

## Year 3 - Health and wellbeing

Alone	Being by yourself.
Balance	A variety of different things.
Barriers	Obstacles that stop us from reaching our goals.
Belonging	Feeling comfortable and at home in a certain situation or place.
Barriers	Obstacles that stop us from reaching our goals.
Diet	The food that we eat.
Healthy	Being well, both physically and mentally.
Identity	Who someone is, how they define themselves.
Lonely	Feeling sad because you are alone.
Relax	To rest or take a break.
Resilience	A willingness to keep trying even when things become very hard.
Stretch	Loosening and extending the muscles.

### Health tips



Keeping a diary can help us have a healthy lifestyle.



Eat **five** portions of fruit and vegetables every day.



Brush your teeth at least twice a day.

### Key facts



Relaxation helps keep our body and mind healthy.

Stretches are one way to relax.

Lots of things make up our identity, including the groups we belong to.



We all have different strengths and we can use these to help others.

Breaking problems down can help us to solve them.



Belonging can help us to feel happy.



We need foods from different groups to keep us healthy.

### Getting help

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