

Three Key Messages

Teacher's Notes



Riding the Ups and Downs [L1] [SEP]

As we journey through life, **our state of health is constantly changing** because of the **challenges** we meet and **how we respond** to them.

Rather than being either 'ill' or 'well', we move along an **undulating path** with **high points** (when we are more well) and **low points** (when we are less well).

Everyone's health journey will be different, but it is in our power to minimise the 'downs' and maximise the 'ups'. **It's a normal part of life to be ill from time to time.**

Keeping Balanced [L1] [SEP]

Throughout life, our bodies are constantly meeting **challenges** to our health which knock us **off-balance**.

A variety of **processes in our bodies respond to these challenges**. For example, a pulled muscle leads to inflammation, which helps it to **heal**. A viral infection may lead to fever, which helps to kill the virus. In this way, **we 'loop back' into a balanced state** again. We call this **homeostasis**.

By and large, **we are very successful at responding to challenges** – most of the time, most of us get better from most illnesses without help. [L1]
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Smoothing the path [L1] [SEP]

How our bodies respond to health challenges will depend on a number of factors, **many of which we can control**.

For example, we can **exercise** so that our heart is strong and **keep our stress levels** down by getting enough **rest and relaxation**.

We can help our bodies to 'loop back' by equipping ourselves with certain things – a bit like putting ball bearings in a wheel so it can roll along smoothly.

Resource Signposting: Find assemblies on the Three Key Messages in the [Additional Resources - Primary](#) section of the Facts4Life website.