



## 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](http://www.childline.org.uk)  
0800 1111

### Mental Health Thermometer

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

