

## Mental health and wellbeing

<b>Y1</b> <b>Feelings</b>	<b>Y2</b> <b>Friendship</b>	<b>Y3</b> <b>Strengths and Challenges</b>	<b>Y4</b> <i>No specific unit of work for this year group. Mental health is covered in Year 4 SRE: puberty (emotions, feelings, behaviour and relationships)</i>	<b>Y5</b> <b>Dealing with feelings</b>	<b>Y6</b> <b>Healthy minds</b>
<p><b>1. Pupils learn about different types of feelings</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• can name different feelings (including good and not-so-good feelings)</li> <li>• recognise that people may feel differently about the same situation</li> <li>• can identify how different emotions look and feel in the body</li> </ul>	<p><b>1. Pupils learn about the importance of special people in their lives</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• can identify people who are special to them and explain why</li> <li>• understand what makes a good friend</li> <li>• can demonstrate how they show someone they care</li> </ul>	<p><b>1. Pupils learn about celebrating achievements and setting personal goals</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• explain how it feels to be challenged, try something new or difficult</li> <li>• can plan the steps required to help achieve a goal or challenge</li> <li>• are able to celebrate their own and others' skills, strengths and attributes</li> </ul>		<p><b>1. Pupils learn about a wide range of emotions and feelings and how these are experienced in the body</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• are able to name and describe a wide range and intensity of emotions and feelings</li> <li>• understand how the same feeling can be expressed differently</li> <li>• recognise how emotions can be expressed appropriately in different situations</li> </ul>	<p><b>1. Pupils learn what mental health is</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• know that mental health is about emotions, moods and feelings - how we think, feel and behave</li> <li>• recognise that everyone has a state of mental health that changes frequently; that any one state is not necessarily permanent</li> <li>• know that there is help, advice and support available about mental health</li> </ul>
<p><b>2. Pupils learn about managing different feelings</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• recognise that some feelings can be stronger than others</li> <li>• can describe some ways of managing different feelings</li> <li>• know when to ask for help</li> </ul>	<p><b>2. Pupils learn about making friends and who can help with friendships</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• understand how people might feel if they are left out or excluded from friendships</li> <li>• recognise when someone needs a friend and know some ways to approach making friends</li> <li>• know who they can talk to if they are worried about friendships</li> </ul>	<p><b>2. Pupils learn about dealing with put-downs</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• explain what is meant by a put-up or put-down and how this can affect people</li> <li>• can demonstrate a range of strategies for dealing with put-downs</li> <li>• recognise what is special about themselves</li> </ul>		<p><b>2. Pupils learn about times of change and how this can make people feel</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• identify situations when someone may feel conflicting emotions due to change</li> <li>• can identify ways of positively coping with times of change</li> <li>• recognise that change will affect everyone at some time in their life</li> </ul>	<p><b>2. Pupils learn about what can affect mental health and some ways of dealing with this</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• recognise what can affect a person's mental health</li> <li>• know some ways of dealing with stress and how people can get help and support</li> <li>• understand that anyone can be affected by mental ill health</li> </ul>

<p><b>3. Pupils learn about change or loss and how this can feel</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• are able to give an example of when people might experience change or loss (for example, a lost toy, when a pet dies, moving home or school)</li> <li>• can describe how people might feel when there is a change or loss</li> <li>• recognise what they can do to help themselves or someone else who may be feeling unhappy</li> </ul>	<p><b>3. Pupils learn about solving problems that might arise with friendships</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• can identify some ways that friendships can go wrong</li> <li>• can describe some ways to sort out friendship problems</li> <li>• recognise that difficulties within friendships can usually be resolved</li> </ul>	<p><b>3. Pupils learn about positive ways to deal with set-backs</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• can describe how it feels when there are set-backs</li> <li>• know some positive ways to manage set-backs and how to ask for help or support</li> <li>• recognise that everyone has set-backs at times, and that these cannot always be controlled</li> </ul>		<p><b>3. Pupils learn about the feelings associated with loss, grief and bereavement</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• recognise that at times of loss, there is a period of grief that people go through</li> <li>• understand there are a range of feelings that accompany bereavement and know that these are necessary and important</li> <li>• know some ways of expressing feelings related to grief</li> </ul>	<p><b>3. Pupils learn about some everyday ways to look after mental health</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• know some everyday ways of looking after mental health</li> <li>• can explain why looking after mental health is as important as looking after physical health</li> <li>• understand that some things that support mental health will also support physical health</li> </ul>
					<p><b>4. Pupils learn about the stigma and discrimination that can surround mental health</b></p> <p><b>Pupils</b></p> <ul style="list-style-type: none"> <li>• recognise that stigma and discrimination of people living with mental health problems can and does exist</li> <li>• explain the negative effect that this can have</li> <li>• know what can help to have a more positive effect (and therefore reduce stigma and discrimination)</li> </ul>