



HEALTH AND WELL-BEING – YEAR 4

Developing a healthy, safer lifestyle

MEDICINE AND HOUSEHOLD PRODUCTS – STICKY KNOWLEDGE

Know that some household products and medicines can be harmful if we use them incorrectly.

To keep them safe we should:

- Store in a high or locked cupboard**
- Ensure safety caps are fastened**
- Store them in their original containers so that everyone knows what they are**
- Never eat or drink liquids if you don't know what they are**
- Make sure everyone knows how to keep these products safe.
Make sure everyone knows what the dangers are.**

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WELL-BEING – STICKY KNOWLEDGE

Looking after our mental well-being is a normal part of daily life - just as looking after our physical health is.

Everyone experiences a range of different emotions (happiness, sadness, anger, fear, nervousness, worry). These are all normal. How strongly we feel each emotion depends on our experiences at the time.

By making some simple choices, we will maintain positive mental health:

- Take regular exercise
- Eat well
- Talk to people
- Get help if you are struggling
- Make time for yourself
- Get enough sleep

Know to talk to friends, parents or teacher if you are feeling down.

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WELL-BEING – STICKY KNOWLEDGE

Some foods are bad for teeth due to the sugar/acid content:

- Sweets
- Foods with sugars in such as cakes and biscuits
- Fizzy drinks
- Starchy foods which stick in your teeth

Some foods are good for teeth:

- Dairy products (as they provide us with calcium)
- Fibre-rich fruits and veg

Remember to brush teeth correctly:

- Brush for 2 minutes before bed and first thing in the morning
- Brush all surfaces in your mouth
- Don't rinse straight away