



Definition

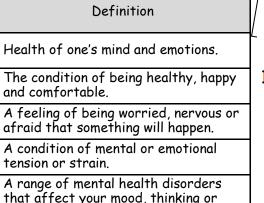
## Year 6 My Mental Health And Me

## Autumn 1

How can we look after our mental health?



How to	Seek hal
for	seek help and support our mental health?
0	mental health?







Key

Vocabulary

mental health

wellbeing

anxiety

stress

mental health

problems



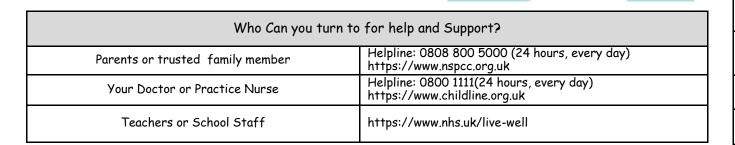
behaviour, e.g. depression.

and comfortable.

tension or strain.







## **Key Outcomes**

- I understand the difference between physical and mental health.
- I understand the link between our feelings and our mental health.
- I can recognise the causes that may affect our mental health.
- I can recognise the signs of a poor mental health.
- I know the strategies we can use to improve our mental health.
- I understand the importance of having self -confidence on our mental health.
- I know how to **ask for help** and support.









## Key Skills

- I know how to identify assumptions and evaluate their impact.
- I show interest in the progress of an enquiry.
- I can suggest ways in which an enquiry might move to make progress.
- I can suggest and explain new and novel ideas that build on the ideas of others.
- I can summarise the progress of an enquiry.
- I can evaluate a range of reasoned conclusions.
- I can extend my thinking beyond the PSHE lessons.

