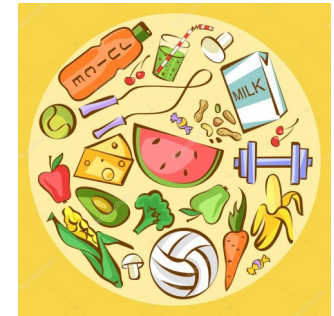




Respect, Believe, Achieve

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

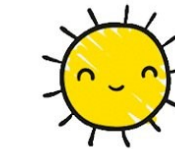
Being alone and apart from others.

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

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

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.

BlessingManifesting

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.