

THIS WEEK'S TOPIC IS PRACTISING SELF- CARE

I matter



Why self-care?

- Self-care is an important skill to teach children as the earlier it can be embedded into daily life, the more likely children will grow up and continue the skill into adulthood.
- Good self-care has been proven to impact positively on children's ability to be resilient, form strong relationships, have high levels of self-respect and keep mentally well.
- The table shows simple ways children can be encouraged to show self-care.
- Early years have been focusing on hygiene, Year 1 and 2 on being physically active, Year 3 and 4 on setting self-care targets and UKS2 on ensuring they have self-respect.

	Sleep	Food	Physical activity	Washing	Teeth	Mindfulness	Talking
Just starting	I stay up late a lot	I don't have many portions of fruit or vegetables	I don't do much exercise	I wash my hands when I have been to the toilet	I brush my teeth most of the time	I sometimes do mindful breathing	I want to talk about my feelings, but it is too hard
Doing well	I try to go to bed on time and go to sleep	I eat fruit or vegetables everyday	I run around a lot and play a sport	I wash my hands when I have been to the toilet and before I eat	I brush my teeth every day	I do something mindful like mindful breathing everyday	I talk about my feelings when I need to, but sometimes I still bottle things up
Got it nailed!	I get around 8 hours sleep a night	I eat at least five portions of fruit and vegetables everyday	I make sure I do at least an hour a day of different physical activities	I wash my hands all the time and know how to wash them properly	I brush my teeth twice a day	I make sure I make time to do something mindful and do different things like breathing or colouring	I know who I can talk to about my feelings, and I don't bottle anything up including worries or anger

The Responsible Behaviour Curriculum