

Curriculum overview

Throughout this topic, we will define and explore the importance of mental health before identifying strategies we can use to support it. We will recognise different emotions, understand how they can change overtime and discuss the importance of talking about our feelings using a varied vocabulary.

Key vocabulary

Mental Health	It is the way you think and feel about yourself and the world around you
Feelings	Feelings are something that we feel from within or inside ourselves.
Emotions	A person's inner feeling
Comfortable	Free from stress or tension
Uncomfortable	Feeling uneasy
Intensity	A strong feeling or emotion
Positive	Having a mind-set that things will go well.
Negative	Having a mind-set that things will go badly.
Conflicting	Opposite feelings or points of view.
Embarrassment	a feeling of self-consciousness or awkwardness
Self-conscious	Aware of your own thoughts
Thoughts	The act, process or power of thinking

Our topic is...

Exploring Emotions



Sticky knowledge

Feelings can change over time and range in intensity

Using a varied vocabulary when talking about feelings is important

There are different strategies that can be used to respond to feelings.

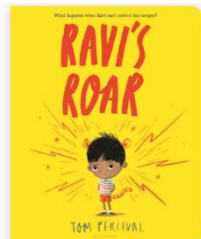
If someone is feeling a negative emotion, it is important to speak with a trusted friend or adult.

Mental health is the way someone thinks and feels about themselves and the world around them

Texts

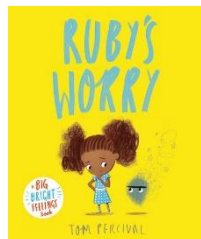
Ravi's Roar

By Tom Percival



Ruby's Worry

By Tom Percival



Inside Out: Exploring different emotions

