

Mental Wellbeing 3

Core Concepts

Mental Health and Wellbeing RP4

Key Vocabulary

Isolated- being alone or feeling along

Mindful-noticing what is happening around us

Physical Health- the condition of your body

Good physical health- when your body is functioning as it was designed to function.

Pre Teach Missed Learning from Cycle A

Mental Wellbeing 2

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.

Stages to Learning

To discuss the benefits of physical activity on mental wellbeing.

To know it is common for people to experience mental ill health and how to seek support

To judge how they are feeling and whether their behavior is appropriate or not and others.

To discuss how isolation and loneliness can affect children and the importance of discussing feelings.

Enquiry Questions

What kinds of physical activity could you do to help your mental health?

Who could you go to if you are feeling down?

How can you help someone who is feeling down?

Useful Resources

Resources > character> wellbeing>my mind> year 3/4>session 2 and 3

Key facts

1. If you are feeling mentally unwell, your GP can refer you to MIND or a drop in counselling service for free.
2. Show children www.life-central.org which provides information about good emotional health and wellbeing for kids.

Online Relationships 3

Core Concepts

Safety RP1

Key Vocabulary

Friendship

Boundaries

Support

Appropriate

Respect

Privacy

Stages

Stage 1- Discuss the features of a friendship

Stage 2- Explore the differences between a friendship with peers and a friendship online.

Stage 3- Practise how to set boundaries when it comes to friendships online.

Unit Outcomes

To explain the sorts of boundaries in friendships with peers and others online.

Enquiry Questions

What do you do if you feel like a person is taking advantage of you online?

How do you separate your friendships online to those who you physically know?

What can happen if you do not set boundaries with friendships online?

Useful Resources

Pre Teach Missed Learning from Cycle A

Online Relationships 2

To being to understand that people behave differently online, including pretending to be someone they are not.

To know the principles for online relationships are the same as face to face relationships in particular being respectful when we are anonymous.

Being Safe 2

Core Concepts

Safety RP1

Key Vocabulary

Advice

Child line

NSPCC

Trusted adult

Abuse

Scientific Names for the genitals

Respect

Privacy

Stages

Stage 1- explore the places where you can advice from

Stage 2- demonstrate how to ask for advice

Stage 3- discuss the importance of knowing the word for private areas and how to report abuse or concerns

Unit Outcomes

To know how to ask for advice or help confidently using appropriate vocabulary to report abuse or concerns.

To know where to get advice from.

To know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.

Enquiry Questions

Where can you get advice from when you are worried about something?

What do I do if I don't have a phone?

Which parts of my body can I feel uncomfortable about if another touches it?

Useful Resources

Please go over the PANTS rule

Pre Teach Missed Learning from Cycle A

Being Safe 1

To be aware of where to get advice from.

To understand about the concept of privacy and to know when to keep a secret and when to tell someone.

