

Ashtree Primary School and Nursery Medium Term Plan for PSHE

Year 6 Autumn Term - Mental Health and Wellbeing

Prior 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

Prior skills- year 5:

1. Know how to take care of our own mental health including breathing techniques and mindfulness strategies
2. 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.

Key Knowledge:

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.

Key Skills:

1. Identify everyday behaviours that can help to support mental (and physical) health.
2. Recognise conflicting emotions and when these might be experienced.
3. Describe self-help strategies for managing change, loss or bereavement
4. bereavement
5. Identify ways to support someone who is grieving
6. Describe different sources of support and information
7. recognise common causes of worry
8. Identify and evaluate the usefulness and reliability of different sources of support and information available.
9. identify ways to positively manage the move to KS3

Vocabulary:

communication, personal/private information, internet safety, discrimination confidentiality, respect, conflict resolution, equal rights, human rights, authority, relationship, friendship, love, determination

Scheme used

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PSHE association\KS2

Curriculum links

Computing

Community

PE

Future Knowledge- Year 7

- attitudes to mental health and challenging misconceptions
- ways to promote emotional wellbeing.
- to build resilience and how to reframe disappointments and setbacks
- about the impact of social media on mental health and emotional wellbeing
- strategies to develop digital resilience
- about unhealthy coping strategies, including self-harm and eating disorders
- why, when and how to access support for themselves or others
- healthy ways to manage difficult feelings or challenging circumstances
- about the effects of change, loss and grief
- strategies for managing these and accessing support