

# health

<p>What is your daily personal hygiene routine?</p> <p>Why is it important to maintain personal hygiene?</p> <p>Why might some people choose to use different products?</p>	<p>What does Physical health mean to you?</p> <p>Can you describe 3 ways that you look after your physical health?</p>	<p>How does our health affect us in our life?</p> <p>Do you know about your own personal health conditions?</p> <p>Do you know about your families' health conditions?</p>
<p>As humans we are all very different.</p> <p>Can you write a poem about the way in which humans may all be different?</p>	<p>What does mental health mean to you?</p> <p>Can you describe 3 ways that you look after your mental health?</p>	<p>Spend 20 minutes every day this week teaching yourself something new.</p> <p>Can you pass your skill to someone else?</p>
<p>This week is Mental Health Week.</p> <p>Look at the links on the school newsletter this week and sit down with your family and watch the video and discuss your thoughts.</p>	<p>The theme for Mental Health Week is kindness.</p> <p>Can you award someone and thank them for their kindness this week!</p>	<p>Ask someone the following questions this week;</p> <p>How are you feeling? Do you want to talk? Can you label how you feel with an emotion?</p>