PSHE: Healthy Lifestyles

PSHE topic in focus:

Healthy Lifestyle Choices

HEALTH AND WELLBEING

Healthy Habits



Going to bed at the same time every night.



Gettina

regular

exercise.

Washing hands regularly with soap and warm water.



Walking the dog every evening.



Reading for an hour before bedtime



Plauing an instrument such as a piano, quitar, or the drums.



Eating 5 portions of fruit or yea every day.



Mindfulness

techniaues can

helb you to stay

calm and relaxed

mornina and niäht.



Brushina uour teeth everu

> Hobbies that don't involve a screen, such as drawina or painting



_eading an inactive lifestule.

Unhealthy Habits



Watching a tablet or screen to relax in the evenina



Drinking fizzy drinks.



Spending hours online or playing computer games.

Thumb sucking

or biting nails.



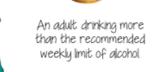
Vaping or smoking electronic agarettes.



Gmoking cigarettes or tobacco products.



Drinking caffeinated drinks such as tea. coffee or energy drinks.





Eating lots of junk food

Gamblina is an unhealthu habit that can be very difficult to stop.

Unhealthy habits can lead to harmful addictions.

When you do things that are good for you, your brain releases a feel-good chemical called dopamine



Dopamine makes you want to do the same healthy thing again, which is good for your survival



Sometimes, unhealthu substances such as nicotine and alcohol trick the brain into releasing dopamine.

This makes you want to do the same thing again, even though it is bad for you



THE SCIENCE OF ADDICTION

HELP AND SUPPORT:

Adults who can help

- Parents/quardians
- · Teachers and school staff
- GP (doctor) or practice nurse

NHS Live Well Website: https://www.nhs.uk/live-well/