



Respect, Believe, Achieve

# Year 6 This Is Me

## Mental Wellbeing



### Websites and Signposting

[Young Minds](#)—Support for children and families with mental health issues

[Gender explained](#)—video

[Amaze Org](#)—Various videos to support gender identity and sexual orientation

### What do I already know?

- 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. (Y4)
- Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else’s mental wellbeing or ability to control their emotions (including issues arising online). (Y5)
- 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. (Y6 Spr 1)

### Key Words

<b>Mental Health</b>	How you feel and behave about yourself and the world around you.
<b>Gender Identity</b>	Who a person sees themselves as (male, female or non-binary).
<b>Sexual Orientation</b>	Who you feel a physical attraction and romantic connection towards.

Key Skills	
	<b>Empathy</b> – can empathise with others and how they feel mentally and how to support them.
	<b>Identify</b> – can identify the difference between gender identity and sexual orientation.
	<b>Respect</b> - can respect other’s choices in gender identity and sexual orientation.

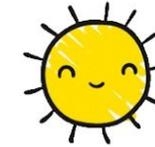
Key Knowledge	
•	It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the support is made available, especially if accessed early enough.
•	To understand the difference between gender identity and sexual orientation.

## Self-Care & Mental Health

### for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



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

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.



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 that mental ill health can happen and how this can be supported.
2. I can talk about the difference between gender identity and sexual orientation.