



## Juniper Hill School – Life Skills Curriculum Mental Wellbeing

**Topic: Mental Wellbeing** (Relationships Education, Relationships and Sex Education (RSE) and Health Education)

<b>Objective (Pupils should know by the end of Year 6)</b>	<b>EYFS</b>	<b>Year 1 / Year 2</b>	<b>Year 3 / Year 4</b>	<b>Year 5 / Year 6</b>
<p><b><u>MENTAL WELLBEING</u></b> <b>Lesson 1</b> <b>MW2.</b> That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. <b>(Zones of Regulation Scale)</b></p>	<p>I know that it is normal to experience different emotions.</p>	<p>I know that it is normal to experience different emotions. I can talk about a time when I felt happy, sad, cross and disappointed.</p>	<p>I know that it is normal to experience different emotions. I know that there is a scale of emotions that people experiences depending on the situation, e.g. people can be cross or very angry.</p>	<p>I know that it is normal to experience different emotions. I know that there is a scale of emotions that people experience depending on a situation or experience, e.g. people can be happy or ecstatic etc.</p>
<p><b><u>MENTAL WELLBEING</u></b> <b>Lesson 2</b> <b>MW3.</b> 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.</p>	<p>I am learning how to talk about my feelings using different words (other than happy and sad).</p>	<p>I am learning how to talk about my feelings using different words (other than happy and sad). I am learning how to notice different emotions in others.</p>	<p>I am learning how to talk about my feelings using different words (other than happy and sad). I am learning how to notice different emotions in others.</p>	<p>I am learning how to recognise and talk about my emotions using a variety of different words. I am learning to notice and use words to describe how other people are feeling.</p>



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<p><b><u>MENTAL WELLBEING</u></b> <b>Lesson 3</b> <b>MW5.</b> The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</p>	<p>I know that doing physical exercise and being outside helps me to be happy.</p>	<p>I know that doing physical exercise and being outside helps my wellbeing and happiness.</p>	<p>I know that doing physical exercise and being outside helps my wellbeing and happiness. I know that helping others, e.g. being involved in activities at school helps my wellbeing and happiness.</p>	<p>I know the benefits of physical exercise and time outdoors. I know the benefits of voluntary and service-based activity on mental wellbeing and happiness.</p>
<p><b><u>MENTAL WELLBEING</u></b> <b>Lesson 4</b> <b>MW6.</b> Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. <b>(Friends for Life)</b></p>	<p>I know that being with my friends and family is very important and helps me to be happy.</p>	<p>I know that rest and time with my friends and family help me to be happy.</p>	<p>I know that rest, time with my friends and family and my hobbies and interests outside of school help me to be happy.</p>	<p>I am learning simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. These all help support my happiness and wellbeing.</p>



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<p><b><u>MENTAL WELLBEING</u></b> <b>Lesson 5</b> <b>MW7.</b> Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</p>	<p>I know what loneliness is. I am learning to talk to a trusted adult if I feel lonely.</p>	<p>I know what loneliness is. I am learning to talk to a trusted adult if I feel lonely.</p>	<p>I know what isolation and loneliness are. I am learning how important it is to talk to a trusted adult if I feel isolated or lonely.</p>	<p>I know that isolation and loneliness can affect people and that it is very important for children to discuss their feelings with an adult and reach out for support.</p>
<p><b><u>MENTAL WELLBEING</u></b> <b>Lesson 6</b> <b>MW10.</b> 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.</p>	<p>I know that I have mental health as well as physical health. If I don't feel well both physically or mentally I should tell someone.</p>	<p>I know that I have mental health as well as physical health. If I don't feel well both physically or mentally I should tell someone.</p>	<p>I know that it is normal to experience mental ill health, in the same way it is normal to be physically ill. I know that if I experience mental ill health I should talk to a trusted adult.</p>	<p>I know that it is normal to experience mental ill health, in the same way it is normal to be physically ill. I know that if I experience mental ill health I should talk to a trusted adult.</p>