

Health and wellbeing - Year 1 - Cycle A

Understanding my emotions

Relaxation

Strengths and qualities

Sleep and bedtime

Hand washing

Keeping safe in the sun

Allergies

People who help us keep
healthy

Health and wellbeing - Year 2 - Cycle A

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