



Respect, Believe, Achieve

## Year 3 This Is Me

### Mental Wellbeing and Health Prevention



#### Websites and Signposting

[Talking Mental Health](#)—Video

[What's the big Idea](#)—Mind—Video

[CBBC Operation Ouch](#)— Various games, information and videos on health issues

#### 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)
- How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. (Y2)
- The characteristics and mental and physical benefits of an active lifestyle. (Y2)

#### 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.

##### Isolation

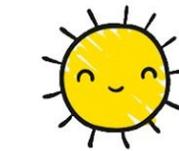
Being alone and apart from others.

	Key Skills
	<b>Identify</b> – can identify ways to support mental well-being.
	<b>Communicate</b> – can talk about own and others' emotions and what may affect them.
	<b>Identify</b> - can identify the signs of physical illness.

Key Knowledge
<ul style="list-style-type: none"> <li>• Mental wellbeing is a normal part of daily life in the same way as physical health.</li> <li>• Isolation and loneliness can affect children and that it is very important for children to discuss their feeling with an adult and seek support.</li> <li>• How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.</li> </ul>

## Self-Care & Mental Health for Kids

  
Share your own feelings to encourage self-awareness.



  
Find social groups that help them feel like they belong.

Set aside time for low-stress or solo activities.



Practice self-care for yourself to set the standard.

  
Focus on articulating feelings.  
"I am angry."  
"I am sad."

Encourage journaling and diaries.

Encourage your child to focus on the moment.



  
Establish a self-care routine.

Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.

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

1. I understand the range of emotions I may face day to day and the importance of mental wellbeing.
2. I know that things can affect mental wellbeing, such as isolation and loneliness.
3. I know how to support myself and others with their mental wellbeing.
4. I can recognise the signs of physical illness and where to get help if needed.