



Year 1 – PSHE - Autumn 1 - Feelings

Mental health and emotional wellbeing

Previous Knowledge and Skills	Future Learning on this skill
<ul style="list-style-type: none"> How to Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. (ELG EYFS) Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Control their immediate impulses when appropriate. 	<p>For children to feel confident identifying and talking about their feelings</p> <p>To learn how to identify signs in others who may be struggling and to empathise with them.</p> <p>To learn strategies to resolve friendship difficulties</p> <p>To learn about the key qualities of a good friend</p>

MindMate – Feeling good and being me

Lesson focus: know when my friends are feeling happy

Pupils should have the opportunity to:

- identify & talk about times when people feel happy learn to communicate their feelings to others recognise how others show feelings & know how to respond.

Key Vocabulary

We want you to remember these words.

Happy - feeling or showing pleasure or contentment	Sad - feeling or showing sorrow; unhappy.
Confused - unable to think clearly	Excited - very enthusiastic and eager.
Scared - fearful; frightened.	Emotion - a strong feeling
Feelings - an emotional state or reaction.	Change - an act or process through which something becomes different.

Key knowledge and skills

The 'stuff' we want you to remember.

- To identify and describe different types of feelings
- To be able to manage different feelings
- To be able to describe change or loss and how this can feel

Focus question: How are you feeling?



Year 2 – PSHE - Autumn 1 - Friendship

Mental health and emotional wellbeing

Previous Knowledge and Skills	Future Learning on this skill
<ul style="list-style-type: none"> To know about different types of feelings. To know about managing different feelings. To know about change or loss and how this can feel. 	<ul style="list-style-type: none"> learn about celebrating achievements and setting personal goals learn about dealing with put-downs learn about positive ways to deal with set-backs

MindMate – Feeling good and being me

Lesson Focus: Children will discuss why we set goals and how to set goals that challenge us but are not so hard that we can't reach them.

Pupils will have the opportunity to:

- To think about why they are sometimes successful and sometimes unsuccessful and try and learn from these experiences.

Key Vocabulary

We want you to remember these words.

Qualities- a distinctive attribute or characteristic possessed by someone or something.	Empathy- the ability to understand and share the feelings of another.
Friendship- the emotions or conduct of friends; the state of being friends.	Cooperation- the action or process of working together to the same end
Conflict- a serious disagreement or argument	Respect- a feeling of deep admiration for someone or something
Resolve- settle or find a solution	

Key knowledge and skills

The 'stuff' we want you to remember.

- To identify signs in others who may be struggling and to empathise with them.
- To know strategies to resolve friendship difficulties
- To know the key qualities of a good friend

Focus question: How can I resolve a friendship problem?



Year 3 – PSHE - Autumn 1 – Strengths and Challenges

Mental health and emotional wellbeing

Previous Knowledge and Skills	Future Learning on this skill
<ul style="list-style-type: none"> Identify signs in others who may be struggling and to empathise with them. Know strategies to resolve friendship difficulties Know the qualities of a good friend 	<ul style="list-style-type: none"> Learn about a wide range of emotions and feelings and how these are experienced in the body Learn about appropriate ways of expressing different emotions in a range of situations Learn about times of change and how this can make people feel and practical ways of managing feelings associated with change. Learn about the feelings associated with loss, grief and bereavement

MindMate – Feeling good and being me

Lesson focus: I can set myself a simple target.

Pupils will have the opportunity to:

- Reflect on and celebrate their achievements and identify their strengths.
- Identify areas for improvement and set high aspirations and goals.

Key Vocabulary

We want you to remember these words.

Achievement- a thing done successfully with effort, skill, or courage.	Compliment- a polite expression of praise or admiration.
Goal- the object of a person's ambition or effort	Set-back - delay or impede the progress of someone or something.
Put-down- to make someone feel foolish and unimportant	Celebrate- acknowledgement of a special event
Put-up- to make someone feel 'good' about themselves.	Mental Health – a state of mental well-being that enable people to cope with the stresses of life.

Key knowledge and skills

The 'stuff' we want you to remember.

- Know about celebrating achievements and setting personal goals
- Know strategies to help deal with put-downs
- Know some positive ways to deal with set-backs

Focus question: What strategy might you use when dealing with a put-down?



