

Year 6 My Mental Health And Me

Autumn 1




How can we look after our mental health?




How to seek help and support for our mental health?





Key Vocabulary	Definition
mental health	Health of one's mind and emotions.
wellbeing	The condition of being healthy, happy and comfortable.
anxiety	A feeling of being worried, nervous or afraid that something will happen.
stress	A condition of mental or emotional tension or strain.
mental health problems	A range of mental health disorders that affect your mood, thinking or behaviour, e.g. depression.




mental health



well-being



anxiety



stress

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.

Who Can you turn to for help and Support?	
Parents or trusted family member	Helpline: 0808 800 5000 (24 hours, every day) https://www.nspcc.org.uk
Your Doctor or Practice Nurse	Helpline: 0800 1111(24 hours, every day) https://www.childline.org.uk
Teachers or School Staff	https://www.nhs.uk/live-well