

## Intent

Each family has its own values and beliefs, each family is made up differently. It is important that children feel equally valued, equally heard, and the diversity within our school is not only acknowledged but embraced through our RSHE curriculum and celebrated within our school.

With safeguarding as it's priority, our RSHE curriculum ensures children are equipped to deal with day to day life as young people. With a robust, adaptable and progressive approach our children are provided with the safe environment to be curious learners who can make informed choices. We are confidently providing them with the necessary foundations to become successful adults and valued members of our community.

### Specific Knowledge

#### Key Vocabulary

Word	Definition
<b>Mental Health</b>	Head health
<b>Coping Strategies</b>	Ways to help deal with different emotions and feelings.
<b>Uncomfortable emotions</b>	Emotions that we do not like to experience.
<b>Seek support</b>	Where or who you could go to for help.
<b>Intense feel-</b>	A strong emotion that is hard to cope with.

### Enabling Knowledge

*Baseline: List ways of dealing with uncomfortable emotions.*

Recognise the importance of taking care of mental health.  
Identify strategies and behaviours that support mental health.

Recognise feelings can change over time and range in intensity.  
Identify the everyday things that affect feelings and the importance of expressing how we feel.

Use a varied vocabulary when talking about feelings and how we can express feelings in different ways.

Identify strategies that they could use to respond to feelings.

Identify how to seek support for themselves and others.

Identify strategies for dealing with emotions.

*Summative: Brainstorm all the ways they feel that they can deal with uncomfortable emotions now they have done the work.*

### How do previous questions/topics link to the current topic?

I can name different feelings.

I can understand how to help manage big feelings.



## Things to think about

I know how to look after my mental health.



I can identify coping strategies that help me.



3 trusted adults inside and outside of school.



## Assessment—apply learning:

I can list all the ways that I can deal with uncomfortable emotions.