

# PSHE Year 6 Spring 2 – Healthy me



## PSHE

### Powerful knowledge/skills for this unit:

#### Knowledge

##### I will:

- take responsibility for my health and make choices that benefit my health and well-being
- know about different types of drugs and their uses and their effects on the body particularly the liver and heart
- understand that some people can be exploited and made to do things that are against the law
- know why some people join gangs and the risks this involves
- understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness
- recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse

#### Social and emotional skills

##### I will:

- be motivated to care for my physical and emotional health
- be motivated to find ways to be happy and cope with life's situations without using drugs
- suggest ways that someone who is being exploited can help themselves
- suggest strategies someone could use to avoid being pressurised
- know how to help myself feel emotionally healthy and can recognise when I need help with this
- use different strategies to manage stress and pressure

**Key vocabulary** Anti-social behaviour, choice, crime, criminal, drugs, effects, emotional health, exploited, gangs, gang, illegal, immunisation, managing stress, mental health, mental illness, motivation, new psychoactive substances, over-the-counter, prevention, prescribed, pressure, reputation, responsibility, restricted, strategies, stress, synthetic highs, symptoms, triggers, unrestricted, volatile substances, vulnerable.

**Big Question:** How can you keep yourself emotionally healthy?

The zones of regulation



### **By the end of this topic...**

I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.

I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure

### **Mindmate Monday lesson**

**MindMate**

#### **Year 6 Spring 2** Strong emotions

**Lesson focus:** Happiness I have a good understanding of emotional wellbeing

**Pupils should have the opportunity to...** understand that feelings and emotions can range in their intensity. I know a range of vocabulary linked to the intensity of feelings I know when I might need to listen to my emotions in order to move on. I can recognise and respond appropriately to a wider range of feelings in others I can talk about my happiest memories of school and my most comfortable feelings about moving on to a new school