Year 4 – PSHE - Autumn 1 – Digital Wellbeing

Mental health and emotional wellbeing

Previous Knowledge and Skills	Future Learning on this skill
<ul style="list-style-type: none"> To know about celebrating achievements and setting personal goals. To know strategies to help deal with put-downs. To know some positive ways to deal with set-backs. 	<ul style="list-style-type: none"> To learn that the media can manipulate images and that these images may not reflect reality To learn to identify characteristics of positive and negative role models for young people

MindMate – Feeling good and being me

Lesson focus: We can use a range of words to describe our feelings.

Pupils will have the opportunity to:

- extend their vocabulary to enable them to explain both the range and intensity of their feelings to others
- recognise and respond appropriately to a wider range of feelings in others

Key Vocabulary

We want you to remember these words.

Feelings- an emotional state or reaction	Cyberbullying - the use of technology to harass, threaten, embarrass, or target another person.
Internet- a worldwide system of interconnected computer networks.	Strangers- a person whom one does not know or with whom one is not familiar.
Reliability- the quality of being trustworthy.	Personal Information - information that identifies who you are.
Digital Wellbeing - the impact of technologies and digital services on people's mental, physical, social and emotional health.	

Key knowledge and skills

The 'stuff' we want you to remember.

- To understand and explain the positives and negatives of being online.
- To understand how to be kind and safe online
- To understand and explain how to stay safe online.
- To identify things we shouldn't share online and give reasons why we shouldn't share them.
- understand how technology can affect our wellbeing in different ways.

Focus question: How can you look after your digital wellbeing?



Year 5 – PSHE - Autumn 1 – Dealing with feelings

Mental health and emotional wellbeing

Previous Knowledge and Skills	Future Learning on this skill
<ul style="list-style-type: none"> Name different feelings. Distinguish the different types of feelings Different strategies to manage feelings What is peer pressure and strategies for managing peer pressure. 	<ul style="list-style-type: none"> Recognise that change will affect all of us. Recognise that people grieve during times of loss. That there are a range of feelings during bereavement.

MindMate – Feeling good and being me

Lesson focus: I can do...

Pupils will have the opportunity to:

- Develop self-awareness, doing the right thing
- Understanding that their actions affect themselves and others.

Key Vocabulary

We want you to remember these words.

Conflict- a serious disagreement or argument	Grief- intense sorrow, especially caused by someone's death.
Change- an act or process through which something becomes different.	Bereavement – the experience of losing someone important to us.
Loss - the fact or process of losing something or someone	Response - The way we react to things that are happening around us.
Emotion - How we feel about things that are happening	Resilience - Trying again and continuing to persevere when we find something difficult.

Key knowledge and skills

The 'stuff' we want you to remember.

- To know and understand a wide range of emotions and feelings and how these are experienced in the body
- To understand times of change and how this can make people feel
- To understand the feelings associated with loss, grief and bereavement

Focus question: How might you feel in a time of change?



Year 6 – PSHE - Autumn 1 – Healthy Minds

Mental health and emotional wellbeing

Previous Knowledge and Skills	Future Learning on this skill
<ul style="list-style-type: none"> • know about feelings associated with loss, grief and bereavement • To understand strategies to help positively cope with change. • To know how times of change can make people feel. • To know how emotions can be expressed appropriately in different situations. • To know that the same emotions can be expressed differently by people. • To know a wide range of emotions and their varying degrees of intensity. 	<ul style="list-style-type: none"> • To know that everyone has a state of mental health that changes frequently; that any one state is not necessarily permanent • To know how to get help, support and advice with mental health • To know what can affect mental health both positively and negatively • To identify strategies that can help to release, manage or cope with negative emotions that can attribute to poor mental • To know some everyday ways of looking after mental health

MindMate – Feeling good and being me

Lesson focus: I can stay true to myself despite external pressures.

Pupils should have the opportunity to:

- know what positively & negatively affects their physical, mental & emotional health, including the media

Key Vocabulary

We want you to remember these words.

Mental health - a person's condition with regard to their psychological and emotional well-being.	Strategies- a plan of action
Mood - a temporary state of mind or feeling.	Support - to help someone or something in an emotional or practical way.
Feelings - an emotional state or reaction.	Stigma – a mark of disgrace associated with a particular circumstance, quality, or person.
Mind - the element of a person that enables them to be aware of the world and their experiences.	Discrimination - the unjust or prejudicial treatment of different categories of people.

Key knowledge and skills

The 'stuff' we want you to remember.

- To understand and explain what is mental health
- To understand different ways to look after our mental health.
- To understand what can affect mental health and some ways of dealing with this
- To understand the stigma and discrimination that can surround mental health

Focus question: What can you do to look after your mental health?