



Respect, Believe, Achieve

Year 2 This Is Me

Mental Wellbeing and Health Prevention



Websites and Signposting

[Every Mind Matters](#) website—
Information to support children's mental health

[How to Care for Children's Teeth with Dr Ranj](#)—Video

[Why do we need sleep?](#) - Video

What do I already know?

- How and when to seek support including which adults to speak to in school if they are worried about their health. (Y1)
- Mental wellbeing is a normal part of daily life in the same way as physical health. (Y1)
- 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 situations. (Y1)
- The characteristics and mental and physical benefits of an active lifestyle. (Y2 S1)

Key Words

Wellbeing

The state of being comfortable, happy or healthy

Emotions

A strong feeling that is dependent on your situation, mood, relationships or health.

Mental Health

How you feel and behave about yourself and the world around you.

Dental Health

A healthy mouth, teeth and gums.

	Key Skills
	Empathy – can recognise own and others’ emotions and be able to put yourself in others’ shoes.
	Communicate – can discuss emotions using the correct vocabulary.
	Identify —can identify ways to improve own mental and physical wellbeing including dental health and sleep.



Key Knowledge
<ul style="list-style-type: none"> • 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. • How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • The benefits of physical exercise, time outdoors, community participation, voluntary and service based activity on mental wellbeing and happiness. • Simple self care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. • Dental health and the benefits of good oral hygiene and dental flossing, including regular check ups at the dentist. • The importance of sufficient good quality sleep for good health and that lack of sleep can affect weight, mood and ability to learn.

Here’s what I will know/be able to do by the end

1. I can understand my own feelings and talk about these.
2. I know how to manage my feelings and can react to situations in an appropriate way.
3. I know what makes me happy and can think of ways to help manage my mental wellbeing.
4. I know why dental hygiene is important for keeping me healthy.
5. I know why sleep is important for keeping me healthy.