

Year 3 – Mental Wellbeing

How can we stay focused and happy?



Key Vocabulary

self- worth	Having a belief in ourselves that we are worth a lot.
self-image	How we see ourselves.
personality	Our traits and characteristics that make us who we are.
growth mindset	Believing that "we can if" rather than "we can't because."
resilient	The characteristic that helps us to keep going, even when things are hard.
anxiety	Feeling that something isn't quite right, or worrying about things.

Key Facts

- Emotional illnesses like anxiety and depression are becoming more common in children.
- At Townlands Mrs Shakespeare and Miss Rudkin are here to help you if you feel sad or worried. You can also talk to any adult in school if you need to.

Key Questions

- What does self-worth mean?
- How do I know if I'm feeling stressed?
- What makes me angry?
- How can I manage my emotions?

Cross Curricular Learning

Science – exploring the biology of how our mind works

PE – believing in myself in all contexts





Learning Journey

Growth Mindset

To explain what a growth mindset is and why it is important.

To learn about how we can build a growth mindset.

Self-image

To explain what self-image is and why is it important.

To discuss why we should accept who we are.

Self worth

To understand what self worth means

To develop strategies to overcome low self worth

Anxiety, stress and mindfulness

To learn what anxiety is and how to know when we are feeling anxious.

To discuss ways of coping with anxiety.

To explore what stress is, what causes it and how we can be affected by it.

To explore strategies for coping with stress.

To explore mindfulness and why it is good for us.

To investigate self-assessment and how this can help us.

Anger, fear and mindfulness

To understand what anger is and how to control it.

To recognise what anger looks like.

To discuss why we may feel angry.



Year 4

Relaxing to recharge.

Year 2

Feeling sad

Happiness

It's ok not to be ok