## You will know

- The importance of getting a good night's sleep and changes in sleep patterns as you get older.
- The harmful effects of smoking and vaping on the body.
- The benefits of physical activity on body (physical health) and mind (mental health).
- What is meant by the term 'mental health"
- That we can look after our mental as well as our physical health.
- Our emotions can be affected if we go through challenging or difficult times in our life, or if we go through changes.
- Emotions can sometimes be conflicting-you can feel several emotions at the same time.
- Emotions can be communicated without with or without words; feelings have a physical effect on our


## You will know how to

- Develop a bedtime routine that improves your sleep.
- Identify skills and strategies needed to resist any pressure to smoke.
- Find ways to be physically active throughout the day.
- Seek support and advice about physical activity.
- Explain everyday behaviours that can help us to look after our mental health.

Explain how emotions can change over time.

- Identify our 'personal support network' that we can rely on during difficult times.
- Demonstrate a range of strategies to help you manage strong feelings such as anger.

