

Overview:

During this sequence of learning, pupils will explore how intense feelings might make people feel allowing pupils to develop empathy towards others. Pupils will also think about how to manage intense feelings and behaviours resulting from this developing resilience. Pupils learn how vaccines support the immune system to recognise and fight off germs, illness and disease. Pupils will explore the different ways in which school helps them to develop; academic skills, social skills, healthy habits and promotes happiness and wellbeing. Pupils learn to identify personal strengths, skills and talents and how these contribute to a sense of self-worth. Pupils will learn how looking after their body and mind helps them feel good and build self-worth. They will explore how it's normal to have uncomfortable feelings sometimes, and how to build resilience by using positive strategies and knowing who and where to turn to for support. Pupils will develop empathy by learning about the range of emotions people may feel and develop their resilience by learning about strategies for managing big feelings and emotions.

What should I already know?

- Change means when something in my life becomes different.
- Change can make me feel happy, excited, sad, or worried.
- Self-worth means knowing I am important and special.
- Empathy means trying to understand how someone else feels.
- Looking after my body helps me stay healthy and strong.
- I can care for my body by eating healthy food, exercising, and keeping clean.
- Eating good food gives me energy.
- Exercise helps my body stay strong.
- Some video games can be fun, but they can also be risky if I play too long or talk to strangers.
- Being healthy means looking after my body and my feelings.
- Physical health is about my body.
- Taking breaks helps my brain and body rest.
- Breaks help me stay calm, focused, and happy.
- sleep helps my body grow and stay strong.
- Rest helps me feel calm and ready for the next day.

Vocabulary

Intense feelings	Strong or very deep emotions.
Vaccines	A substance used to protect people from serious diseases.
Immune system	The bodily system of organs, tissues, cells, and cell products, which protects the body by detecting the presence of diseases in the body.
Qualities	A feature that makes a person or thing what it is.
Strategies	A plan, method, or series of actions meant to perform a particular goal or effect.
Mental health	

What will I know by the end of the unit?

- I can notice and name strong feelings like anger, excitement, sadness, or fear. My feelings can change how I act.
- I can think about whether my feelings or actions are too big for the situation.

• Empathy means understanding how someone else feels. Resilience means keeping going, even when things are hard. • My body works hard to fight germs and keep me healthy. Vaccines help my body stay strong and protect me from illnesses. • Vaccines help protect me and others from getting sick. I can get vaccines at the doctor, at school, or at a clinic. • School helps me learn new things, grow, and feel safe. Teachers and other adults at school support me when I need help. • Mental health is about how I think, feel, and cope with things. My mental health can change over time, and that's normal. • I can look after my mental health by resting, talking, playing, and doing things I enjoy. I can build self-worth by believing in myself and trying my best. I can build resilience by practising, learning from mistakes, and not giving up. • There are many different emotions, and everyone feels them. I can learn lots of words to describe my feelings. Talking about my emotions helps me understand them.		How we think, feel, and behave.
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