

Year 1 & 2 Autumn Term - Mental Health and Wellbeing

Prior Knowledge - EYFS:

1. See themselves as a valuable individual.
2. Build constructive and respectful relationships.
3. Express their feelings and consider the feelings of others.
4. Show resilience and perseverance in the face of challenge.
5. Identify and moderate their own feelings socially and emotionally.

Prior skills EYFS:

1. See themselves as a valuable individual.
2. Build constructive and respectful relationships.
3. Express their feelings and consider the feelings of others.
4. Show resilience and perseverance in the face of challenge.
5. Identify and moderate their own feelings socially and emotionally.
6. Think about the perspectives of others.
7. Manage their own needs.

Key Skills:

1. recognise and name some feelings that they might have
2. explain how feelings can make their bodies feel inside
3. describe how other's might be feeling
4. identify who can help them with feelings, and how they can help others
5. identify feelings that are good and not so good
6. recognise that people feel differently about things and situations
7. explain what can change their feelings (from good to not so good and from not so good to good)
8. suggest things that can help them and others to feel better
9. recognise that feelings can intensify (get stronger)
10. describe how big feelings can affect their behaviour
11. identify what can help them feel better when they have a big feeling (including talking to trusted adults)
12. use words or phrases to ask for help with feelings
13. Recognise what change means
14. Identify different changes that people might experience
15. Recognise the relationship between change and loss

Key Knowledge :

1. To recognise and describe different feelings in themselves and others
2. To know that feelings change and that not everyone experiences the same feeling in the same situation
3. To know about 'big' feelings and how to manage them
4. To know about different kinds of change and how change can affect people

Vocabulary:

happy, sad, upset, angry, excited, comfortable, uncomfortable, scared, nervous, worried, confused, embarrassed, ashamed, bored, silly, lonely, grumpy, confident, calm, proud, jealous, Good feelings, not so good feelings, comfortable, uncomfortable, scared, upset, angry, excited, nervous, worried, confused, ashamed, **Big feelings, little feelings**, good feelings, not so good feelings, unsure, anger, angry, **sadness**, intensity, heartbroken, scared, **thrilled, distressed**, glad, furious, overjoyed, terrified, sleepy, **exhausted**, Change, loss, feelings, emotions, **permanent, temporary**

Year 1

Year 2

Schemes used:

PSHE Association

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Future Knowledge- Year 3

1. Recognise a range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions in themselves and others.
2. Know that mental wellbeing is a normal part of daily life, in the same way as physical health
3. Problem solving strategies dealing with emotions, challenges, and change.
4. Understand the importance of self-respect and how this links to their own happiness.
5. Identify personal strengths, skills, achievements and interests