YEAR 3 • PSHE • UNIT 1

Get HeartSmart

How can we look after our own wellbeing and care for others?

What we need to know

- Kind words and actions can lift someone’s mood. Unkind words and actions can hurt.
- A memory can bring back a feeling. The same event can make people feel differently.
- To guard your heart, notice what upsets you and ask someone you trust for support.
- Your support network includes people you can turn to. Think about what each person does that helps you.
- Regular movement, enough sleep and a variety of foods are part of a healthy lifestyle.

Key words

wellbeing how well we feel and cope with everyday life

emotion a feeling, such as joy or worry

support network people you can turn to for help

grateful thankful for someone or something

Can you remember?

1. How could your words lift someone’s mood?
2. How might a memory affect how you feel?
3. Who could be in your support network?
4. Name two habits that support wellbeing.

Sources | HeartSmart · Year 3 curriculum overview