

PSHE Year 1 (Summer 1) Positive Mental Health

Prior Learning: In Year R children will have learnt about different kinds of feelings; actions and consequences and how our behaviour is linked to our feelings.

Across KS1 and 2 We will learn how to identify and manage different feelings and emotions within the 'Positive Mental Health' theme of our PSHE Education. We will recognise that physical health and mental health are interlinked and that it is normal to experience a range of emotions at different times.

This learning will include an understanding of our own and others' emotions and the development of healthy coping strategies and protective factors. It will provide knowledge, understanding and strategies to keep ourselves healthy and safe, as well as equipping us to support others or giving us the confidence to seek support for ourselves or others. We will understand when to seek help, what help is available, and the likely outcome of seeking support.

1. **TWAL: To be able to talk about different kind of feelings and identify comfortable and uncomfortable feelings**

Recap what are feelings and what feelings we know. Chn record. Match faces to feelings. If each feeling was a colour what would it be? Read 'The Colour Monster' by Anna Llenas. Discuss what the children are good at. We feel happier when we know ourselves and understand what we are good at Chn design their own colour monster – can they mix new colours? Reflect, signpost where to get help and assess.



- We all experience a mixture of feelings in our bodies at different times and they can affect our bodies and how we behave

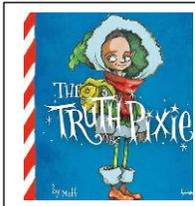


2. **TWAL: To think about what being lonely and sad means and what we can do about it**

Read 'The Truth Pixie' by Matt Haig (up to.p15) Discuss how the Pixie is feeling? How can you tell from her face and her body? Explore what being lonely means, what makes people lonely? Sort feelings into comfortable and uncomfortable. Scenarios about people being lonely or sad in different situations. What could they do? Discuss networks of people that we trust/ can make us feel better. Pupils complete a 'helping hand' of 5 people they could go to if they feel lonely or sad.



- It's important to understand ourselves and be able to explain how we feel to other people
- What being lonely may look like/ feel like



3. **TWAL: To explore ways to manage our big feelings- focus being scared**

Continue The Truth Pixie (up to p. 28) Discuss how the Pixie is feeling. Look at pictures of people feeling scared and discuss what is making them scared/ what their faces look like. Why does the Truth Pixie say 'it's hard to think with a brain full of fear'? When we are frightened, we often feel 'frozen' like a statue, because we're not sure what to do. That's when talking to someone else can really help us. Pair work- scenarios of being scared. What advice can we give? Write/ draw advice for Pixie. Signpost – where to get help

4. **TWAL: explore ways to manage and help our big feelings- focus being angry or worried**

Continue The Truth Pixie. How can we tell the troll is angry. Discuss how our bodies feel and how it affects our behaviour. Role play. How can we help calm ourselves when we feel like this? <https://www.bbc.co.uk/teach/class-clips-video/pshe-eyfs-ks1-feeling-better-angry/zmg97nb> Sometimes people get angry because they are worried. What is Aada worried about? What can we do if we are worried about something? <https://www.bbc.co.uk/teach/class-clips-video/pshe-eyfs-ks1-feeling-better-worried/zb6ngwx> The Truth Pixie wanted to make a ladder with her words to help Aada climb out of her hole of sadness. Pupils make ladder with ideas to help climb out of being angry or worried.



- It is important to ask for help with feelings if you need to.



5. **TWAL: To think about change and things we can look forward to in the future**

Finish The Truth pixie. Discuss the things the Truth Pixie says Aada can look forward to. Would you like to try any of those things? What things are we looking forward to in the future? Explore how change can make us feel. Pupils draw themselves in the future and the things they have to look forward to/ changes they may face. Reflect and assess.



- Feelings don't always stay the same. Like the clouds in the sky, they are there sometimes but don't stay forever.

