

My Healthy Happy Life

Activity Journal

Supporting children to develop lifelong habits
for physical and mental wellbeing.

Teacher Guide





The Importance of Teaching Health and Wellbeing

Now more than ever with the growing pressures and uncertainty that young children face, supporting them to develop lifelong habits for physical and mental wellbeing has never been more important. With the growing number of children suffering from mental health issues, it is clear that teaching children about their physical health and mental wellbeing is becoming a vital part of how we raise the next generation.

What My Healthy Happy Life Activity Journal is All About

These are activity journals designed for pupils in Key Stage Two and are a safe space for pupils to discover, reflect and develop an understanding about positive lifelong healthy habits. For teachers they are a supportive resource to help them teach pupils to take care of their mental wellbeing and physical health, using a variety of teaching and learning activities. The journals support teachers to deliver the Physical Health and Mental Wellbeing section on the 2020 Relationship, Sex and Health Education (RSHE) curriculum.

Whats Inside My Healthy, Happy Life Activity Journals

Pupils will be guided through the four areas of health: My Brain and Mind, My Nutrition, My Lifestyle, My Safety and My Movement.

Fun activities for pupils to complete to help them discover and learn about their health and wellbeing.

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Questions that create opportunities to open up conversations.

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Challenging tasks for the more able pupils.

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Places for pupils to have quite reflection time.

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Places for teachers to ask personalised questions to individual pupils.



Journal Breakdown

There are four individual journal booklets in the series and they have been broken up into four levels that have been created for each year group in Key Stage Two. These are a guideline for schools to use and can be adapted to meet each schools' needs.

Journal	Year Group
Level 1	Year 3
Level 2	Year 4
Level 3	Year 5
Level 4	Year 6

Within each journal there are five chapters that guide pupils in how to live healthier, happier lives.

My Brain and Mind

Teaching children that a healthy mind is as important as a healthy body is a key part in educating pupils in how to take care of their own health and wellbeing. Our resources focus on teaching pupils strategies to help support their mental health, emotional literacy, resilience, gratitude, and ways to seek support early when needed.

My Nutrition

Aims to empower pupils with the knowledge of what food does to their physical and mental health. How to read and understand what is in their food and how to prepare a healthy meal. With this knowledge we aim to provide pupils with the opportunity to make healthy, educated decisions on what, when and how to eat.

My lifestyle

Learning lifelong, healthy habits is a vital part of growing up. This is a key concept in all of the journals, which will help teachers educate pupils to support their healthy habits and their physical and mental health. The resources focus on healthy habits, sleep hygiene, the importance of going outside and being a part of a community.

My Safety

It is important that pupils understand how to keep safe and what to do if they or someone else is unwell or hurt. My Safety focuses on teaching pupils to recognise signs of ill health, how to find help and vital self care to prevent ill health.

My Movement

The journals teach and challenge pupils to value and look after their bodies. They learn about the importance of regular movement and exercise and how moving their bodies can help their sleep, physical health and mental wellbeing.

My Healthy, Happy Life Overview

Chapter One - My Healthy Brian and Mind



Topics	Level 1 / Year 3	Level 2 / Year 4	Level 3 / Year 5	Level 4 / Year 6
My Body My Mind	<ul style="list-style-type: none"> - You Are Unique - Taking care of me 	<ul style="list-style-type: none"> - My Likes - My Body and Mind 	<ul style="list-style-type: none"> - All About Me - Working Together 	<ul style="list-style-type: none"> - Positive Selftalk - Mental Health
My Emotions	<ul style="list-style-type: none"> - Feelings - Types of Feelings - Mine and Other's Feelings - My Actions - Controlling My Actions - Making Good Choices - What Can I Do - When Mistakes Happen 	<ul style="list-style-type: none"> - My Feelings - Scaling Our Feelings - Thinking Brain Feeling Brain - Anger Feelings Tree - What Can I Do - Happy Feelings Tree 	<ul style="list-style-type: none"> - Calm Feelings Tree - Anxious Feelings Tree - Calming Down - What is Appropriate - Others' Feelings 	<ul style="list-style-type: none"> - Different Emotions - The Roller-Coaster of Emotions - Understanding Other's Feelings - Managing Change
My Worries	<ul style="list-style-type: none"> - Feeling Worried - Dealing With Worries - Colour and Reflect 	<ul style="list-style-type: none"> - My Worries - Mind Tricks - Still Worried 	<ul style="list-style-type: none"> - My Worries - Breaking a Worry Down - Time to Talk 	<ul style="list-style-type: none"> - My Worries - Born Survivor - Problem Solver - Looking After Myself - Reflection Time
My Fantastic Brain	<ul style="list-style-type: none"> - My Healthy Brain - Not Giving Up 	<ul style="list-style-type: none"> - Mistakes - The Power of YET 	<ul style="list-style-type: none"> - Learn To Love Your Brain - Finding Things Hard - Persistence Quiz - The Power of YET 	<ul style="list-style-type: none"> - Looking After My Brain - Bullying and Loneliness - Improving Brain Performance
Being Thankful	<ul style="list-style-type: none"> - Being Thankful 	<ul style="list-style-type: none"> - Being Thankful 	<ul style="list-style-type: none"> - Being Thankful 	<ul style="list-style-type: none"> - My Gratitude Diary

