



Holy Family Halewood

Year 5/6 RSHE
Theme: Health and Wellbeing
Topic: Physical and Mental Wellbeing



Learning Objectives

- To understand the importance of looking after your mental health and support is available if you need it
- How experiences affect your mental wellbeing and looking for positive strategies for managing feelings
- How feelings can often be helpful, whilst recognising that they sometimes need to be overcome
- Identify how and where to get help for your mental wellbeing both inside and outside of school
- The importance of asking for support from a trusted adult
- Changes that may occur in life including death and change, and how these can cause conflicting feelings
- that changes can mean people experience feelings of loss or grief
- to recognise how grief can affect you and strategies that can help someone cope with the feelings associated with change or loss
- To identify how to ask for help and support with loss, grief or other aspects of change
- How balancing time online with other activities helps to maintain their health and wellbeing
- Strategies to manage time spent online and foster positive habits e.g. switching phone off at night
- What to do and whom to tell if they are frightened or worried about something they have seen online

Key Words

Feeling,
emotion,
moods,
thoughts,
body,
mind,
mental,
physical,
health,
wellbeing,
balanced lifestyle
mental health,
change,
challenge,
advice,
personal network
online forum,

support
transition
friendship,
relationship,
online,
face-to-face,
chatroom,
social media

Where to Seek Advice for My Mental Health

A trusted adult at home or at school

Childline
www.childline.org.uk
0800 1111

Mental Health Thermometer

When do I need to seek help for my mental health?

