

PSHE	Health Education	Year 2	Spring 1
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Key Knowledge

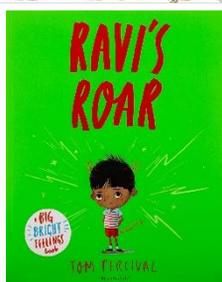
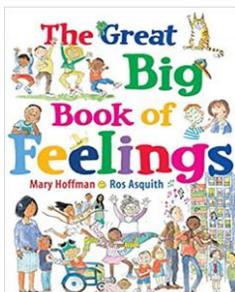
Mental Health	<ul style="list-style-type: none"> Mental health is about how you feel, think and sometimes behave. It is about recognising and understanding emotions and finding ways to regulate our behaviour based on those emotions.
Emotions	<ul style="list-style-type: none"> We feel many different emotions.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

Statutory requirements

- Mental wellbeing is a normal part of daily life, in the same way as physical health.
- That there is a normal range of emotions and scale of emotions that all humans experience in relation to different experiences and situations.
- How to recognise and talk about emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
- Where and how to seek support

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.
Anger	one of the basic emotions. It happens when we are threatened, offended, wronged, or denied something we really want or need.
Jealousy	a feeling of envy because you want what others have or what they have achieved.
Support	another word for help



Books

Mary Hoffman	The Great Big Book of Feelings
Alexandra Penfold	Big Feelings
Tom Percival	Ravi's Roar
Tom Percival	Milo's Monster