



PSHE Topic: How we can manage feelings?

Year: 4 Term: Spring 1

Key Knowledge/Content:

- **Mental health-** Learn how to look after the mental health and discuss the different types of emotions they might experience during the day and during different stages of their life.
- **Healthy lifestyles and physical wellbeing-** Understand how a healthy lifestyle can promote good mental health and how looking after yourself can help with managing your feelings.

Links to:

Prior learning:

To promote a healthy lifestyle including the benefits of exercise and good food choices.

Future learning:

To be prepared for the emotions they might experience during puberty.

Key vocabulary with definition:

Prior vocabulary:

- Mental health- A person's condition with regard to their psychological and emotional well-being.
- Feelings- An emotional state or reaction.
- Healthy lifestyle- A balanced life.

New vocabulary:

- Mental wellbeing- A combination of how we feel and how we function.
- Emotions- A strong feeling deriving from one's circumstances, mood, or relationships with others
- Grief/loss- Intense sorrow, especially caused by someone's death

By the end of this unit

All children can: recognise that everyone experiences different emotions, but they might display them differently.

Most children can: demonstrate an understanding of how feelings can be displayed differently from person to person and how people deal with situations in their lives differently.

Some children can: demonstrate and **explain** how to manage different feelings and what strategies they could use to deal with stress and grief.

Background understanding for teachers and parents:

This unit will be focus on children's mental health. Children will be able to express how they feel in a safe environment and discuss who they can talk to about their emotions.

Curriculum Driver (one):

Communication

Evidence outcome:

Know it is ok to discuss how you feel emotionally and physically with trusted adults. Children are also aware of services they can use if they feel they need to speak to someone about their emotions.