

**RSE Pupil Conference Questions**

**Year 3**    **Date: 7/4/22**

Independence - healthy lifestyles	How do you look after your body (mentally and physically)?
<ul style="list-style-type: none"><li>● Go to bed on time</li><li>● Go to the gym like my dad does</li><li>● Take the dog for a walk</li><li>● Read a book before bedtime to help you sleep</li><li>● Eat different green vegetables - try some new vegetables</li><li>● Brush your teeth every day</li></ul>	
Independence - healthy lifestyles	What lifestyles/substances can have a harmful effect on your body?
<ul style="list-style-type: none"><li>● Alcohol can be really bad for your liver</li><li>● Smoke - damages your body</li><li>● Don't brushing your teeth</li><li>● Not looking at a screen for a long time</li><li>● The sun can be bad for your skin</li></ul>	
Mutual Respect	How do you show respect to others in school/the community/at home?
<ul style="list-style-type: none"><li>● Be kind to other people</li><li>● Do not use swear words</li><li>● Check on old people who live on your street</li><li>● Let people play with you</li><li>● Letting everyone play with you</li><li>● Ask the Holy Spirit to help you and give you wisdom</li><li>● Ask your parents if they need help with jobs at home</li><li>● Keep your own bedroom tidy</li></ul>	