

Sequence of Learning						
What is mental health? What does positive mental health feel like? What does negative mental health feel like?	What can have a negative effect on my mental health?	What does poor mental health feel like?	What can I do if I'm struggling with my mental health and who can support me?	What activities can have a positive impact on my mental health?	Who can have a positive impact on my mental health?	How can I support the mental health of others?

<p><u>Vocabulary</u></p> <p>Mental Health Physical Health Managing Support Strategies Behaviour Well being Relationships Socialising Interaction Hobbies Community</p>	<p><u>Intended outcomes:</u> Children will learn:</p> <p>That mental health, just like physical health, is part of daily life; the importance of taking care of mental health</p> <p>About strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing</p>	<p><u>Previous Learning:</u> In KS1, children have learnt to label and understand some the different emotions they may encounter.</p> <p><u>Preparing for:</u> Understanding how to understand and manage their mental health and emotions will help the children with the emotional coaching approach to behaviour management adopted throughout our school.</p> <p><u>Bespoke to our school:</u> Our school community has experienced an above average number of family bereavements. Compass Go support the school in managing the impact of Covid-19 on children’s mental health. This support supplements a PHRSE curriculum weighted towards developing and improving physical and mental health.</p>
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<p><u>Resources/ actions</u></p> <p>Research local clubs and community groups... visit? Lisa Taiko drumming? Immingham rugby?</p>
