

# Ashtree Primary School and Nursery Medium Term Plan for PSHE

## Year 3 Autumn Term - Mental Health and Wellbeing

### Prior Knowledge KS1:

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

### Prior skills - KS1:

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

### Key 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.

### Key Skills Year 3:

1. recognise a range of emotions and apply them to the ZOR
2. learn yoga positions to aid harmony
3. be able to use breathing techniques to alter mood, e.g. take 5, square breathing, shape breathing
4. be able to identify uncomfortable emotions and manage them effectively.
5. be able to recognise positive and negative habits, and how they can affect our mood.

Vocabulary: Choices, healthy, unhealthy, influence, habits, lifestyle, Valuable, contributions, self-worth, setbacks, challenges, identity

**Scheme used**

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**Future Knowledge- Year 4**

1. how feelings and emotions change and what helps people to feel good
2. ways of expressing feelings and emotions and why this is important
3. about the impact of different life changes, and strategies for dealing with grief
4. about managing feelings and emotions in different situations
5. about getting help, advice and support with feelings and emotions