

Health and Wellbeing | It's My Body | KS1

Key Knowledge

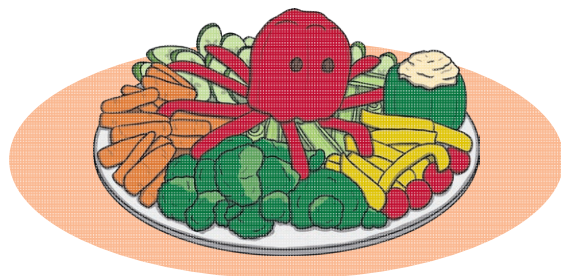
My Body My Choice

It is up to us what happens to our body. No one has the right to hurt our body or feelings. It is important to ask **permission** or **consent** before we hug or hold someone's hand. This is how we should expect to be treated and how we should treat others.



A Healthy Balance

To keep our bodies and minds healthy, we can eat a balance of different foods, make sure we do lots of physical activity and **exercise** and get enough relaxing time and sleep. All these things will help our bodies and minds feel good and have enough energy for all we want to do.



Key Vocabulary

consent

To give **permission** or agree to something.

choice

Options we have about what to do.

exercise

Physical activity that helps our bodies and minds to stay healthy.

permission

Allow something to happen.

hygiene

Keeping ourselves clean to stay healthy and well.

risk

A chance something may be dangerous or cause harm.

safe

Being protected from harm or **danger**.

unsafe

Something that is not **safe**.

danger

Something that could cause harm.

comfortable

Something that we feel is OK or that helps us to feel settled.

uncomfortable

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

trusted adult

Adults who we know we can talk to about anything that worries us.

rules

Instructions we need to follow to stay **safe**.

consequence

Things that happen as a result of something else.

A Balance of Different Foods

To help our bodies and minds stay healthy, it is important that we eat a lot of different kinds of foods. These can include foods from different food groups. This balance looks different for everyone and we must respect people's choices.

Keeping Ourselves Clean

We can make **choices** about our personal **hygiene**. There are parts of our body that need to be washed twice a day or more, these include our teeth and hands. There are other parts of our body that need to be washed every day. These include our face, private parts, armpits, feet and neck. Other parts of our body can be washed less often, like our hair.

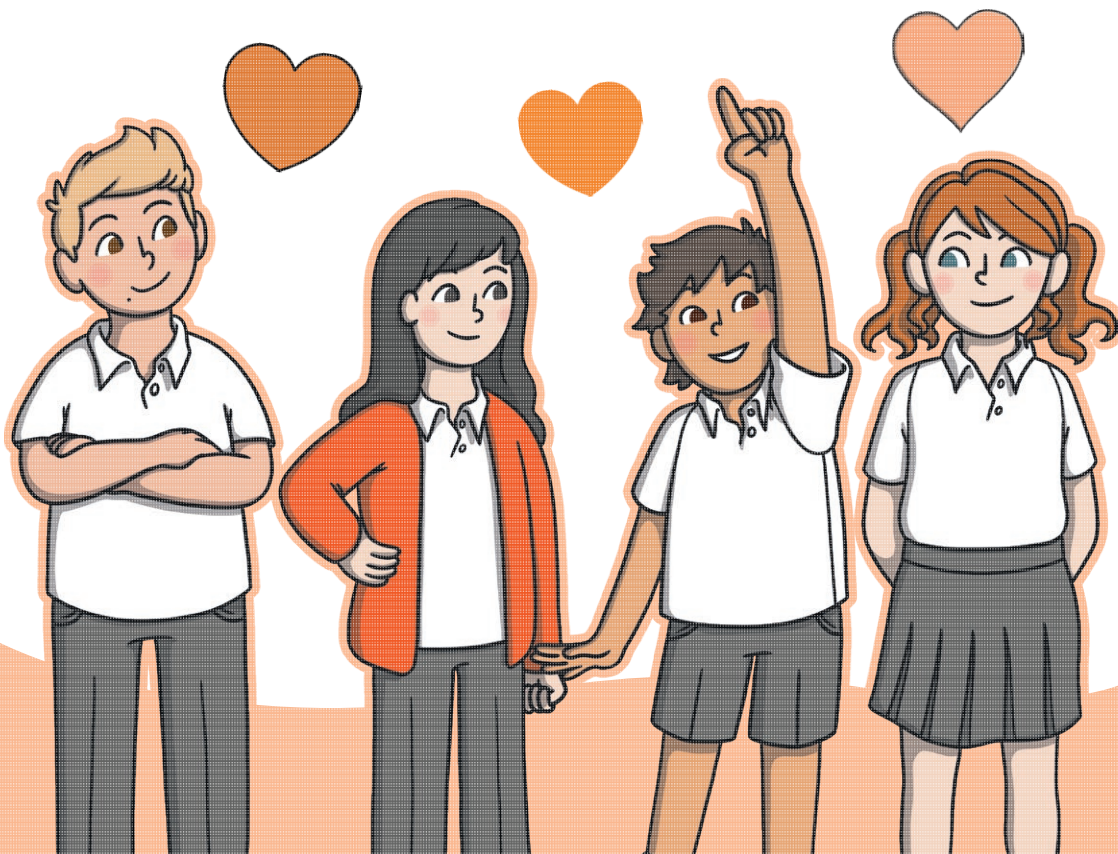
What Can We Eat?

It is important that we only eat things that are **safe**. We must never eat or drink products that are not food or drink and we should only take medicine that is meant for us. We mustn't eat plants or flowers that are growing in the wild as there is a risk they might be poisonous. If anyone offers us food to share, we should always check with a **trusted adult** to see that it is suitable. If we are worried about anything at all, speak to a **trusted adult** straight away. Tell a **trusted adult** immediately if you have eaten or drunk something and are not sure it was **safe**.



Our Reactions to Others

Our bodies belong to us. No one should choose to hurt our feelings or our body. If someone does something that we do not like we have a **choice** about how we react. It is important to explain how they are making us feel. Using a calm and firm voice, we can explain that we do not like the way we have been treated. People will listen to us and respect this. If it is a big problem that makes us feel **uncomfortable** it is important to tell a **trusted adult** straight away.



Key Learning Points:

Looking After Our Bodies and Minds: There are lots of things we can do to keep our bodies and minds healthy. We can:

- spend time doing active things we enjoy;
- spend time doing calming, quiet activities to help our minds rest;
- spend time with family and friends;
- eat a wide variety of foods to create a balanced diet;
- spend time outside;
- drink lots of water;
- get enough sleep.

Our Bodies are Our Own: No one should make us feel **uncomfortable** about anything they do to us. If someone has touched our body in a way that we don't like, it is very important we:

- tell them to stop it because we don't like it;
- run to a **trusted adult**;
- tell them what has happened.

To look at all the planning resources linked to the KS1 It's My Body planning, [click here](#)