



### Lesson 1: Think Happy, Feel Happy

## KS1 Think Positive

### PSHE Association Objectives

**H12.** how to recognise and name different feelings

**H13.** how feelings can affect people's bodies and how they behave

**H17.** about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)

**H18.** different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good

**H19.** to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it

### Health Objectives

**Mental Wellbeing:** that mental wellbeing is a normal part of daily life, in the same way as physical health

**Mental Wellbeing:** that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations

**Mental Wellbeing:** how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings

**Mental Wellbeing:** how to judge whether what they are feeling and how they are behaving is appropriate and proportionate

**Mental Wellbeing:** the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness

**Mental Wellbeing:** simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests

**Mental Wellbeing:** isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support

**Mental Wellbeing:** where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)

### Relationships Objectives

**Respectful Relationships:** the importance of self-respect and how this links to their own happiness

### Lesson 2: It's Your Choice

**H1.** about what keeping healthy means; different ways to keep healthy

**H13.** how feelings can affect people's bodies and how they behave

**H18.** different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good

**Mental Wellbeing:** that mental wellbeing is a normal part of daily life, in the same way as physical health

**Mental Wellbeing:** how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings

**Mental Wellbeing:** how to judge whether what they are feeling and how they are behaving is appropriate and proportionate

**Caring Friendships:** that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right

**Respectful Relationships:** the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs

	<p><b>H23.</b> to identify what they are good at, what they like and dislike</p> <p><b>R21.</b> about what is kind and unkind behaviour, and how this can affect others</p>	<p><b>Mental Wellbeing:</b> the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness</p> <p><b>Mental Wellbeing:</b> simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p> <p><b>Internet Safety and Harms:</b> about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing</p> <p><b>Internet Safety and Harms:</b> how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private</p> <p><b>Physical Health and Fitness:</b> the characteristics and mental and physical benefits of an active lifestyle</p> <p><b>Healthy Eating:</b> what constitutes a healthy diet (including understanding calories and other nutritional content)</p> <p><b>Health and Prevention:</b> the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn</p>	<p><b>Respectful Relationships:</b> practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p><b>Respectful Relationships:</b> the importance of self-respect and how this links to their own happiness</p> <p><b>Online Relationships:</b> that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous</p> <p><b>Being Safe:</b> how to ask for advice or help for themselves or others, and to keep trying until they are heard</p>
Resource	PSHE Association Objectives	Health Objectives	Relationships Objectives
<p><b>Lesson 3: Go-Getters</b></p>	<p><b>H11.</b> about different feelings that humans can experience</p> <p><b>H13.</b> how feelings can affect people's bodies and how they behave</p> <p><b>H18.</b> different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good</p>	<p><b>Mental Wellbeing:</b> that mental wellbeing is a normal part of daily life, in the same way as physical health</p> <p><b>Mental Wellbeing:</b> that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations</p> <p><b>Mental Wellbeing:</b> how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p> <p><b>Mental Wellbeing:</b> simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p> <p><b>Mental Wellbeing:</b> it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough</p>	<p><b>Respectful Relationships:</b> the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p> <p><b>Respectful Relationships:</b> the importance of self-respect and how this links to their own happiness</p>

Resource	PSHE Association Objectives	Health Objectives	Relationships Objectives
<b>Lesson 4: Let It Out</b>	<p><b>H11.</b> about different feelings that humans can experience</p> <p><b>H13.</b> how feelings can affect people's bodies and how they behave</p> <p><b>H18.</b> different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good</p> <p><b>H19.</b> to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it</p> <p><b>H24.</b> how to manage when finding things difficult</p> <p><b>R7.</b> about how to recognise when they or someone else feels lonely and what to do</p> <p><b>R25.</b> how to talk about and share their opinions on things that matter to them</p>	<p><b>Mental Wellbeing:</b> that mental wellbeing is a normal part of daily life, in the same way as physical health</p> <p><b>Mental Wellbeing:</b> that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations</p> <p><b>Mental Wellbeing:</b> how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p> <p><b>Mental Wellbeing:</b> how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</p> <p><b>Mental Wellbeing:</b> simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p> <p><b>Mental Wellbeing:</b> isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</p> <p><b>Mental Wellbeing:</b> where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)</p> <p><b>Mental Wellbeing:</b> it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough</p>	<p><b>Families and People Who Care for Me:</b> the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives</p> <p><b>Caring Friendships:</b> the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</p> <p><b>Caring Friendships:</b> that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</p> <p><b>Caring Friendships:</b> that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right</p> <p><b>Respectful Relationships:</b> the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p> <p><b>Respectful Relationships:</b> practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p><b>Respectful Relationships:</b> the importance of self-respect and how this links to their own happiness</p> <p><b>Being Safe:</b> how to ask for advice or help for themselves or others, and to keep trying until they are heard</p> <p><b>Being Safe:</b> where to get advice, for example family, school or other sources</p>
<b>Lesson 5: Be Thankful</b>	<p><b>H11.</b> about different feelings that humans can experience</p> <p><b>H12.</b> how to recognise and name different feelings</p> <p><b>R25.</b> how to talk about and share their opinions on things that matter to them</p>	<p><b>Mental Wellbeing:</b> that mental wellbeing is a normal part of daily life, in the same way as physical health</p> <p><b>Mental Wellbeing:</b> how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p> <p><b>Mental Wellbeing:</b> simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p>	<p><b>Families and People Who Care for Me:</b> that families are important for children growing up because they can give love, security and stability</p> <p><b>Families and People Who Care for Me:</b> the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives</p> <p><b>Caring Friendships:</b> how important friendships are in making us feel happy and secure, and how people choose and make friends</p>

		<p><b>Mental Wellbeing:</b> it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough</p> <p><b>Mental Wellbeing:</b> how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p>	<p><b>Caring Friendships:</b> the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</p> <p><b>Respectful Relationships:</b> practical steps they can take in a range of different contexts to improve or support respectful relationships</p>
Resource	PSHE Association Objectives	Health Objectives	Relationships Objectives
<p><b>Lesson 6:</b> <b>Be Mindful</b></p>	<p><b>H13.</b> how feelings can affect people's bodies and how they behave</p> <p><b>H18.</b> different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good</p>	<p><b>Mental Wellbeing:</b> that mental wellbeing is a normal part of daily life, in the same way as physical health</p> <p><b>Mental Wellbeing:</b> how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p> <p><b>Mental Wellbeing:</b> simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p>	<p><b>Respectful Relationships:</b> the importance of self-respect and how this links to their own happiness</p>