Health and wellbeing - Year 1 - Cycle A

- Relaxation
- Strengths and qualities
- Understanding my emotions
- Sleep and bedtime
- People who help us keep healthy
- Hand washing
- Allergies
- Keeping safe in the sun

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Health and wellbeing - Year 2 - Cycle A

- Relaxation
- Strengths and qualities
- Experiencing different feelings
- Sleep and bedtime
- People who help us keep healthy
- Hand washing
- Allergies
- Keeping safe in the sun

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