



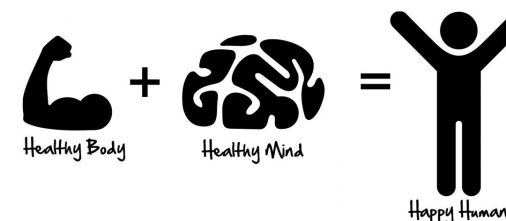
Mental Wellbeing

Curriculum Links:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Key Facts:

- That mental wellbeing is a normal part of daily life, in the same way as physical health.
- 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.
- 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.
- How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
- Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
- That bullying has a negative and often lasting impact on mental wellbeing.
- Where and how to seek support, including whom in school.



Key Vocabulary

Bullying	Seek to harm or intimidate someone
Emotions	A strong feeling deriving from one's circumstances, mood, or relationships with others
Health	The state of being free from illness or injury
Support	Give assistance to
Wellbeing	the state of being comfortable, healthy, or happy

Possible experiences: We should already know:

- Creating a feelings board
- How are they feeling each morning
- Friendship groups
- Talk about how they and others show feelings,
- Adjust their behaviour to different situations
- Take changes of routine in their stride.