

My Wonderful World!

What makes our world wonderful?

Vocabulary

wellbeing	How we feel about our lives and what we can do to help ourselves.
physical health	The normal functioning of the body.
mental health	Our emotional and social wellbeing.
pre-frontal cortex	The decision making part of the brain.
amygdala	The part of the brain associated with our emotions.
hippocampus	Where we store our memories.
balanced diet	Eating a variety of different foods from all five food groups to maintain a healthy diet.
nutrition	The process of providing or obtaining the food necessary for health and growth.
exercise	Bodily exertion for the sake of developing and maintaining physical fitness.
recycle	The process of taking materials ready to be thrown away and converting (changing) them into reusable materials.

Key Questions:

What makes my world wonderful?

What is wellbeing?

Why is my brain amazing?

Why is the right food important for my body?

Why is exercise good for me?

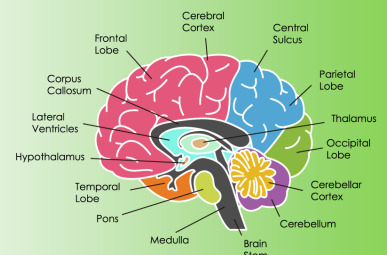
What can I do to keep my world wonderful?

Things of interest

Healthy eating plate

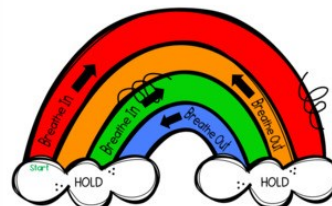


The Brain

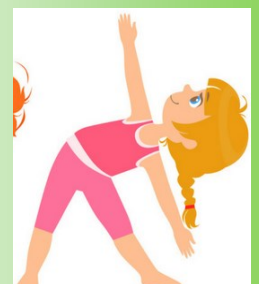


Healthy minds

Deep Breathing Rainbow



Yoga and exercise is good for the mind and body.



Core Texts:

