

Year 3 – **My Healthy Self:** How can I take care of my mind and body?
Autumn 1 Knowledge Organiser

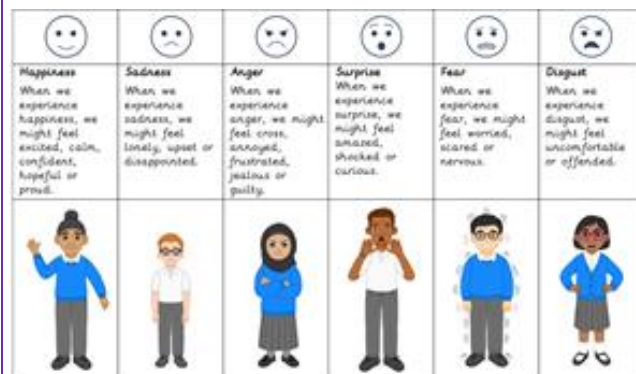


Heathfield Schools' Partnership
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This unit builds from the Year 2 topic '**My Healthy Self:** How can we look after our bodies' previously studied. In this module, the children examine the connection between the mind and body by recognising and describing a wide range of emotions and feelings. Then they will identify healthy habits that support getting a good night's sleep, ensuring they know how important it is to take care of their mind and body. Lastly, the children will consider the impact of bullying on wellbeing, and learn how and where to access support when needed.

Key knowledge

- Describe how our minds and bodies are connected.
- Describe physical factors that can influence how a person feels.
- Explain why sleep is important to maintain good mental and physical health.
- Explain that emotions affect actions and decisions.
- Describe ways to manage difficult emotions.
- Recognise signs that someone needs help.
- Identify trusted adults and appropriate actions.



Star Words - Key Vocabulary



Emotions – A feelings inside your body and mind – like happiness.



Feelings – An awareness of physical sensations and emotional reactions.



Mind – Helps you to think, feel, remember and make choices.



Mood – The way a person feels inside.



Routine – A predictable, structured, and repeating sequence of activities.

Support - Providing care, guidance and assistance you need to grow and learn.

Key Skills

- Using more nuanced language to discuss their own and others' emotions and feelings.
- Recognising changes in their body that happen with different emotions (e.g. heart racing when scared).
- Noticing and describing when others might be feeling strong feelings using body language, voice and actions.
- Identifying who they would speak to for support about their feelings in different situations and when to do this.
- Recognising habits that are conducive to a good night's sleep.
- Describing how bullying could negatively affect someone's feelings and how they view themselves.
- Reflecting on how people who are bullied might think and feel.
- Describing how different activities make their body feel (e.g. out of breath, sweaty, energised, tired).
- Recognising and explaining some of the benefits of being physically active