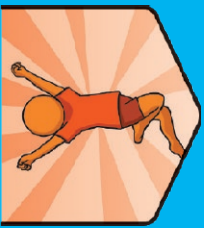


Disclaimer

This resource is provided for informational and educational purposes only and does not constitute medical advice. If you require medical advice, you should contact a suitably qualified professional. You should not rely on the material included within this resource and Twinkl does not accept any responsibility if you do.



Key Vocabulary

choice

Options we have about what to do.

consent

To give permission or agree to something.

touch

Physical contact from another person.

uncomfortable

Something we feel isn't OK or that makes us feel unsettled.

sleep deprivation

Not getting enough sleep.

bedtime routine

Things we regularly do before going to bed.

sleep hygiene

Having good habits to regularly get enough sleep.

germs

Bacteria that can make us unwell.

drugs

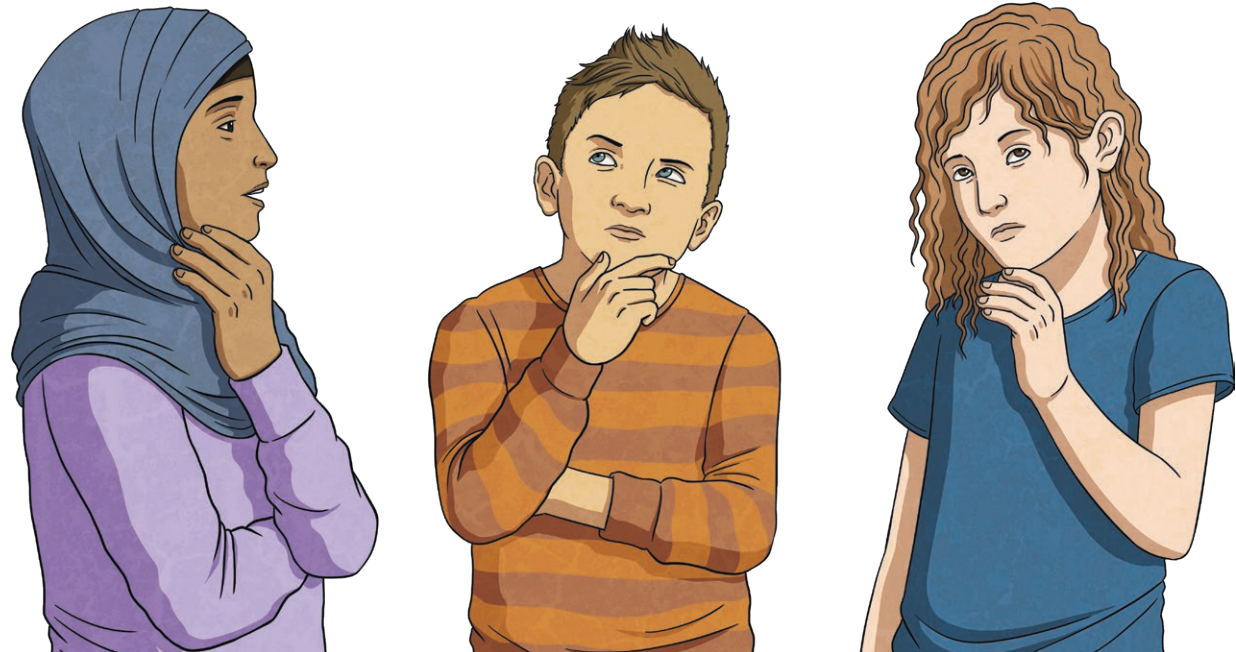
A substance that has an effect on our body.

medication

A substance that is prescribed by a doctor to help if someone is feeling unwell.

addiction

Enjoying the effects of something and wanting to experience this more and more.



Key Knowledge

Respecting Ourselves

It is important to understand that our body is our own and we can decide what happens and who **touches** it. Giving **consent** means giving permission and no one should think they can **touch** our body without our **consent**. It is important that people respect this and listen to the boundaries we put in place. If anyone **touches** us in a way that we don't feel comfortable with, we should clearly and firmly tell them this is not OK. If we need more help, it is important to speak to a trusted adult straight away. We should also speak to a trusted adult if anyone asks us to keep a secret that makes us feel **uncomfortable**.

Healthy Body and Mind

There are lots of **choices** we can make that support us to feel well. These **choices** can support our physical health, our mental health and our overall wellbeing. We can choose to get enough sleep, eat a balance of different foods, drink water to stay hydrated, look after our teeth, exercise often, have fun, spend time with people who help us to feel valued and respected, do a range of activities and limit screen time. Some advertisements try to persuade us to buy their product by claiming the product has health benefits. It is important to think about how reliable these adverts are and look to other sources to find out more if we need to.

