

Mental Health

Give 3 challenges to mental health?
(Stress, for example).

- 1: _____
- 2: _____
- 3: _____

2 things I can do in my life to improve
my mental health are

- 1 _____
 - 2 _____
- 

Goals & Gratitude

Gratitude is linked to a happier life -
Improving mental & physical health

2 things you are grateful for are:

- 1 _____
- 2 _____



One goal I am working towards is: _____

Knowledge Organiser

Healthy Lifestyles

Give 5 lifestyle choices that are
connected to mental health:

1. _____
2. _____
3. _____
4. _____
5. _____



Substance Misuse

1 substance misuse issues I've
learnt about this half-term
is _____



2 harms from substance misuse are:

1. _____
2. _____

In the event of a medical emergency,
who would you call? _____

Knowing who to turn to.

The phone number for a medical
emergency is: _____

The phone number for a non-emergency
medical query is: _____

If someone
experiences
discrimination,
what should they
do? _____

What can a
local
pharmacist
help you
with? _____



My body

Research one interesting fact about
the human body and use this space
to explain what you have learnt:

