

Year 6 Summer 1 PSHE Mental health



PSHE

Powerful knowledge/skills for this unit:

We will learn about:

what mental health is

- know that mental health is about emotions, moods and feelings - how we think, feel and behave
- recognise that everyone has a state of mental health that changes frequently; that any one state is not necessarily permanent
- know that there is help, advice and support available about mental health

what can affect mental health and some ways of dealing with this

- recognise what can affect a person's mental health
- know some ways of dealing with stress and how people can get help and support
- understand that anyone can be affected by mental ill health

Some everyday ways to look after mental health

- know some everyday ways of looking after mental health
- can explain why looking after mental health is as important as looking after physical health
- understand that some things that support mental health will also support physical health

The stigma and discrimination that can surround mental health

- recognise that stigma and discrimination of people living with mental health problems can and does exist
- explain the negative effect that this can have
- know what can help to have a more positive effect (and therefore reduce stigma and discrimination)

What should I already know:

How to identify the wide range of emotions and feelings and how these are experienced in the body
Know about the feelings associated with Loss Grief and bereavement

Big Question:

What can you do to look after your mental health?

The end point:

To understand what mental health is and to
Know some of the ways people can look after their mental health.

Key vocabulary

Mental health, mood, feelings, mind, strategies, support stigma discrimination.

Zones of regulation



Mindmate Monday lesson

MindMate

Year 6 Summer Body image /Social media

Lesson focus: I can talk & listen in difficult discussions

Pupils should have the opportunity to...

recognise how images & campaigns in the media & social media do not always reflect reality & can affect how people feel about themselves e.g. body image, eating issues share their opinions on things that matter to them & explain their views through discussions with one other person & the whole class