



KEEPING MYSELF SAFE

Y1 PSHE

KNOWLEDGE ORGANISER



Overview and Recap

Keeping Myself Safe

We are learning about how to live healthy and safe lives, to promote our wellbeing and to have positive relationships with others.

You should already know that: Being healthy is about feeling good in your body and wellbeing is about feeling good in your mind.



There are many ways that we can live a healthy lifestyle, e.g. exercise and diet.

- When we have a bad feeling about something, trusted adults can help us.
- It is important for our health and wellbeing that we get enough sleep.

-There are good and bad ways that people can touch one another. We should learn the difference between good and bad touches.

Health

Healthy Living

There are several things that we can do to live a healthy lifestyle:

- Eat healthy meals;
- Do not eat too much or too little;
- Exercise every day;
- Be hygienic (e.g. wash hands before eating meals);
- Clean your teeth;
- Wash your body and hair;



Illness

-Even if we live a healthy lifestyle, we all sometimes get ill (we are likely to get ill much more when we don't live a healthy lifestyle).

- Illnesses can be mild (like a cold or a sickness bug) or more severe.
- Medicines can be used to make us feel better when we are sick.
- However, too much medicine can be very dangerous, and can make us very ill. Therefore, only adults should handle medicines.



Wellbeing

Who Can Help?

-We can experience lots of different feelings. Often, we can tell how someone is feeling from things like their facial expression and body language.

-Sometimes, we can feel anxious, scared, worried or nervous about something. Things that can happen to our bodies at this time include: feeling hot, feeling

sweaty, butterflies in the tummy, feeling sick, needing the toilet, hands shaking, going red in the face, or shaking.

-Trusted adults can help us when we are not feeling good (e.g. parents, carers, teachers, etc.) If they are busy, find a good time when they are not busy, ask when a good time would be, or find another safe person. Whatever you do, don't give up!



Sleep

-Sleep is important – it helps our bodies to rest and grow.



-Everybody needs different amounts of sleep, but an average a five-year-old should get around 11 hours sleep per night.

-Adults need less sleep (adults need about 8 hours).

-Babies and children need much more sleep because they are still growing.

-We know when we are sleepy: we have little energy, we yawn and we may be grumpy

Relationships

Good and Bad Touches

There are nice ways that we can touch other people (e.g. a hug with our brother/sister) and bad ways (e.g. hitting someone). Some parts of our body are private and should not be touched by others. Follow the PANTS rule

P = Privates are private

A = Always remember, your body is yours

N = No means no

T = Talk about secrets

S = Speak up, someone can help

Loss

-It can be very upsetting to lose things.



-When we lose something, we may feel scared, anxious, nervous or worried.

-We should retrace our steps to see if we can find what we have lost. If still cannot find something, we should speak to a trusted adult.

Key Vocabulary

Sadness

Anger

Worry

Jealousy

Personal Details

Feelings

Help

Adult

Trust