

## PSHE Year 2 (Summer 1) Positive Mental Health – PSHE Association Lessons

Prior Learning: In Year 1 children will have learnt about different kinds of feelings; strategies to manage big feelings and what to do if you feel lonely.

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: about the different feelings and emotions people experience; how feelings and emotions change and what helps people to feel good

Personal reflection 'how are you feeling today' followed by Baseline activity (explaining to an alien everything they know about feelings.) Discussion of everyday feelings and how they might feel inside our bodies (group task.) Group task feeling scenarios- discussing what the characters might be feeling and why. Reflections, sign posting help and assessment.



How feelings can make our bodies feel inside  
Who can help us with feelings and how we can support others



### 2. TWAL: that feelings change and that not everyone experiences the same feeling in the same situation.

Explore good and not so good feelings. Add new feelings to the list of everyday feelings. Apply feelings to scenarios. Personal reflection activity- think about how they feel about certain everyday things/ situations. Explore how feelings come and go, even happy and good feelings can sometimes change to not so happy/good. Pair work with scenarios. Reflection, signposting support and assessment.



That people feel differently about things and situations  
Things that can help us and others to feel better



### 3. TWAL: About 'big' feelings and how to manage them

Say and do - to enable the class teacher to find out the pupils' existing knowledge, skills and attitudes towards big feelings and how to manage them. Explore how sometimes feelings can get bigger and bigger (intensify) until they can change how we behave or how we get on with other people or how we see the world. Scenario. Text message advice activity. Role play. Reflections, sign posting help and assessment.



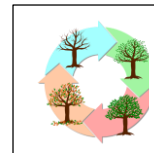
Feelings can intensify (get stronger) and affect our behaviour  
What can help them feel better when they have a big feeling

### 4. TWAL: about different kinds of change and how change can affect people

In pairs, ask pupils to discuss some of the changes they have seen, noticed or experienced in their lives over the past year. Explore scenarios. Pairs come up with one piece of advice to help the character manage the change or loss. They should also consider who might help the character. Reflections, sign posting help and assessment.

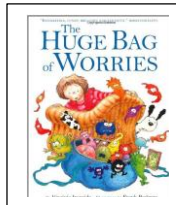


How change and loss might affect people and who can help them



### 5. TWAL: To consider how worries can affect us and what we can do to feel better.

Read 'The Huge Bag of Worries' by Virginia Ironside. Pupils sort fictional worries into those that are for grownups, those that our friends could help us with and those that a trusted adult might need to help with. Chn consider all they have learnt about feelings and how they can change. Design a poster to show others what they can do if they are feeling worried/ sad or angry.



### Words we will know!

temporary

Uncomfortable

Intensify

Change/ loss