Why should we have a good night sleep?

What is mental health?

Can you name different types of emergencies?

What is sun safety?

What should you do in an emergency?

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| **Health and Wellbeing** | **Physical health**  **Mental wellbeing.** |
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|  |
| **Media literacy and** | | |
|
| **digital resilience** | | |
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What is physical health?