

PSHE	Health Education	Year 6	Spring 1
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Key Knowledge

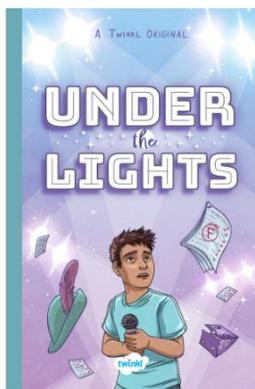
Mental health and wellbeing	<ul style="list-style-type: none"> We have a range of different emotions that we feel. This can change throughout a day or can vary from day to day. This is completely normal.
Pressures and challenges	<ul style="list-style-type: none"> There are lots of pressures experienced within childhood and many within year 6 such as exams, shows, trips, friendships, moving schools etc. For some children, these are exciting challenges, for others, they can cause anxiety and worry.
Anxiety	<ul style="list-style-type: none"> There is a difference between feeling anxious about something and having an anxiety disorder. Anxiety is when people feel intense worry and it can have an impact on their ability to function in certain situations. We need to be patient and understanding with friends who have anxiety. There are a range of strategies to cope with feelings of anxiety – it is important to find out what works for you.
Support	<ul style="list-style-type: none"> It is important that if someone is worried about their mental health or another person's mental health, they get help as soon as possible. There are many different channels of support available such as mind, place2be, NHS and youngminds etc.

Statutory requirements

- Mental wellbeing is a normal part of daily life, in the same way as physical health.
- How to recognise and talk about their 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.
- It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.
- 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.

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Spelling	Definition
Mental Health	our emotional, psychological and social wellbeing
Pressures	situations and expectations put onto someone
Experiences	something someone has been through or been a part of that has given them some additional knowledge and/or understanding
Anxiety	a feeling similar to fear or worry that occurs when we are in a situation that is uncomfortable or threatening
Anxiety Disorder	when a person experiences the symptoms of anxiety over a long period of time or in situations that are not/were not previously uncomfortable or threatening.
Worry	feeling uncomfortable or uneasy about something
Strategies	a general plan or set of plans intended to achieve something



Books

TWINKL	Under The Lights
Ashley Spires	The Thing Lou Couldn't Do