

Juniper Hill School – Life Skills Curriculum September 2026
Knowledge & Skills Overview Document

Topic: Mental Wellbeing (DfE RSHE 2025 – General Wellbeing)

In this unit, children will develop an understanding of mental health and wellbeing and learn practical ways to support their emotional health. They will explore the wide range of emotions that everyone experiences, develop the language to talk about their own feelings and recognise emotions in others. Pupils will learn strategies to regulate their emotions, understand the importance of physical activity, time outdoors, rest, hobbies and positive relationships, and recognise how these contribute to happiness and wellbeing. The unit also helps children understand loneliness, isolation and mental ill health, while emphasising the importance of seeking support from trusted adults when needed. Through discussion, reflection and skill-building, pupils will develop resilience, self-awareness and the confidence to look after both their mental and physical health.

Objective	EYFS	Year 1	Year 3	Year 5
Lesson 1 GW3. The range and scale of emotions (e.g., happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition. (Zones of Regulation Scale)	I know that it is normal to experience different emotions.	I know that it is normal to experience different emotions. I can talk about a time when I felt happy, sad, cross and disappointed.	I know that it is normal to experience different emotions. I know that there is a scale of emotions that people experience depending on the situation, e.g., people can feel annoyed, angry or furious.	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. I understand that worrying and feeling down are normal and affect everyone at different times and are not in themselves a sign of a mental health condition.

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Lesson 2 GW4. How to recognise feelings and use varied vocabulary to talk about their own and others' feelings.	I am learning how to talk about my feelings using different words (other than happy and sad).	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. I can begin to self-regulate using simple techniques.	I am learning how to talk about my feelings using a range of adjectives. I am learning how to notice different emotions in others. I can self-regulate with techniques that personally help me.	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. I am learning how to self-regulate and manage 'big' emotions. I am learning how to respond to other people'
Lesson 3 GW1. The benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness.	I know that doing physical exercise and being outside helps me to be happy.	I know that doing physical exercise and being outside helps my wellbeing and happiness.	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.	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.
Lesson 4 GW1. Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation.	I know that being with my friends and family is very important and helps me to be happy.	I know that rest and time with my friends and family help me to be happy.	I know that rest, time with my friends and family and my hobbies and interests outside of school help me to be happy.	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.

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Lesson 5 GW6. That isolation and loneliness can affect children, and the benefits of seeking support.	I know what loneliness is. I am learning to talk to a trusted adult if I feel lonely.	I know what loneliness is. I am learning to talk to a trusted adult if I feel lonely.	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.	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.
Lesson 6 GW10. That it is common to experience mental health problems, and early support can help.	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.	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.	I know that it is normal to experience mental ill health, in the same way it is normal to be physically ill. I can recognise helpful and unhelpful thoughts and their effects. I know that if I experience mental ill health I should talk to a trusted adult.	I know that it is normal to experience mental ill health, in the same way it is normal to be physically ill. I can recognise helpful and unhelpful thoughts and be able to redirect my thinking towards more positive/helpful ones. I know that if I experience mental ill health I should talk to a trusted adult.