

Healthy Me – Social and Emotional Skills

EYFS

Can explain what they need to do to stay healthy
Recognise how exercise makes them feel
Can give examples of healthy food
Can explain what to do if a stranger approaches them
Can explain how they might feel if they don't get enough sleep
Recognise how different foods can make them feel

KS1

Y1
Keep themselves safe
Recognise how being healthy helps them to feel happy
Recognise ways to look after themselves if they feel poorly
Recognise when they feel frightened and know how to ask for help
Feel good about themselves when they make healthy choices
Realise that they are special

LKS 2

Y3
Respect their own bodies and appreciate what they do
Can take responsibility for keeping themselves and others safe
Identify how they feel about drugs
Can express how being anxious or scared feels
Able to set themselves a fitness challenge
Recognise what it feels like to make a healthy choice

Y2
Feel positive about caring for their bodies and keeping it healthy
Have a healthy relationship with food
Desire to make healthy lifestyle choices
Identify when a feeling is weak and when a feeling is strong
Express how it feels to share healthy food with their friends

UKS 2

Y4
Can identify the feelings that they have about their friends and different friendship groups
Recognise negative feelings in peer pressure situations
Can identify the feelings of anxiety and fear associated with peer pressure
Can tap into their inner strength and know-how to be assertive

Y5
Respect and value their own bodies
Can reflect on their own body image and know how important it is that this is positive
Recognise strategies for resisting pressure
Can identify ways to keep themselves calm in an emergency
Can make informed decisions about whether or not they choose to smoke when they are older
Can make informed decisions about whether they choose to drink alcohol when they are older

Y6
Are motivated to care for their own physical and emotional health
Suggest strategies someone could use to avoid being pressured
Can use different strategies to manage stress and pressure
Are motivated to find ways to be happy and cope with life's situations without using drugs
Identify ways that someone who is being exploited could help themselves
Recognise that people have different attitudes towards mental health/illness