




Mental Health and Emotional Wellbeing						
Y1 Feelings	Y2 Friendship	Y3 Strengths and Challenges	Y4 (SfE resources) Ruby, Rafa and Riz.	Y5 (SfE resources) Myg and me.	Y6 Dealing with feelings	Yr 6 Healthy minds
<p>1. Pupils learn about different types of feelings</p> <p>Pupils</p> <ul style="list-style-type: none"> can name different feelings (including good and not-so-good feelings) recognise that people may feel differently about the same situation can identify how different emotions look and feel in the body 	<p>1. Pupils learn about the importance of special people in their lives</p> <p>Pupils</p> <ul style="list-style-type: none"> can identify people who are special to them and explain why understand what makes a good friend can demonstrate how they show someone they care 	<p>1. Pupils learn about celebrating achievements and setting personal goals</p> <p>Pupils</p> <ul style="list-style-type: none"> explain how it feels to be challenged, try something new or difficult can plan the steps required to help achieve a goal or challenge are able to celebrate their own and others' skills, strengths and attributes 	<p>1. Pupils learn about the connection between our feelings thoughts and behaviour.</p> <p>Pupils</p> <ul style="list-style-type: none"> learn about similarities and differences and that it is ok to feel differently about the same thing. 	<p>1. Pupils learn about the brain and how it controls our bodies.</p> <p>Pupils</p> <ul style="list-style-type: none"> know what the Amygdala is and does can identify true and false facts about the brain 	<p>1. Pupils learn about a wide range of emotions and feelings and how these are experienced in the body</p> <p>Pupils</p> <ul style="list-style-type: none"> are able to name and describe a wide range and intensity of emotions and feelings understand how the same feeling can be expressed differently recognise how emotions can be expressed appropriately in different situations 	<p>1. Pupils learn what mental health is</p> <p>Pupils</p> <ul style="list-style-type: none"> know that mental health is about emotions, moods and feelings - how we think, feel and behave recognise that everyone has a state of mental health that changes frequently; that any one state is not necessarily permanent know that there is help, advice and support available about mental health
<p>2. Pupils learn about managing different feelings</p> <p>Pupils</p> <ul style="list-style-type: none"> recognise that some feelings can be stronger than others can describe some ways of managing different feelings know when to ask for help 	<p>2. Pupils learn about making friends and who can help with friendships</p> <p>Pupils</p> <ul style="list-style-type: none"> understand how people might feel if they are left out or excluded from friendships recognise when someone needs a friend and know some ways to approach making friends know who they can talk to if they are worried about friendships 	<p>2. Pupils learn about dealing with put-downs</p> <p>Pupils</p> <p>explain what is meant by a put-up or put down and how this can affect people</p> <p>can demonstrate a range of strategies for dealing with put-downs</p> <p>recognise what is special about themselves</p>	<p>2, 3, 4 Pupils learn about Ruby, Rafa and Riz</p> <p>Over 3 lessons, pupils</p> <ul style="list-style-type: none"> Learn about Ruby, Rafa and Riz and think about how they might feel, think and what they do. 	<p>2. Pupils learn about how we respond to threats and fears.</p> <p>Pupils</p> <ul style="list-style-type: none"> learn our responses of 'fight, flight and freeze'. know this affects everyone and that it is ok. 	<p>2. Pupils learn about times of change and how this can make people feel</p> <p>Pupils</p> <ul style="list-style-type: none"> identify situations when someone may feel conflicting emotions due to change can identify ways of positively coping with times of change recognise that change will affect everyone at some time in their life 	<p>2. Pupils learn about what can affect mental health and some ways of dealing with this</p> <p>Pupils</p> <ul style="list-style-type: none"> recognise what can affect a person's mental health know some ways of dealing with stress and how people can get help and support understand that anyone can be affected by mental ill health
<p>3. Pupils learn about change or loss and how this can feel</p> <p>Pupils</p> <ul style="list-style-type: none"> 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) can describe how people might feel when there is a change or loss recognise what they can do to help themselves or someone else who may be feeling unhappy 	<p>3. Pupils learn about solving problems that might arise with friendships</p> <p>Pupils</p> <ul style="list-style-type: none"> can identify some ways that friendships can go wrong can describe some ways to sort out friendships problems recognise that difficulties within friendships can usually be resolved 	<p>3. Pupils learn about positive ways to deal with set-backs</p> <p>Pupils</p> <ul style="list-style-type: none"> can describe how it feels when there are set-backs know some positive ways to manage set-backs and how to ask for help or support recognise that everyone has set-backs at times, and that these cannot always be controlled 	<p>4 and 5 Pupils learn about talking to a grown up and consolidate learning about feelings, thoughts and behavior.</p> <p>Pupils</p> <ul style="list-style-type: none"> can describe when they should talk to an adult. now how their thoughts, feelings and behavior are connected. 	<p>3 and 4. Pupils learn about self-calming strategies.</p> <p>Pupils</p> <ul style="list-style-type: none"> learn about a range of self-calming activities using all the senses know what 'calm box' works for themselves. 	<p>3. Pupils learn about the feelings associated with loss, grief and bereavement</p> <p>Pupils</p> <ul style="list-style-type: none"> recognise that at times of loss, there is a period of grief that people go through understand there are a range of feelings that accompany bereavement and know that these are necessary and important know some ways of expressing feelings related to grief 	<p>3. Pupils learn about some everyday ways to look after mental and learn about the stigma and discrimination that can surround mental health</p> <p>Pupils</p> <ul style="list-style-type: none"> know some everyday ways of looking after mental health can explain why looking after mental health is as important as looking after physical health understand that some things that support mental health will also support physical health recognise that stigma and discrimination of people living with mental health problems exists. Know how reduce stigma and discrimination.
 <ul style="list-style-type: none"> I can recognise that there may be people online who could make me feel sad, embarrassed or upset. If something happens that makes me feel sad, worried, uncomfortable or frightened I can give examples of when and how to speak to an adult I can trust. 		 <ul style="list-style-type: none"> I can explain why spending too much time using technology can sometimes have a negative impact on me; I can give some examples of activities where it is easy to spend a lot of time engaged (e.g. games, films, videos). 		 <ul style="list-style-type: none"> I can describe ways technology can affect healthy sleep and can describe some of the issues. I can describe some strategies, tips and advice to promote healthy sleep with regards to technology. 		