

Mental health and wellbeing

Y1 Feelings	Y2 Friendship	Y3 Strengths and Challenges	Y4 <i>Mental health is covered in Year 4 SRE: puberty (emotions, feelings, behaviour and relationships)</i>	Y5 Dealing with feelings	Y6 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 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> <ul style="list-style-type: none"> • explain what is meant by a put-up or put-down and how this can affect people • can demonstrate a range of strategies for dealing with put-downs • recognise what is special about themselves 		<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 	<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 friendship 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>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 	<p>3. Pupils learn about some everyday ways to look after 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

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help themselves or someone else who may be feeling unhappy				<ul style="list-style-type: none"> • know some ways of expressing feelings related to grief 	
					<p>4. Pupils learn about the stigma and discrimination that can surround mental health</p> <p>Pupils</p> <ul style="list-style-type: none"> • recognise that stigma and discrimination of people living with mental health problems can and does exist • explain the negative effect that this can have • know what can help to have a more positive effect (and therefore reduce stigma and discrimination)