

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

## **Year 5 Autumn Term - Mental Health and Wellbeing**

### **Prior 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

### **Prior 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

### **Key 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

### Key Skills year 5:

1. 1. To know how to take care of our own mental health including breathing techniques and mindfulness strategies
2. To understand the concept and impact of positive thinking and growth mind-set
- 2.2 To be able to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
3. To be able to talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
4. 4. How to deal with expectations of friends and peer pressures
5. To recognise and alter behaviours in myself

### Vocabulary:

communication, personal/private information, love, targets, achievement, hygiene, bystander , perseverance, resilience, empathy, self-worth

### Scheme used

Twinkl

T:\AAAAA KEEP\PSHE\Twinkle mental health

### Curriculum links

Computing

Community

PE

### Future Knowledge- Year 6

1. Recognise that we can take care of our mental health using self-care strategies.
2. How feelings and emotions are affected and can be managed at changing, challenging or difficult times.
3. The impact of loss and bereavement and strategies for dealing with grief.
4. About the feelings and common anxieties pupils face when starting key stage 3.