

Overview:

In this sequence of learning pupils learn strategies to cope with big changes and the emotions that come with leaving primary school. They explore how to shift from negative thinking to a positive, growth mindset. Pupils learn to recognise when they may need mental health support and discover practical ways to care for their wellbeing, including asking for help. They think about what becoming an adult might look like for them. Pupils also develop empathy by learning how grief affects themselves and others, and they explore ways to support someone experiencing grief while practising self-care techniques that help them manage difficult feelings.

What should I already know?

- Alcohol, drugs, and some medicines can change how people feel and act.
- There are age limits for alcohol and drugs to help keep young people safe.
- If you ever feel worried about alcohol or drugs, you can talk to a trusted adult for help.
- What we do online can affect how we feel.
- It's important to balance screen time with other activities like playing, reading, or being outside.
- Being active helps our body and brain stay healthy.

Vocabulary:

Grief



Legally an adult

A strong feeling of sadness that happens when you lose someone or something important.

The age when the law says you are grown-up enough to make your own decisions.

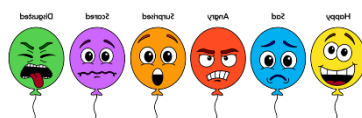
Responsibilities



Important things you are expected to do or take care of.

What will I know by the end of the unit?

- Grief is the natural feeling we get when we lose someone or something important. People feel many emotions when grieving, like sadness, anger, or confusion. There are healthy ways to cope with grief, like talking, writing, or asking for support.
- The law explains the age when someone is legally an adult.
- Adults have certain rights, but they also have responsibilities.
- Mental health is about how we think, feel, and cope with life.
- Emotions can affect our wellbeing, so it helps to notice how we feel. There are practical ways to look after mental health, like talking to someone or taking a break.
- Negative thinking patterns can make us feel stuck.
- A fixed mindset is when we believe we can't improve.
- A growth mindset is when we believe we can learn and get better.
- Change can bring lots of different feelings.
- There are strategies to help us handle change and feel more confident.



Emotions

Feelings like happiness, anger, fear, excitement, or sadness.

Wellbeing



How healthy, safe, and comfortable you feel in your body and mind.

Mental health

How you think, feel, and cope with everyday life.

Negative thinking patterns

Unhelpful thoughts that make you feel bad or stop you believing in yourself.

Fixed mindset

Believing you can't improve or get better at something.

Growth mindset

Believing you can learn, improve, and get better with effort and practice.

Change

When something becomes different, which can bring new feelings or challenges.

