

PSHE	Health Education	Year 4	Spring 1
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## Key Knowledge

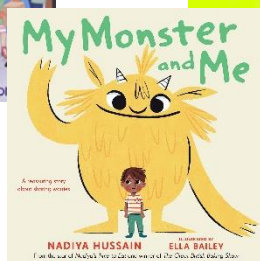
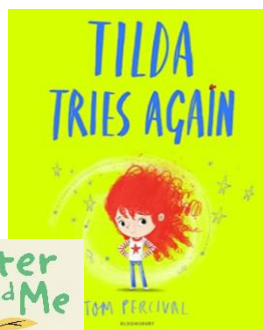
Mental health and wellbeing	<ul style="list-style-type: none"> <li>Positive mental health does not mean always being happy, but feeling empowered to talk about, cope with and overcome the things we might encounter in life.</li> </ul>
The brain	<ul style="list-style-type: none"> <li>The brain consists of five main sections, each with their own role:               <ul style="list-style-type: none"> <li>The <b>cerebellum</b> which controls balance, movement and co-ordination</li> <li>The <b>frontal lobe</b> which is in charge of planning our actions and controlling our emotions</li> <li>The <b>occipital lobe</b> which is in charge of processing what you see (visual information).</li> <li>The <b>parietal lobe</b> which gives meaning to information given by the senses.</li> <li>The <b>temporal lobe</b> which helps with memory and face recognition.</li> </ul> </li> </ul>
Ways to enhance mental wellbeing	<ul style="list-style-type: none"> <li>There are many different things you can do to improve or maintain good mental health:               <ul style="list-style-type: none"> <li><b>Physical exercise</b> - Being active releases chemicals in your brain that make you feel good. It can also help to develop confidence and resilience.</li> <li><b>Time outdoors</b> - feeling connected to nature can reduce stress levels, improve concentration and sleep.</li> <li><b>Community participation</b> – being part of a community gives a sense of belonging and helps develop social skills.</li> <li><b>Voluntary and service-based activity</b> – can develop a sense of purpose and can limit isolation and loneliness.</li> </ul> </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.
- The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
- isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.
- where and how to seek support.

## Key vocabulary

Spelling	Definition
Mental Health	our emotional, psychological and social wellbeing
Brain	The organ inside the head that controls all body functions of a human being
Lobe	A section of the brain
Physical	related to the body and not the mind
Nature	the physical world and everything in it that's not made by people.
Community	a group of people who all share something in common, like an interest, religion, hobby, or where they live
Voluntary	something you do because you want to, without being paid, influenced or forced into it
Resilience	the ability to bounce back after challenges and tough times



## Books

Tom Percival	Tilda Tries Again
Nadiya Hussain	My Monster And Me
Sonia Sotomayor	Just Help!