

PSHE	Health Education	Year 1	Spring 1
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## Key Knowledge

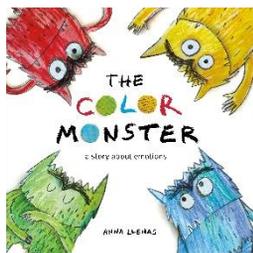
Mental Health	<ul style="list-style-type: none"> <li>Mental health is about how you feel, think and sometimes behave.</li> <li>It is about recognising and understanding emotions and finding ways to regulate our behaviour based on those emotions.</li> </ul>
Emotions	<ul style="list-style-type: none"> <li>We feel many different emotions. All of these emotions are valid and should be recognised</li> <li>Some examples are: happy, sad, angry, calm, worried, surprised, excited etc.</li> <li>If we recognise these emotions in ourselves and others, we can help support people who need it.</li> <li>Many of these emotions can have an impact on our behaviour. It is important to reflect on the behaviour the emotion has led us to.</li> </ul>
Mindfulness	<ul style="list-style-type: none"> <li>Being aware of our emotions and accepting those is very importance in maintaining good mental health.</li> <li>Regularly practicing mindfulness will help us to recognise, accept and embrace all of our emotions before they become too overwhelming.</li> </ul>

## Statutory requirements

- Mental wellbeing is a normal part of daily life, in the same way as physical health.
- There is a normal range of emotions that all humans experience in relation to different experiences and situations.
- How to recognise and talk about their emotions.
- How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- Simple self-care techniques.
- It is very important for children to discuss their feelings with an adult and seek support.
- Where and how to seek support, including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions.

## Key vocabulary

Spelling	Definition
Mental Health	how we feel and think, as well as the health of our thought patterns and behaviours.
Wellbeing	the state of being comfortable, healthy, or happy.
Emotions	a person's inner feeling
Mindfulness	a practice that helps us to become more aware of what's happening in each present moment.
Self-regulation	the ability to understand and manage your behaviour and your reactions to feelings and things happening around you
Behaviour	how someone acts



**My Feelings and Me**  
 Holde Kreul  
 Illustrated by Dagmar Galsier



## Books

Anna Llenas	The color monster
Shoshana Chaim & Lori Joy Smith	I am a peaceful goldfish
Holde Kreul	My feelings and me