

HEALTH AND WELLBEING CURRICULUM GUIDE



AUTUMN 1	SPRING 1	SUMMER 1
Show care and concern for living things, looking after seedlings, in the greenhouse and classroom to keep them warm and well watered. Do they grow quicker than the same seedling planted outside?	Go on a nature walk and listen to the sounds of the garden. Write down or record the sounds you discover.	Write an acrostic poem about one of the veg you have grown. Perform your piece of vegetable poetry using sound, drama and performance techniques.
Discuss how an Edible Playground/outdoor space could be used to help make playtimes happier.	Create a skeleton using a variety of sticks and identify different parts of the body.	Using the 'Here We Are' text, conduct a PSHE lesson in your Edible Playground discussing how we treat animals and people.
Cooking and Nutrition Identify the different vitamins from different vegetables growing in your Edible Playground. Why are the vitamins in those vegetables important?	Cooking and Nutrition Vegetable verses fruit smoothies. Make your own smoothie recipes.	Use the Edible Playground as a tool to discuss how we can make positive choices to look after ourselves and others (e.g. eating healthily).
Read the 'Tadpoles Promise' in your Edible Playground and then discuss what is a promise, and is it ever okay to break one?	Friendships/Relationships Research companion planting and how plants support each other. Look at the work of Wohlleben and the Hidden Life of Trees. How does this link to our own understanding of friendship/relationships?	Growth Mindset Using the life cycle of a plant, how can we link this to how we develop a growth mind-set? What do we need to do to nourish ourselves, like a plant might need to do too?
Vegetable yoga Vegetable dance moves, dance inspired by the growth of a plant from seed to tree.	Living Things Identify the weeds in your Edible Playground and create an ID guide for the class.	Giving Organise a visit to a local elderly centre and take some produce you have grown. Can you make nature inspired art to share with them too?
Anti-Bullying What examples of plants/ insects would we say are 'bullied' in the Edible Playground? Foxes + birds, which cases are survival? Think about how the prey feel. Link it to how the bully and bullied might feel. Write a moral story using what goes on in nature as stimuli.	Receiving Using 'The Giving Tree' as your stimulus, discuss acts of kindness, making others happy. Link it to impacts on our environment. Compare and contrast with how you digest food.	Healthy Me Research and observe the role of worms and mini-beasts in digesting organic matter and helping to create a nutrient-rich soil.