**Alternative PSHE 1**

Learning Intention: To learn about what positively and negatively affects physical and mental health

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| --- | --- |
| Positive √ | Negative X |
|  |  |
|  |  |

Getting enough sleep

Eating unhealthily

Doing lots of sport

Smoking

Not sleeping well

Drinking alcohol

Eating a balanced diet

Not exercising very much

Bullying

Having a good relationship with friends and family

Death of someone you care about

Worried about school, family, friends or money