Chapter Two - My Nutrition



Topics	Level 1 / Year 3	Level 2 / Year 4	Level 3 / Year 5	Level 4 / Year 6
My Food	<ul style="list-style-type: none"> - My Favourite Foods - Colourful Foods - My Cheeky Pizza 	<ul style="list-style-type: none"> - My Food - Food pyramid - My Healthy Menu 	<ul style="list-style-type: none"> - My Food Choices - Food Groups - Food for My Body 	<ul style="list-style-type: none"> - My Diet - Eating Habits
My Health and Food	<ul style="list-style-type: none"> - Healthy Eating Habits - Unhealthy Eating Habits 	<ul style="list-style-type: none"> - Food Hygiene - Healthy Eating Habits - Risks of Unhealthy Eating 	<ul style="list-style-type: none"> - Food Labels - Checking the Label - Sugar and My Health - Measuring Sugar 	<ul style="list-style-type: none"> - The Power of Food - Making Healthy Choices - Reading Food Labels - My Healthy Eating Plan
My Energy	<ul style="list-style-type: none"> - My Fuel 	<ul style="list-style-type: none"> - Energy In, Energy 	<ul style="list-style-type: none"> - Energy Foods 	<ul style="list-style-type: none"> - Energy Balance and Weight
My Brain Food	<ul style="list-style-type: none"> - Brain Food 	<ul style="list-style-type: none"> - Your Brains Relationship With Food 	<ul style="list-style-type: none"> - Food and Mood 	<ul style="list-style-type: none"> - Food for Performance

Chapter Three - My Lifestyle



Topics	Level 1 / Year 3	Level 2 / Year 4	Level 3 / Year 5	Level 4 / Year 6
My Habits	- My Habits	- My Habits - Healthy Habits	- My Habits	- Habits
My Sleep	- I Need Sleep - Can't Sleep - Bad Dreams - My Sleep Diary	- How Sleep Works - Sleep Helps Me - My Sleep Diary - A Bedtime Routine	- The Importance Of Sleep - Sleep Cycles - My Sleep Diary	- Sleep - My Sleep Diary - Sleep Problems - Bedtime Routine
The Great Outdoors	- The Great Outdoors	- The Great Outdoors Challenge	- The Great Outdoors	- The Great Outdoors
My Community	- My Community	- My Community	- My Community	- Volunteering

Chapter Four - My Safety



Topics	Level 1 / Year 3	Level 2 / Year 4	Level 3 / Year 5	Level 4 / Year 6
Being Unwell	- Feeling Unwell	- I Am Not Well	- Signs and Symptoms	- Body Changes
Finding Help	- Getting Help	- Getting Help	- Help 999	- Basic First Aid
Taking care of me	- Personal Hygiene - Watch Out for Me (Germs) - Dental care	- Personal Hygiene - Have a Drink - Safe in the Sun	- Types of Germs - Rest and Relax - Food Allergies	- Being Online - Immunisations and Vacations - Drugs, Alcohol and Tobacco

Chapter Five - My Movement



Topics	Level 1 / Year 3	Level 2 / Year 4	Level 3 / Year 5	Level 4 / Year 6
My Amazing Body	- My Amazing Body	- My Amazing Body - My Body Can	- My Amazing Body - My Heart	- My Amazing Body - My Healthy Heart
My Movement	- My Body Loves to Move - Risks of Not Moving Enough - Ways to Move - Daily Movement	- Taking Care of My Amazing Body - Let's Get Moving - Oh No! Not Enough Movement	- An Active Lifestyle - Hurdles - Inactivity Health Risks	- Benefits of an Active Lifestyle - Risks of an Inactive Lifestyle - Daily movement
My Fitness	- Exercise - My Fitness	- Types of Fitness - My Fitness	- My Fitness - Fitness Tests - Challenging Myself	- Weekly Exercise - My Fitness - Fitness Tests



My Healthy, Happy Life links with the 2020 RSHE curriculum

These journals support the Physical Health and Mental Wellbeing section of the curriculum. The journals cover Mental Wellbeing, Physical Health and Fitness, Healthy Eating, Drugs, Alcohol and Tobacco, Basic First Aid and Health Prevention topics of the curriculum. A more detailed break down of what curriculum area is covered in which journal is shown below. Thumbnails have been added to help make quick references to the standards in the contents page of each journal.

