





Theme: Mental Health Awareness

Duration: 5.5 hours

Rationale: To build children’s knowledge and understanding of mental health and how to maintain a positive mental health.

Supporting Scheme: www.mentallyhealthyschools.org / www.bbc.co.uk/teach/ / Jigsaw

			
Self awareness and value – Can identify their strengths and weakness and explain how these impact on learning.	Managing feelings – Can promote positive mental health.	Understanding feelings – Can express how they are made unique and feel things differently.	Managing feelings – Knows how to not negatively impact on relationships.

	Vocabulary	Knowledge	Enrichment	Reading
EYFS	<ul style="list-style-type: none"> · mental · health · behave · happiness · excitement · sadness · angry 	<ul style="list-style-type: none"> · Mental Health is how we feel, think and sometimes behave. · Throughout each day, we might feel different emotions. Examples of these include: <ul style="list-style-type: none"> - Happiness - Excitement - Sadness - Angry <p><i>(Children can identify the emotions to real life)</i></p>	Children across the school can come dressed for the school day in any way that makes them happy.	<p>‘Calm with the Very Hungry Caterpillar’ by Eric Carle</p>
Year 1 and Year 2	<ul style="list-style-type: none"> · mental · health · behave · happiness · smile · excitement · sadness · crying · angry · problem · shout · anxious · rest · sleep · laughter 	<ul style="list-style-type: none"> · Mental Health is how we feel, think and sometimes behave. · Throughout each day, we might feel different emotions: <ul style="list-style-type: none"> - Happiness: It is a good feeling when you are happy. When you are happy you might smile or have a lovely feeling in our heart. - Excitement: It is a good feeling when you are excited. When you are excited you might jump or jiggle, have a big smile on your face, clap your hands or use your voice to make noises. - Sadness: It is not a good feeling to feel sad. If you are sad, you may feel like crying, being on your own or not wanting to speak to anyone or go to school. - Angry: It is not a good feeling to feel angry. It is normal to sometimes feel angry but when you are angry a lot, it can become a problem. You might want to shout at people, be on your own or hurt yourself or others when you are angry. - Anxious: It is not a good feeling to feel anxious. When you are anxious you might feel your heart beating fast, you might get sweaty or feel sick or light headed. 		<p>‘My Monster and Me’ by Nadia Hussain</p>

	<ul style="list-style-type: none"> · quiet time · exercise · trusted adult 	<p>· It's important to look after your mental health. Examples of ways that you can do this include:</p> <ul style="list-style-type: none"> - Rest - Good amount of sleep - Laughter - Quiet time - Exercise and physical activity <p>· Sometimes we might have a problem with our mental health. If you need help, you should talk to a Trusted Adult.</p>		
<p>Year 3 and Year 4</p>	<ul style="list-style-type: none"> · mental · health · behave · happiness · anger · anxiety · worried · significant · strategies · positive · coping · safe place · negative · physical · verbal 	<p>· Mental Health is how we feel, think and sometimes behave.</p> <p>· Throughout each day, we might feel different emotions:</p> <ul style="list-style-type: none"> - Happiness: <i>(Children are able to identify things in their lives that make them happy)</i> - Anger: When we experience anger, we can react in a way that is harmful to us and others around us. The level of anger that we show can be different depending on the situation. Different things make different people angry. <i>(Children are able to identify things that make them angry)</i> - Anxiety: When we experience anxiety, it is our natural reaction to being worried about something. We can be worried about small things in life (for example, not getting 10/10 in a spelling test) or more significant things in life (for example, our parents splitting up or being bullied). <i>(Children are able to identify things that make them anxious)</i> <p>· There are strategies that we can use to help manage our mental health. These are called Positive Coping Skills. You would do these skills when you are feeling negative emotions and they help to make you feel better:</p> <ul style="list-style-type: none"> - Say sorry if you've done something wrong, it helps you to learn from the situation and become a better person. - Talk to a trusted adult. They can help you resolve the situation. - Talk to your friends. They will help you resolve the situation. Sharing a problem often makes you feel better. - Go to your safe place. Be calm, still or get the thinking time you need. - Count to 10 before you react to something. This helps you to calm down and think before acting in anger. - Walk away from the situation. This will definitely keep you from making bad decisions. - Do something else that makes you happy. Replace negativity with positivity. - Think happy thoughts! 		<p>'How Big Are Your Worries Little Bear?' by Jayneen Sanders</p>

		<ul style="list-style-type: none"> - Do something creative to take your mind off the problem. - Rest and relax with activities such as reading or watching TV. - Go outside, enjoy the space, breathe in the fresh air. - Keep a journal. Writing things down can help you feel like you are talking to someone about the problem. · Some people can use Negative Skills to manage their mental health: <ul style="list-style-type: none"> - Using physical and / or verbal violence towards others to hurt them. This often makes them feel better about the situation when they are in the moment. - Use offensive language. - Ignore someone. 		
<p>Year 5 and Year 6</p>	<ul style="list-style-type: none"> · mental · health · behave · stigma · physical · mental · doctor · stress · mood · relationships · anxiety · depression · concentration · weight · sleep · triggers · self care · mindfulness · achievable 	<ul style="list-style-type: none"> · Mental Health is how we feel, think and sometimes behave. · Sometimes there can be a stigma around mental health. Some people find it easy to talk about their physical health; we share our thoughts on physical health with friends, loved ones. If we are physically poorly we tell people we are feeling unwell so they can help, we go to the Doctors and seek advice from other medical professionals. Some people find it much harder to talk about mental health. If they are feeling unwell mentally, some people don't find it as easy to tell people and seek help. · If we feel unwell mentally, we should seek help, just like we would if we were physically unwell. · Stress is not a good feeling to have. A little bit of stress can sometimes motivate us to achieve our goals. Too much stress, when it feels out of control, can affect the way you think, your mood and your relationships with people around you. It is caused when things in life feel too much. Side effects of stress include: <ul style="list-style-type: none"> - anxiety - depression - concentration problems - weight gain or loss - dizziness - sleep problems · When people are stressed, they react differently to certain situations. That may be: <ul style="list-style-type: none"> - shouting - throwing things - crying - hiding away - not talking - stop socialising - aggressive 		<p>'The Emotionally Intelligent Ninja' by Mary Nhin</p>

	<ul style="list-style-type: none">· Learning to deal with stress is important.<ul style="list-style-type: none">- Recognise triggers: begin to track times when you have felt stressed and look for patterns. What was happening when you felt stressed?- Self care: Be kind to yourself. Examples of this include; eating well, sleeping well, recognising your strengths and positives, connect with friends and talk about how you are feeling, take a bath, read a book.- Exercise, relaxation and mindfulness: Some people find that exercises and activities such as meditation, mindfulness colouring, breathing exercises and deep muscle relaxation helps.- Eat well and sleep well: the better rested you are, the more able you are to cope with pressure.- Set achievable goals. <p>Resources online to help with stress include:</p> <ul style="list-style-type: none">- Calm: Guided meditations and sleep stories to ease stress and improve sleep- Headspace: Train your mind for a healthier, happier life by reducing stress and anxiety- Breathe2Relax: Portable stress management tool		
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