

## Year 1 - Health and wellbeing

Allergy	A strong reaction to something which does not affect most people.
Emotions	The range of feelings that someone can have, such as happiness or anger.
Feelings	Emotions that a person can feel.
Germ	A very small living thing which can make us ill.
Ill	Not feeling well because of an illness or disease.
Qualities	The personality traits that make someone who they are.
Relax	To rest or take a break.

### Health tips



Washing our hands gets rid of germs which can make us ill. We should wash our hands regularly.



The sun can be good for us but we need to take care to look after our skin. In the sun, remember the 5 S's: Slip, Slop, Slap, Shade, Sunglasses.

### Getting help

If you are worried about anything, talk to an adult you trust at home or at school.

## Key facts

Some emotions we can feel are happiness, sadness, anger and worry.

Different situations make us feel different emotions.



We are all good at different things.

Some people can be allergic to some foods.

Doctors



Nurses



Dentists



Some people have jobs which help us to keep healthy, for example: doctors, nurses and dentists.



Get the right amount of sleep every night to keep healthy and well.



Use relaxation techniques such as muscle relaxation and laughter.