Health and wellbeing - Year 1 - Cycle B

- Setting goals
- Developing a growth mindset
- Understanding my emotions
- Physical activity
- Looking after our teeth
- Healthy diet
- Relaxation: breathing exercises

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Health and wellbeing - Year 2 - Cycle B

- Setting goals
- Developing a growth mindset
- Experiencing different feelings
- Physical activity
- Looking after our teeth
- Healthy diet
- Relaxation: breathing exercises

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