

- Chapter 14: A visit from the dentist
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relationships. The importance of outdoor play.

## 12. A difficult decision

Standing by a friend when it is inconvenient; learning the roles that our “thinking” and “feeling” brains play in decision making. The importance of live indoor games and play.

# Unit 4 Looking after myself

I understand more about the food I eat. I know how to look after my teeth. I am growing in self-discipline. I am increasing in responsibility.

## 13. It's time to eat

A balanced diet and appreciating the social dimensions of eating together. Understanding that table manners are important.

## 14. A visit from the dentist

Teeth and why good habits are worth the effort. How our diet impacts our oral health and appearance.

## 15. Keeping to the rules

Developing rules for healthy use of electronic devices. Respecting the rules kept in other families.

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