



Miles Franklin Primary School

Year 3 - Who We Are

Central Idea: Physical and mental health can impact ourselves and others wellbeing.

Big Idea: Balance

Lines of Inquiry:

1. What we need to feel safe.
2. The factors that influence our physical and mental health.
3. Our responsibility to make healthy and safe choices.

Unit Description:

In this unit we will be exploring what we can do to balance our health and wellbeing. To achieve this we will look into what we can do to make ourselves feel safe and feel physically and mentally healthy. From these experiences we will take action to be in charge of making healthy and safe choices for ourselves.

Unit Duration: 6 Weeks (Term 1- Term 6)

Curriculum Links: During this unit we will explore the Australian Curriculum areas of English, Maths, Health

Things you can do at home to support our unit of inquiry:

- Talk about three good things that have happened in your day.
- Create a poster showing all your calm down strategies.
- Read books like When I am feeling... by Trace Moroney.

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