Sleep Well

Getting enough sleep is important for our physical and mental health. If we don't get enough sleep we may feel tired, grumpy and have difficulty concentrating. People who regularly don't get enough sleep, may suffer from **sleep deprivation**. This means they may have difficulty reading or speaking and may feel cold and hungry. If this continues, they may feel exhausted and confused. To help make sure we get enough sleep and that we sleep well it is helpful to have a relaxing **bedtime routine**. Things that contribute to a good **bedtime routine** could include a warm bath, a quiet activity, reading a story and a regular bedtime.

Good Hygiene

There are lots of ways we can keep ourselves healthy and protect against infectious or contagious illnesses. We can wash regularly to keep clean, cover our mouth and nose when we cough or sneeze, wash our hands after using the toilet or before preparing food. While these measures are important, it is also important to respect the **choices** other people make. By knowing our own bodies and minds well, we can spot more easily if anything changes or doesn't seem quite right. If this is the case, it is important to speak to a trusted adult straight away.

Drugs and Their Effects

Drugs can change the way we feel, think or behave. Some people need to take **medication**. **Medication** is sometimes prescribed (given) by doctors to help people feel better from certain illnesses, diseases and conditions. If people are prescribed **medication**, it means a doctor thinks these drugs will help them. It is very important to take the right amount of **medication** at the times advised on the packet. It is also very important that only the person prescribed the drugs uses them. Some people choose to take other drugs that have an effect on their body but aren't medication such as alcohol or tobacco. If someone is hurt or unwell and they need help it is important to speak to a trusted adult immediately. If they can't help, find another trusted adult who can help. If you need to, you can call 999.

Healthy Choices

There are lots of **choices** we can make that help our minds and bodies to be healthy. We can choose to brush our teeth twice a day, we can choose to eat fruit and vegetables, we can choose to get active and exercise, in hot weather we can choose to wear sun-cream, stay in the shade, wear a hat and drink lots of water and we can choose to work at a craft or hobby. It can help our body and mind to develop healthy habits.

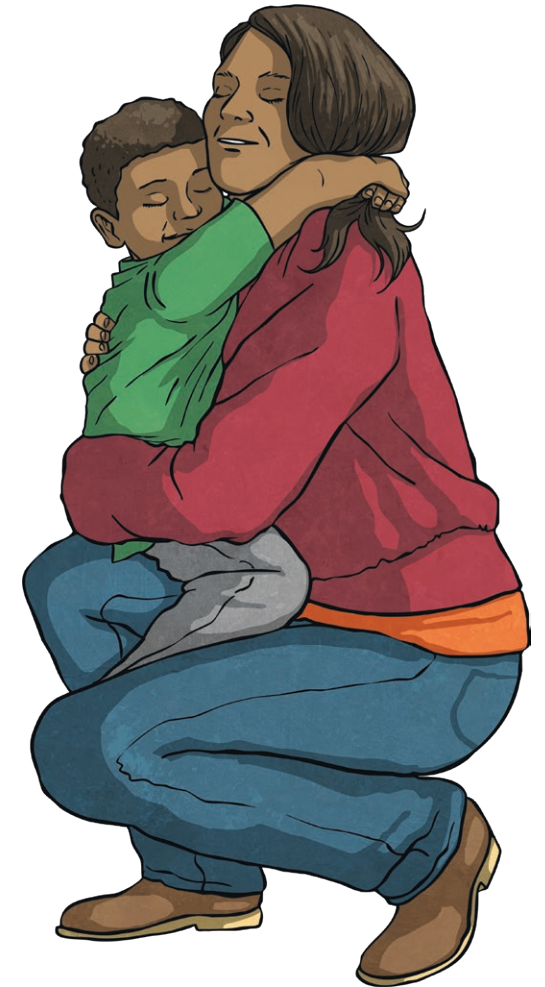


Key Learning Point:

My Body, I Choose: Our body is our own. It is special and unique and deserves to be respected by ourselves and others.

We can respect our bodies and look after our minds by:

- eating a balance of lots of different food groups;
- brushing our teeth and flossing twice a day;
- getting enough sleep;
- doing a wide range of activities like crafting, exercising, playing with friends, spending time with family and learning;
- avoiding any substances that could be dangerous to us;
- only taking **medication** that is prescribed for us;
- feeling confident to express our boundaries about physical **touch**;
- saying 'no' and 'stop' to any unwanted **touch**;
- getting help from a trusted adult if anything makes us feel **uncomfortable**.



To look at all the planning resources linked to the **LKS2 It's My Body** unit [click here](#)