myself safe?

Getting Help in an Emergency

- Step 1:** Stay calm and find a phone. This could be a landline or a mobile phone.
- Step 2:** Call 999, then wait for an operator to answer. You don't have to unlock a mobile phone before calling 999, just press on the word 'emergency'.
- Step 3:** Listen to the operator's questions and answer them as best you can. The first question will be, 'Which service do you require?' Fire and rescue, ambulance, police or coast guard.'