



PSHE KNOWLEDGE ORGANISER KS2



PSHE topic in focus:

How will we grow and change?

HEALTH AND WELLBEING

Vocabulary:

Puberty: the period during which adolescents reach maturity and become capable of reproduction.

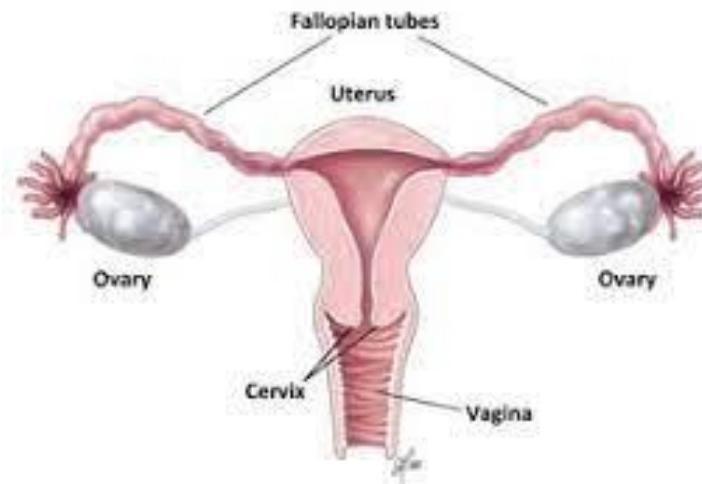
Menstruation: A period is the 2 to 7 days that a girl or woman has her menstrual flow.

Personal hygiene: practices conducive to maintaining health and preventing disease, especially through cleanliness.

Wellbeing physical, mental, emotional and social health.

When a female reaches puberty, about once a month an egg is released from the ovary. It travels along the fallopian tube to the uterus (womb).

In preparation for this, the lining of the womb thickens. But, if the egg is not fertilized, the womb lining is not needed. It is passed, with the tiny egg, in the form of blood, through the vagina. It happens monthly, for about 3-7 days, and is commonly called a 'period.' The whole monthly process is called a menstruation cycle.



Puberty and Feelings

- Puberty is the series of changes that our bodies make as we turn from boys and girls into men and women.
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- Puberty starts between ages 8 and 13 in girls and ages 9 and 15 in boys. Puberty starts when hormones are triggered by the brain. Hormones also affect our mood and our feelings. This can make a young person think and feel different. They may want to be more independent and think about adulthood.
- Remember, however you are thinking/feeling, it is important to be kind to others. This may take compromise (reach agreements by giving up some things that you want).

Take 5

steps to wellbeing

Looking after your mental health while you stay at home

Connect



Connect

Connect with the people around you. We are all in this together. Keep in touch with family, friends, colleagues or neighbours through calls, text or video links like FaceTime, WhatsApp, Messenger or Skype. Arrange a daily telephone call, especially with those who may be at home alone.

Be active



Be active

Exercising makes us feel good mentally and physically. We have to be a little creative in our new situation. Gardening or housework count as physical activity. Maybe try an online exercise video. The NHS website <http://pha.site/workout> has a range of options, or there are a number of fun videos available free on YouTube for all ages and different levels of ability.

Take notice



Take notice

Stop, pause and take a moment to be still and look around you. Reduce your time watching the news and browsing social media. Let go of what none of us can control right now and focus on what you can control. Acknowledge your thoughts and feelings and be kind to yourself. It is normal not to feel 'normal' during this time. Listen to gentle music or try relaxation apps and videos. Know that this is temporary and things will get better. Take notice of your habits. Avoid smoking or drugs, and try not to drink too much alcohol. It can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.

Keep learning



Keep learning

We are all learning how to do things differently for now; learning new ways of doing things and how to enjoy ourselves. Use this time for some discovery. Learning new things gives us a sense of achievement, increased confidence and enjoyment. Use this as an opportunity to teach your children new skills or maybe sign up to an online course.

Give



Give

We are all helping our community and our health service by staying at home. This is the greatest gift you can give right now.