

MENTAL HEALTH

YEAR GROUP	OBJECTIVE	OUTCOMES	ACTIVITIES – taken from PSHE Association Updated Lesson Plans	RESOURCES	CORE THEME
Everyday Feelings					
3	To know about the different feelings and emotions people experience; how feelings and emotions change & what helps people to feel good	Identify that feelings /emotions are part of a person’s well- being & health.	<u>Lesson 1</u> <ul style="list-style-type: none"> • Pupils draw/write about everyday feelings a person has & what helps them to feel good every day • Discuss & define feelings • Plot a character’s feelings at different times of the day • Card sort • Read blog • Use Ziggy’s story to write own story describing the feelings Ziggy experiences 	PSHE Association Exemplar Lesson Plan Ziggy’s story Feeling Sad & Feeling Bad ppt – Twinkl Any mindfulness tasks from Twinkl	Theme 2-Relationships to recognise and respond appropriately to a wider range of feelings in others ☑ to recognise and care about other people's feelings.
Expressing and Managing Feelings					
4	To know about ways of expressing feelings and emotions and why this is important	I can name a wide range of feelings I can match feelings to a scale & identify strong feelings I can describe different feelings and how they are experienced in the body I can recognise why it is important for people to express their feelings	<u>Lesson 2</u> <ul style="list-style-type: none"> • Feelings graffiti wall where pupils write all the feelings and emotions they can think of on the graffiti wall • Hot potato game • Match synonyms to a root word & then identify the strong or intense feelings • Read given scenario 	PSHE Association Exemplar Resources for Lesson 2 & 3	Theme 1 – Health & Well Being to deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others to recognise that they may experience conflicting emotions and when they

			<ul style="list-style-type: none"> Pupils write their own poem/ create art work depicting different feelings. <p>Lesson 3</p> <ul style="list-style-type: none"> Read scenario & consider how the character is reacting to the situation they find themselves in. Pupils consider who is best to talk to & how to seek further advice 		<p>might need to listen to their emotions or overcome them strategies for keeping physically and emotionally safe</p> <p>Theme 2-Relationships to recognise and respond appropriately to a wider range of feelings in others to recognise and care about other people's feelings</p>
Mental Health & Keeping Well					
5	To know what Mental Health is; what it means and how we can take care of it.	<p>I can explain what is meant by Mental health</p> <p>I can identify everyday behaviours that can help to support mental & physical health</p> <p>I recognise that we can take care of our mental health as well as our physical health</p>	<p>Lesson 1 of Year 5/6</p> <ul style="list-style-type: none"> Draw/write collage of words associated with mental health Decide on a definition to sum up mental health Discuss how we know someone feels good in their body and mind Sorting activity Mental Health thermometer – Jay's story Compile a top tips checklist 	Lesson 1 of PSHE lesson Resources to support lesson 1	<p>Theme 1 – Health & Well Being</p> <p>to deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them strategies for keeping physically and emotionally safe</p>
Managing Challenges & Change					

6	To know how feelings and emotions are affected and can be managed at changing, challenging or difficult times	<p>I can describe what can impact on mental health (life events & circumstances)</p> <p>I know how mental wellbeing can be affected</p> <p>I can recognise conflicting emotions & when these might be experienced</p> <p>I can explain how feelings can change over time</p> <p>I can identify positive actions to support mental health wellbeing during difficult times, including identifying their personal support network</p>	<p>Lesson 2</p> <ul style="list-style-type: none"> • Ideas about what can affect mental health & how to manage this • Use a scenario for initial discussion, pupils consider life events that can impact on a person's mental health wellbeing & how these can make them feel • Use any story book to support scenarios • Emotions time line • Plot how a situation and feelings change over longer periods of time • Life events grids & suggest ways people can support themselves or others at these times • Think about their own personal support network & record who is part of that, • Reflect on learning 	Resources from Lesson 2	<p>Theme 1 – Health & Well Being</p> <p>to deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others</p> <p>to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them</p> <p>strategies for keeping physically and emotionally safe</p> <p>Theme 2-Relationships</p> <p>to recognise and respond appropriately to a wider range of feelings in others</p> <p>to recognise and care about other people's feelings</p>
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