



# 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><b>Teeth brushing</b></p>  <p><b>Ways to relax before bed.</b></p> 	<input type="checkbox"/> I know why sleep and rest are important.
<b>relaxation</b>	To have quiet, calm time.		<input type="checkbox"/> I know that medicines and vaccinations protect people.
<b>deteriorate</b>	When something rots and turns bad.		<input type="checkbox"/> I know the importance of brushing my teeth.
<b>contamination</b>	When something can be spread.		<input type="checkbox"/> I know which foods and drinks affect dental health.
<b>disease</b>	Something that can make you sick.		<input type="checkbox"/> I can describe and share a range of feelings.
<b>bereavement</b>	When you feel sad because someone dies.		<input type="checkbox"/> I know how to feel good, calm down or improve my mood.
<b>grief</b>	When you feel sad.		<input type="checkbox"/> I know about change, loss and bereavement.
<b>immunise</b>	To stop you getting sick.		<input type="checkbox"/> I can ask for help with my feelings.
<b>vaccination</b>	A treatment to protect people.		
<b>hygiene</b>	To be clean and healthy		