



HEALTH AND WELL-BEING – YEAR 5

Developing a healthy, safer lifestyle

PERSONAL HYGIENE– STICKY KNOWLEDGE

Puberty causes physical and hormonal changes which can cause oily skin and excess perspiration.

Personal hygiene routines are important:

- **Take a shower every day and after excess sweating**
- **Use a deodorant**
- **Change clothes and underwear every day**
- **Wash your hair regularly**

Help your skin to stay as clear and free of spots as it can: Don't touch your face as it spreads bacteria. If you do get a spot, try not to pick it as this can scar your face.

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WELL-BEING– STICKY KNOWLEDGE

Children your age should sleep for 9-12 hours.

If you don't get enough sleep (sleep deprivation), it can affect your health and well-being. You might:

- Feel grumpy
- Lack focus and concentration

It could also shorten your life, make you obese, lead to heart disease or diabetes.

To help you sleep well you should:

- Have regular bedtimes and getting up times
- Wind down before bed
(by taking a bath, using relaxation techniques, reading)
- Avoid technology for an hour before bed