



Year 4 - Mental Wellbeing

What makes us happy and sad?

Vocabulary

lifestyle	The way we choose to live our lives, what we eat and the activities that we do.
relaxation	What we do to be calm and to relieve tension.
cohabiting	Adults who are not married but living together.
cyber bullying	Saying unkind or hurtful things online.
posts	A statement or picture that is uploaded to a website.
equality	Ensuring everyone is treated equally.
prejudice	Being unkind or judgmental about something because of appearances and/or beliefs.

Key Information

- Mistakes are learning opportunities and are not to be feared.
- Taking electronic devices to bed with you can affect the quality of your sleep.
- Families are diverse and varied in their make-up.



Key Questions

- How is sleep linked with wellbeing?
- What is a family?
- Why do we need to relax?

Cross Curricular Learning

ICT - use of screen times to relax

Science - biology of sleep

Learning Journey

Bullying

To understand the impact of bullying, online and offline and explore strategies to respond to hurtful behaviour.

To discuss how to report cases of bullying.

To explore discrimination and recognise it as a form of bullying.

Sleep

To know how much sleep we should get and explore how sleep affects our lifestyle.

To investigate the link between sleep and mental health.

Everything will be alright

To discuss what to do if we are not feeling ok.

To discuss reasons why we and others may not be feeling ok.

To discuss how we can help others if they are not feeling ok.

Try and try again

To discuss why failure is important and how we can use it to succeed.

Relaxing to re-charge

To understand what it means to relax.

To discuss how we can relax.

Family relationships

To discuss what a family looks like and what they do.

To discuss what to if family relationships are making us feel unsafe.



Year 5

Dealing with adversity

Resilience

Year 3

Mindfulness

Stress