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**A Time for Us - Spring 2 - Mental Wellbeing**

(**Bounce Back - Make your Move** - I'll have a go at staying in control and keeping cool)

**(Health and Wellbeing )**

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| EYFS | Personal, Social and Emotional Development - Managing Feelings and Behaviour |
| Year 1 | Mental wellbeing; recognising different feelings |
| Year 2 | Managing feelings and asking for help |
| Year 3 | What affects feelings; expressing feelings |
| Year 4 | Maintaining a balanced lifestyle to support mental wellbeing |
| Year 5 | What affects mental health and ways to take care of it; |
| Year 6 | Managing change, loss and bereavement; managing time online |

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| EYFS | **Personal, Social and Emotional Development - Managing Feelings**  • talk about different feelings and name them  • talk about how they and others show feelings  • Talk about how different feeling make them feel |
| Year 1 | **Mental wellbeing; recognising different feelings**  • how to recognise and name different feelings  •about ways of sharing feelings, and a range of words to describe feelings  •how feeling affects people's body's and how they behave  • how to recognise what others might be feeling |
| Year 2 | **Mental wellbeing; managing feelings and asking for help**  •about routines and habits for maintaining good mental health  •how to describe and share a range of feelings  • ways to feel good, calm down or change their mood e.g. playing outside, listening to music, spending time with others  • how to manage big feelings including those associated with change, loss and bereavement  • when and how to ask for help, and how to help others, with their feelings |
| Year 3 | **Mental wellbeing; what affects feelings; expressing feelings; managing and reframing setbacks**  •about the choices that people make in daily life that could affect their health  • about the things that affect feelings both positively and negatively  • strategies to identify and talk about their feelings  • about some of the different ways people express feelings e.g. words, actions, body language  • to recognise how feelings can change overtime and become more or less powerful  • to recognise common challenges to self -worth e.g. finding school work difficult, friendship issues  • basic strategies to manage and reframe setbacks e.g. asking for help, focusing on what they can learn from a setback, remembering what they are good at, trying again |
| Year 4 | **Mental wellbeing; Maintaining a balanced lifestyle to support mental wellbeing**  •to identify that mental health, just like physical health is part of daily life; and the importance of taking care of mental heath.  •to identify a wide range of strategies and behaviours that support mental health - including good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs and activities, hobbies.  •spending time with family and friends can support mental health and wellbeing.  • about the benefits of being outdoors and in the sun for mental health  • about everyday things that affect feelings and the importance of expressing feelings. |
| Year 5 | **Mental wellbeing**  •that mental health is just as important as physical health and that both need looking after  • to recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support  • how negative experiences such as being bullied or feeling lonely can affect mental wellbeing • positive strategies for managing feelings  • that there are situations when someone may experience mixed or conflicting feelings  • how feelings can often be helpful, whilst recognising that they sometimes need to be overcome  • to recognise that if someone experiences feelings that are not so good (most or all of the time) – help and support is available  • identify where they and others can ask for help and support with mental wellbeing in and outside school  • the importance of asking for support from a trusted adult |
| Year 6 | **Mental wellbeing What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online**  • about the changes that may occur in life including death, and how these can cause conflicting feelings  • that changes can mean people experience feelings of loss or grief  • about the process of grieving and how grief can be expressed  • about strategies that can help someone cope with the feelings associated with change or loss  • to identify how to ask for help and support with loss, grief or other aspects of change  • how balancing time online with other activities helps to maintain their health and wellbeing  • strategies to manage time spent online and foster positive habits e.g. switching phone off at night  • what to do and whom to tell if they are frightened or worried about something they have seen online |

(See resources saved in Google Drive)