



Mental Health overview	Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>AUT 1</b> World Mental Health Day	<ul style="list-style-type: none"> <li>Recognising how different emotions feel in our bodies (lonely, surprised, worried, happy, angry and calm) and that it is normal to feel these emotions.</li> <li>Identify what to do if our emotions feel uncomfortable.</li> </ul>			<ul style="list-style-type: none"> <li>Describe what mental health is and identify a variety of emotions (happy, lonely, excited, worried, calm, anxious, loved, angry, relaxed and sad) and understand that mental health can be shown on a scale.</li> <li>Understand and identify that our mental health is impacted by a variety of factors and how we can keep good mental health.</li> </ul>			
vocabulary	emotions, mental health, lonely, surprised, worried, happy, angry, calm			emotions, mental health, happy, lonely, excited, worried, calm, anxious, loved, angry, relaxed and sad, impact, factors, wellbeing			
<b>AUT 2</b> Anti-bullying week (November 11 <sup>th</sup> -15 <sup>th</sup> )	<ul style="list-style-type: none"> <li>What is bullying?</li> <li>How could bullying make someone feel?</li> <li>What should I do if I am being bullied or I see bullying?</li> </ul>			<ul style="list-style-type: none"> <li>Identify what bullying is, what to do if you experience bullying or you witness someone else being bullied.</li> <li>Explain how bullying can impact mental health and wellbeing.</li> <li>Link to CST.</li> </ul>		<ul style="list-style-type: none"> <li>Same as year 3/4</li> <li>More detail about cyber safety/bullying and social media</li> </ul>	
vocabulary	bullying, loneliness, kindness, equal, love					Cyberbullying	
<b>SPR 1</b> Children's Mental Health Week – 3 <sup>rd</sup> -9 <sup>th</sup> February	<ul style="list-style-type: none"> <li>Identify trusted adults who I talk to about my mental wellbeing</li> <li>Know how to be an active listener in order to support my friends</li> <li>Understand when a problem needs to be shared</li> <li>Make links between our physical and mental health – how exercise and being outside can benefit our wellbeing</li> </ul>						
vocabulary	trusted adults, active listening, support, physical health						
<b>SPR 2</b> (Emotional literacy)	What happens to my body when I feel happy or sad? (revision from PSHE)	What happens to my body when I feel different emotions? (revision)	How can I identify my emotions? (revision)	How can I identify the strength of my emotions? (revision)	How can I identify and deal with intense emotions? (revision)	How does regular exercise, good nutrition and sufficient sleep impact mental wellbeing?	
vocabulary	feelings, happy, sad	changes, emotions, happy, sad, angry, excited	emotions			nutrition, impact,	
<b>SUM 1</b> (Protective factors and benefits of hobbies and social activities)	How can I help my body to feel good?	What can impact our feelings and how can I help my body to feel good?		How can I look after my mental health?	How can I maintain good mental wellbeing and what factors impact mental health?	How can I protect and support my own and others' mental health and wellbeing?	
vocabulary					protective factors, hobbies,	protect, support	
<b>SUM 2</b> (Rationing time spent online/devices)	What can I do to have fun?	How can time spent on devices change my emotions?	How can time spent on devices change my mental health?	How can time spent online impact my mental health?	How can online gaming impact my mental health?	How can social media impact my mental health?	How can social media and online gaming impact my mental health and why?
vocabulary				cyberbullying		social media, cyberbullying	in moderation, balance