Thumbnail reference	Department of Education statutory curriculum guidance for Physical health and mental wellbeing (gov.uk)	How the curriculum is supported across the four books.			
	Mental Wellbeing Pupils should know	Level 1 Year 3	Level 2 Year 4	Level 3 Year 5	Level 4 Year 6
M1	That mental wellbeing is a normal part of daily life, in the same way as physical health.	✓	✓	✓	✓
M2	That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and a scale of emotions that all humans experience in relation to different experiences and situations.	✓	✓	✓	✓
M3	How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	✓	✓	✓	✓
M4	How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	✓	✓	✓	
M5	The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	✓	✓	✓	✓
M6	Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	✓	✓	✓	✓
M7	Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.			✓	✓
M8	That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.			✓	✓
M9	Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	✓	✓	✓	✓
M10	It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.	✓	✓	✓	✓



Healthy Eating

Pupils should know

Level 1 Year 3	Level 2 Year 4	Level 3 Year 5	Level 4 Year 6
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E1	What constitutes a healthy diet (including understanding calories and other nutritional content).	✓	✓	✓	✓
E2	The principles of planning and preparing a range of healthy meals.	✓	✓	✓	✓
E3	The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).	✓	✓	✓	✓

Health and Prevention

Pupils should know

H1	How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	✓	✓	✓	
H2	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.		✓		
H3	The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	✓	✓	✓	✓
H4	About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	✓			
H5	About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	✓	✓	✓	
H6	The facts and science relating to allergies, immunisation and vaccination.			✓	✓

Drugs alcohol and tobacco

Pupils should know

D1	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.				✓
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Physical Health and Fitness

Pupils should know

P1	The characteristics and mental and physical benefits of an active lifestyle.	✓	✓	✓	✓
P2	The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.	✓	✓	✓	✓
P3	The risks associated with an inactive lifestyle (including obesity).	✓	✓	✓	✓
P4	How and when to seek support including which adults to speak to in school if they are worried about their health.	✓	✓	✓	✓

Basic First Aid

Pupils should know

B1	How to make a clear and efficient call to emergency services if necessary.			✓	
B2	Concepts of basic first-aid, for example dealing with common injuries, including head injuries.				✓

What's Inside

Chapters

There are four chapters, **My Brain and Mind**, **My Nutrition**, **My lifestyle**, **My Safety** and **My Movement**. Each of the four chapters has a different colour and every topic has a different border pattern.

Levels

Each journal progresses up a level and are designed for each year group in Key Stage Two.

Topic

A quick topic reference on every page.

Date

Every page has the date.

Symbols

This symbol is used to show an activity is to be completed and a lightning symbol indicates an activity to stretch and challenge. The journals have a wide variety of different learning activities.

Characters

Friendly characters to support your pupils throughout the journal.

Questions and Quiet Reflection

Throughout the journals there are questions and quiet reflection areas.

Differentiated questions to stretch and assess pupils' understanding.

Spaces for teachers to write their own question.

Page Numbers

For quick referencing.

Writing Lines

Writing lines are used throughout for activities.

Teaching Health and Wellbeing Level 2 - My Worries

Date: **Still Worried**

If you are worrying about something that is a fact and is definitely going to happen. You need to think about what you can do, just worrying and doing nothing will not help.

 Match what you could do in these situations to help you.

I have a test next week.	Talk to someone
Performing in the school play.	Do something you enjoy to relax
It's going to rain on my birthday.	Prepare for it
I am having a tooth taken out at the dentist.	Practice
My dog is ill and is staying at the vets.	Accept it is going to happen

 What should I do if I can't stop worrying?

Everyone has times when they feel sad or worried. These feelings will often pass. But if they feel like they have been around for a while then you need to seek support from a trusted adult. Everyone needs support at times and getting the right support early can help sort the problem.

Questions

- Where and how can you get support?
- What are the signs that you should get some support?
-

Quiet Reflection

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How to use My Healthy, Happy Life

Planning when to deliver

Allocate a time each week to work through one of the topics. It helps to have the topic as a health focus for the week. This will help pupils reinforce and develop healthy habits as they work through the journal. Activities can take between fifteen minutes to an hour depending on the depth of study.

How to deliver

The ethos of this programme is not just to extend pupils knowledge and understanding, it is also to support and nurture the pupil through their own wellbeing journey. One of the strengths of these journals is the continuity they provide for pupils throughout their Key Stage Two experience. The teacher's role is to facilitate an environment where pupils can be supported, by giving time for personal reflection and for sharing experiences and ideas.

The activities inside the journals use a number of different teaching and learning strategies. Each activity is designed to provide teachers with the opportunity to extend learning further by using open ended questions, class discussions, whole group or small group mind mapping, debates and role play.

The journals also create the opportunity for both Independent and small group learning. It is recommended that a good mixture of both guided and independent learning is the best teaching and learning strategy to use for this curriculum.

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A Final Note

Teachers make a difference everyday when they step into their classroom. These journals are here to help and support the overall wellbeing of your pupils.

If you would like further ideas and support please follow us on Facebook, Instagram or Twitter.