
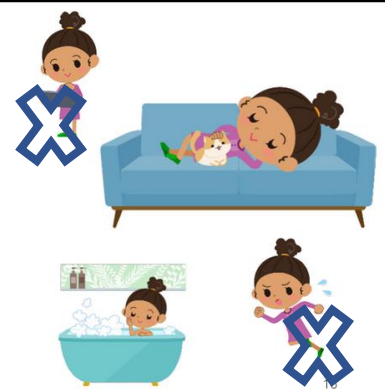


# Year 2: Physical Health and Mental Health

Subject Specific Vocabulary		Dental Hygiene	Important knowledge about physical health and mental health
<b>routine</b>	A sequence of events.	 <p>Teeth brushing</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I know why sleep and rest are important.</li> <li><input type="checkbox"/> I know that medicines and vaccinations protect people.</li> <li><input type="checkbox"/> I know the importance of brushing my teeth.</li> <li><input type="checkbox"/> I know which foods and drinks affect dental health.</li> <li><input type="checkbox"/> I can describe and share a range of feelings.</li> <li><input type="checkbox"/> I know how to feel good, calm down or improve my mood.</li> <li><input type="checkbox"/> I know about change, loss and bereavement.</li> <li><input type="checkbox"/> I can ask for help with my feelings.</li> </ul>
<b>relaxation</b>	To have quiet, calm time.		
<b>deteriorate</b>	When something rots and turns bad.		
<b>contamination</b>	When something can be spread.		
<b>disease</b>	Something that can make you sick.		
<b>bereavement</b>	When you feel sad because someone dies.	<h2>Ways to relax before bed.</h2>	
<b>grief</b>	When you feel sad.		
<b>immunise</b>	To stop you getting sick.		
<b>vaccination</b>	A treatment to protect people.		
<b>hygiene</b>	To be clean and healthy		