

PSHE: Healthy Lifestyles

PSHE topic in focus:

Healthy Lifestyle Choices

HEALTH AND WELLBEING

Healthy Habits



Going to bed at the same time every night.



Washing hands regularly with soap and warm water.

Walking the dog every evening



Getting regular exercise.



Reading for an hour before bedtime.

Playing an instrument such as a piano, guitar, or the drums.



Eating 5 portions of fruit or veg every day



Brushing your teeth every morning and night.



Spend time outdoors.

Mindfulness techniques can help you to stay calm and relaxed



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



Unhealthy Habits



Watching a tablet or screen to relax in the evening



Drinking fizzy drinks.

Spending hours online or playing computer games.



Vaping or smoking electronic cigarettes.



Smoking cigarettes or tobacco products.



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

Thumb sucking or biting nails.



An adult drinking more than the recommended weekly limit of alcohol



Eating lots of junk food



Leading an inactive lifestyle.



Gambling is an unhealthy 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, unhealthy 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/guardians
- Teachers and school staff
- GP (doctor) or practice nurse

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