

<b>PSHE</b>	<b>Health Education</b>	<b>Year 3</b>	<b>Spring 1</b>
-------------	-------------------------	---------------	-----------------

## Key Knowledge

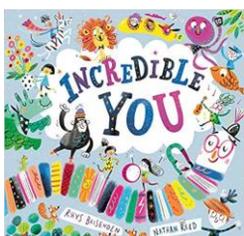
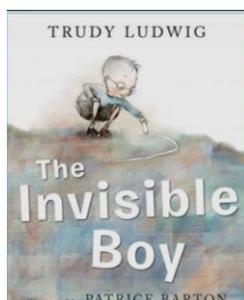
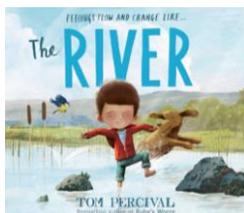
Mental Health and wellbeing	<ul style="list-style-type: none"> <li>• Mental health is about how you feel, think and sometimes behave.</li> <li>• Positive mental health does not mean always being happy, but feeling empowered to talk about, cope with and overcome the things we might encounter in life.</li> </ul>
Emotions	<ul style="list-style-type: none"> <li>• Throughout our day, our emotions can change regularly, this is also OK.</li> </ul>
Mindfulness	<ul style="list-style-type: none"> <li>• Regularly practicing mindfulness will help us to recognise, accept and embrace all of our emotions before they become too overwhelming.</li> </ul>
Isolation and loneliness	<ul style="list-style-type: none"> <li>• Isolation and loneliness can hugely impact on the mental health of children.</li> <li>• It is essential that we recognise signs in ourselves and others in order get help and support.</li> </ul>
Self-belief	<ul style="list-style-type: none"> <li>• Having a good sense of self and strong self-belief can really benefit our mental health.</li> <li>• We are all unique and special in our own ways and should embrace what makes us incredible individuals.</li> </ul>
Self-Care	<ul style="list-style-type: none"> <li>• There are many different ways we can look after our own mental health including getting enough rest, having hobbies and interests etc.</li> </ul>

## 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.
- That isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.
- 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	our emotional, psychological and social wellbeing
Isolation	the state of being in a place or situation that is separate from others
Loneliness	being alone when you don't want to be or feeling alone when you are with others
Mindfulness	a practice that helps us to become more aware of what's happening in each present moment.
Self-belief	liking yourself and believing in yourself
Self-care	doing something that helps your body, mind or soul feel good



## Books

Tom Percival	The River
Rhys Brisenden	Incredible You
Trudy Ludwig	The Invisible boy