

## How can we keep healthy as we grow?

PSHE



### Essential Prior Learning:

That we can regulate our mental health with the zones of regulation.  
That it is better to write down or communicate any worries or negative thoughts, rather than let them fester.  
That we experience all kinds of emotions which are normal.

### Progression in Skill:

I understand how mental and physical health are linked.  
I understand how positive friendships and being involved in activities such as clubs and community groups support well-being.  
How to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school.  
We can recognise that health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on.  
We recognise that anyone can experience mental ill-health and to discuss concerns with a trusted adult.  
That mental health difficulties can usually be resolved or managed with the right strategies and support.

### Long-term Memory Knowledge:

Know that mental and physical health are linked.  
Suggest ways in which we can support our mental health and well-being, e.g. being part of a club, spending time with friends, etc.  
Know some of the early signs of physical or mental ill-health, the importance of seeking advice early on and who to go to for advice.

### Key Vocabulary

<b>community</b>	a social group of any size whose members reside in a specific locality, share government, and often have a common cultural and historical heritage.
<b>Physical health</b>	the overall condition of your body, including how well your organs and systems function.
<b>Mental health</b>	Mental health refers to our emotional, psychological, and social well-being.

### Progression in Resources:

Use of scenarios.

### Relevance

<b>Now</b>	Children will be able to self-regulate, knowing strategies to improve their mental health.
<b>Future</b>	If children experience mental health issues they can use people, clubs or associations to help them.
<b>Aspiration</b>	Children will use their knowledge of mental health strategies to help others through counselling or psychotherapy

### National Curriculum Links:

That mental wellbeing is a normal part of daily life, in the same way as physical health.  
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.  
That isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.  
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).  
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.