



Year 1 – Mental Wellbeing

How can we look after ourselves?

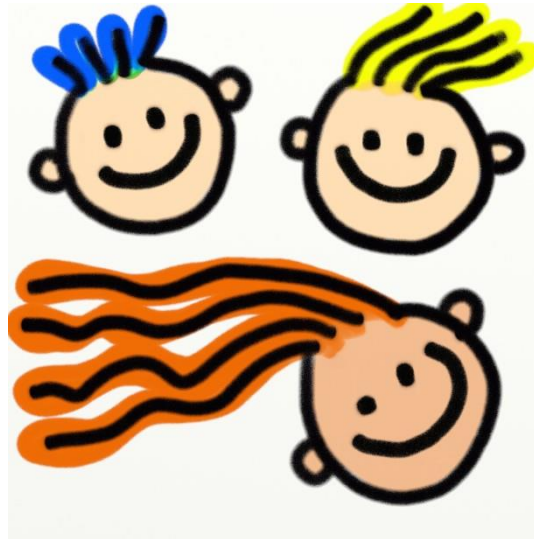
Relationships and Health Education

Key Vocabulary

emotion	A strong feeling.
feelings	Emotions inside us that can be hard to control.
anger	A negative emotion or feeling we get if we are frustrated or upset.
control	Not letting our feelings make us do things we don't want to.
happiness	A positive emotion we get when things are good.
healthy	Being in a good physical and mental state.
worry	Being upset about something.
focus	To stay on task.

Key Facts

- Being mindful can mean different things for different people
- We all have bad feelings sometimes - the goal is learning how to deal with them



Key Questions

- How can we manage bad feelings?
- What can make us angry?
- What can make us happy?
- Why is being happy important?
- Who can help me if I have a problem?
- Why do we need to sleep?

Cross Curricular Learning

Science - Biology, the importance of sleep.

PE

Learning Journey

Understanding difficult feelings

To understand what difficult feelings are.

To learn about triggers than can make us angry and how we can control that anger.

To recognise what anger looks like in ourselves and in others.

Being happy

To understand what makes us happy and to describe what that feels like.

To learn why being happy is important.

To understand how we can be happier.

Being mindful

To learn about mindfulness and what it means.

To learn about self-assessment and why it is important.

A problem shared is a problem halved

To learn what happens when problems are shared.

To learn how to deal with problems.

Getting your sleep

To learn how much sleep we need.

To understand how sleep helps our mind and body.



Year 2

- It's ok not to be ok
- Feeling sad
- Dealing with loss
- Relaxation

EYFS

- Self-regulation
- Managing self