

## Mental Wellbeing 2

### Core Concepts

Mental Health and Wellbeing RP4

### Key Vocabulary

Mental wellbeing

Daily

Emotions

Grief

Happiness

Nostalgia

Depressed

Moods

### Stages

Stage 1 – Explore the different moods and emotions a person can feel in one day.

Stage 2- Discuss how to manage stress and moods.

Stage 3- Discuss different situations and how a person deals with the a range of emotions in those situations.

### Unit Outcome

To understand that mental wellbeing is a normal part of daily life (just as physical health).

To know that there is a range emotions people experience in different situations.

### Enquiry Questions

### Useful Resources

PIXL > Primary Wise> Culture> Wellbeing> My Mind>Year 3 4> Session 1 My Mind

PIXL > Primary Wise> Culture> Wellbeing> My Mind>Year 3 4> Session 9 Mental Health

Shared area> Subject leader files> RSHEPSE> Useful resources> Year 34> Mental health and wellbeing spring 1> Me and my feelings

### Key Facts

**Being a Responsible Citizen 2**

**Core Concepts**

Living in the Wider World (economic wellbeing and being a responsible citizen) RP5

**Key Vocabulary**

TOPICAL

DEBATE

RESPONSIBILITIES

RIGHTS

DUTIES

**Stages**

Stage 1 – research what is happening in the world right now including what is trending on TikTok

Stage 2- pick an article of significance at the time of the lesson, children debate what is right and wrong

Stage 3- What responsibilities do you have at school and at home?

Stage 4- what are your duties to the environment, discuss the difference between legally and morally

**Unit Outcome**

To talk and discuss topical issues, problems and events that are of concern to them and offer their recommendations to appropriate people

To know that they have different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment.

**Enquiry Questions**

Is it your right as a child to do nothing at home?

At what age do you think a child should be given responsibilities?

**Useful Resources**

Picture resources news shared by Sarah Buckley

BBC

**Key Facts**

It is illegal to throw rubbish out of your car