



**PSHCE**

**Year: 6**

**Term 5**

**Theme: Physical Health and Mental Wellbeing**

**Core Learning Behaviour: Be creative**

**Safeguarding Alerts: (add individual children's initials where applicable) - 'MM'**

Be aware of:

- Children who are receiving ELSA or outside support to help them manage their physical health and wellbeing

**Mental Health and Wellbeing:**

**Pupils should know...**

- that mental wellbeing is a normal part of daily life, in the same way as physical health
- the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests
- isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
- where and how to seek support

**Knowledge:**

- that mental health is just as important as physical health and that both need looking after
- to recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support
- how negative experiences such as being bullied or feeling lonely can affect mental wellbeing
- positive strategies for managing feelings
- that there are situations when someone may experience mixed or conflicting feelings
- how feelings can often be helpful, whilst recognising that they sometimes need to be overcome
- to recognise that if someone experiences feelings that are not so good (most or all of the time) - help and support is available
- identify where they and others can ask for help and support with mental wellbeing in and outside school
- the importance of asking for support from a trusted adult
- about the changes that may occur in life including death, and how these can cause conflicting feelings
- that changes can mean people experience feelings of loss or grief
- about the process of grieving and how grief can be expressed
- about strategies that can help someone cope with the feelings associated with change or loss
- to identify how to ask for help and support with loss, grief or other aspects of change
- how balancing time online with other activities helps to maintain their health and wellbeing
- strategies to manage time spent online and foster positive habits e.g. switching phone off at night
- what to do and whom to tell if they are frightened or worried about something they have seen online

**Skills:**

- Understand the importance of mental health mean and how we can look after it
- Know how feelings and emotions are affected by changing, challenging or difficult times and how can they be managed
- Use strategies or actions to look after wellbeing with a balance of online and offline activities
- Talk about how news stories impact on feelings and emotions
- Describe how someone might express feelings of loss and grieving and how they could be supported to cope

**Prior Learning:**

- Rec - Y3 Term 5 - Physical Health and Wellbeing (all)

**Vocabulary:**

Healthy and unhealthy choices, Influence, Habits, Balanced diet, Body language, Words and actions, Powerful feelings

**Cross Curricular Links:**

PE: all

Science: animals, including humans

**Oracy:**

Circle time discussions - use class toy to know when to speak. Provide sentence stems for responses and encourage all to respond in the circle. Work in pairs to encourage all children to participate and to promote active listening.

**Wider Reading**

**Enrichment**

Michael Rosen's Sad Book

BNF Healthy Eating Week

Chartwell School Visit

ROC visit @ Clayfield Copse