

PSHE Cycle A 3/4

Mental Health & Emotional Wellbeing : Dealing with feelings

Lesson 1

Can we describe a wide range of emotions?
How are these experienced in the body?

*emotions
express*

Lesson 2

How do people feel during times of change?

*conflicting
emotions
support*

Lesson 3

What are the feelings associated with loss, grief and bereavement?

*bereavement
grief*

Lesson 4

Assessment

What will we be learning about over the coming weeks?

PSHE Cycle A 5/6

Mental Health & Emotional Wellbeing: Healthy Minds

Lesson 1

What is mental health?

*emotions
mental state
permanence*

Lesson 2

What can affect mental health?

How can we deal with this?

*overwhelm
worries*

Lesson 3

What every day ways are there to look after our mental health?

wellbeing

Lesson 4

What stigma and discrimination can affect mental health?

*stigma
discrimination*

Lesson 5

Assessment

What will we be learning about over the coming weeks?