

# *Ashtree Primary School and Nursery Medium Term Plan for PSHE*

## **Year 4 Autumn Term - Mental Health and Wellbeing**

### **Prior 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.

### **Prior 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.

### **Key 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

### **Key Skills Year 4:**

1. identify that feelings/emotions are part of a person's health and wellbeing
2. recognise that feelings usually change throughout the day
3. give examples of everyday things that can affect feelings
4. describe what can help people to feel good/better.
5. match feelings to a scale of intensity and identify strong feelings
6. describe different feelings and how they are experienced in the body
7. recognise why it is important for people to express their feelings
8. Identify some different responses someone might have to grief
9. Identify activities, actions and sources of support that can help a person to manage grief
10. explain how feelings and emotions can influence actions and behaviour
11. identify ways of coping with feelings in different situations
12. explain why it is important to talk about feelings and describe how this can feel
13. recognise that help, advice and support about feelings comes from different sources

**Vocabulary:**

feeling, emotion, body, mind, express, describe, intense, strong, happy, sad, scared, angry, worried, pleased, Change, loss, grief, death, bereavement, separation, action, behaviour, situation, surprise, excitement, anger, fear, disappointment, sadness, nervous, embarrassed, relieved, unsure, ashamed, relaxed

**Scheme used:**

PSHE Association

T:\AAAAA KEEP\PSHE\mental  
health PSHE association\KS2

**Future Knowledge- Year 5**

1. To know the benefits of physical exercise, sleep, time outdoors, community participation, voluntary and service-based activity have on mental wellbeing and happiness.
2. To know that thoughts are not facts
3. To know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
4. How to make choices that support a healthy lifestyle, and recognise what might influence these
5. To know that personal behaviours can affect other people and their feelings