

PSHE & RSE 2021-2022 TERM 1A – MENTAL HEALTH & EMOTIONAL WELLBEING

| YEAR 1 "FEELINGS" | YEAR 2 "FRIENDSHIP" | YEAR 3 "STRENGTHS & CHALLENGES" | YEAR 4 "GROWING UP & CHANGING" (SEE SRE Lessons 5,6,7) | YEAR 5 "DEALING WITH FEELINGS & BELONGING" | YEAR 6 "HEALTHY MINDS" |
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| <p>1.Pupils learn about different types of feelings. Pupils:</p> <ul style="list-style-type: none"> • can name different feelings (including good and not-so-good feelings) • recognise that people may feel differently about the same situation • can identify how different emotions look and feel in the body | <p>1.Pupils learn about the importance of special people in their lives. Pupils:</p> <ul style="list-style-type: none"> • can identify people who are special to them and explain why • understand what makes a good friend • can demonstrate how they show someone they care | <p>1.Pupils learn about celebrating achievements and setting personal goals. Pupils:</p> <ul style="list-style-type: none"> • explain how it feels to be challenged, try something new or difficult • can plan the steps required to help achieve a goal or challenge • are able to celebrate their own and others' skills, strengths and attributes | <p>5. Pupils learn how puberty affects emotions & behaviour & strategies for dealing with the changes associated with puberty. Pupils:</p> <ul style="list-style-type: none"> • are able to describe how feelings and behaviour change during puberty • can devise strategies for managing these changes • understand how changes during puberty can affect relationships with others. | <p>1.Pupils learn about a wide range of emotions and feelings & how these are experienced in the body. Pupils:</p> <ul style="list-style-type: none"> • are able to name & describe a wide range & intensity of emotions and feelings • understand how the same feeling can be expressed differently • recognise how emotions can be expressed appropriately in different situation | <p>1.Pupils learn what mental health is. Pupils:</p> <ul style="list-style-type: none"> • know that mental health is about emotions, feelings & moods - how we think, feel & behave • recognise everyone has a state of mental health that changes frequently & any one state is not always permanent • know that there is help, advice and support available about mental health |
| <p>2. Pupils learn about managing different feelings. Pupils:</p> <ul style="list-style-type: none"> • recognise that some feelings can be stronger than others • can describe some ways of managing different feelings • know when to ask for help | <p>2. Pupils learn about making friends and who can help with friendships. Pupils:</p> <ul style="list-style-type: none"> • understand how people might feel if they are left out or excluded from friendships • recognise when someone needs a friend and know some ways to approach making friends • know who they can talk to if they are worried about friendships | <p>2. Pupils learn about dealing with put-downs. Pupils:</p> <ul style="list-style-type: none"> • explain what is meant by a put-up or put down and how this can affect people • can demonstrate a range of strategies for dealing with putdowns • recognise what is special about themselves | <p>6. Pupils learn strategies to deal with feelings in the context of relationships. Pupils:</p> <ul style="list-style-type: none"> • are able to identify feelings and understand how they affect behaviour • can practise strategies for managing relationships and changes during puberty • can empathise with other people's feelings in relationships, including parents and carer | <p>2. Pupils learn about times of change and how this can make people feel. Pupils:</p> <ul style="list-style-type: none"> • identify situations when someone may feel conflicting emotions due to change • can identify ways of positively coping with times of change • recognise that change will affect everyone at some time in their life <p>*learn how to help people feel like they belong.</p> | <p>2 & 3. Pupils learn about what can affect mental health & ways to look after it. Pupils:</p> <ul style="list-style-type: none"> • recognise what can affect a person's mental health • know some ways of dealing with stress & get help/support • understand that anyone can be affected by mental ill health • know some everyday ways of looking after mental health • can explain why looking after mental health is as important as looking after physical health • understand that some things can support both. |
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| <p>3. Pupils learn about change or loss & how this feels. Pupils:</p> <ul style="list-style-type: none"> • are able to give examples of when people might experience change/loss (a lost toy, when a pet dies, moving home/school) • can describe how people might feel from change or loss • recognise what they can do to help themselves or someone else who may be feeling unhappy. | <p>3. Pupils learn about solving problems that might arise with friendships. Pupils:</p> <ul style="list-style-type: none"> • can identify some ways that friendships can go wrong • can describe some ways to sort out friendships problems • recognise that difficulties within friendships can usually be resolved. | <p>3. Pupils learn about positive ways to deal with setbacks. Pupils:</p> <ul style="list-style-type: none"> • can describe how it feels when there are setbacks • know some positive ways to manage setbacks and how to ask for help or support • recognise that everyone has setbacks at times, and that these cannot always be controlled. | <p>7. Pupils learn to answer each other's questions about puberty with confidence, seek support/advice. Pupils:</p> <ul style="list-style-type: none"> • can identify sources of information, support & advice. • can use appropriate language to discuss puberty & growing up with confidence • can answer their own questions about puberty and growing up | <p>3. Pupils learn about the feelings associated with loss, grief and bereavement. Pupils:</p> <ul style="list-style-type: none"> • recognise that at times of loss, there is a period of grief. • understand there are a range of feelings that accompany bereavement & know these are necessary & important . • know some ways of expressing feelings related to grief. | <p>4. Pupils learn about the stigma and discrimination that can surround mental health Pupils</p> <ul style="list-style-type: none"> • recognise that stigma and discrimination of people living with mental health problems can and does exist • explain the negative effect that this can have • know what can help to have a more positive effect (and therefore reduce stigma and discrimination). |