

# Year 3 Spring 1 PSHE

## Mental Health



### Big Question

How can I think positively?

### Key vocabulary

Happiness      Grief  
Fear              Determination  
Attitude        Mindful  
Anxiety         Growth Mindset  
Peace  
Challenge  
Practise  
Perseverance  
Changes  
Effort  
Control  
Feelings  
Emotions  
Calm  
Success  
Unhelpful Thoughts

### Powerful knowledge/skills for this unit:

#### We will learn to:

- understand that it is important to look after our mental health.
- recognise and describe a range of positive and negative emotions.
- discuss changes people may experience in their lives and how they might make them feel.
- talk about things that make them happy and help them to stay calm.
- identify uncomfortable emotions and what can cause them.
- discuss the characteristics of a good learner.
- understand that having a positive attitude is good for our mental health.
- understand the causes of negative thoughts.
- identify ways to cope with negative thoughts.
- understand the impact certain changes can have on people and how it can affect them emotionally.
- identify some mindfulness techniques and discuss which they like to use.
- identify strategies to cope with uncomfortable emotions.

### Stem Questions

- I felt this emotion when...
- I am feeling...
- I think people might agree/disagree because...
- We are learning about xxxx today, is there anything you would like to know?
- Do you know where to go if you feel worried about anything we have discussed in this lesson?
- How do we respond if we disagree with someone else's opinion in this lesson?
- How do you want to feel during this lesson?