Words you will learn:

calories
Units of energy found in food that fuel the body.

dental hygiene
Habits that keep the mouth clean and healthy, such as brushing and flossing.

flossing
Sliding a thin thread between teeth to remove food and plaque.

long-term
Lasting or happening for a long time, such as months or years.

mental health
How your mind is working or feeling.

regulate
To manage thoughts, feelings and actions to stay balanced.

self-esteem
How you think and feel about yourself.

short-term
Lasting or happening for a short time, such as minutes, days or weeks.

tooth decay
When teeth slowly become damaged and break down.

Words you may know:

bullying
Unkind behaviour several times on purpose.

mindset
The way someone thinks about learning, challenges and success.

nutrients
Substances found in food and drink that living things use for life and growth.

resilience
Continuing to try even when something feels difficult.

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Dental health



- Brush teeth twice a day.
- Floss daily to remove plaque.
- Avoid sugary snacks and drinks between meals.
- Visit the dentist every six months.

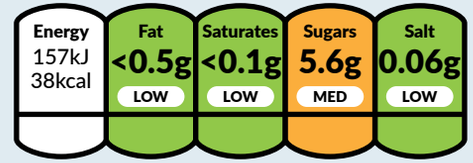
Having a growth mindset



When I face a setback, I can:

- Take a breath.
- Break it into steps.
- Ask for help.
- Try again.
- Learn from mistakes.

Nutrition



When choosing food, we can:

- Compare traffic light labels.
- Choose more green.
- Choose some amber.
- Have less red.
- Swap sugary snacks for less sugary options.

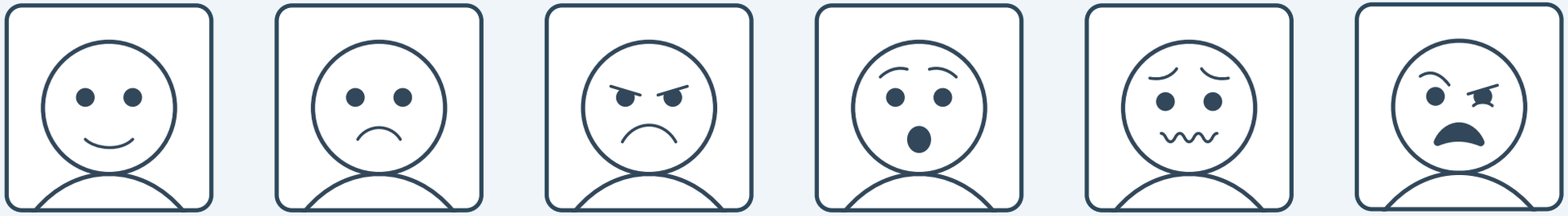
Self-esteem



Self-esteem can grow when we:

- Feel included.
- Are treated kindly.
- Try again after setbacks.
- Notice our strengths.
- Ask for support when we need it.

Emotions



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