



What should I already know?

- H12. how to recognise and name different feelings
- H13. how can affect people's bodies and how they behave
- H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)
- H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good
- H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it

Knowledge

- 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.

Values

Challenge	Is it a challenge to respect people's rights?
Commit	How can we commit to ensuring people's rights are respected?
Conquer	Why is important to conquer your differences?
Celebrate	How do we celebrate differences?

Key facts and figures



Technical vocabulary

Positive,	Confident in opinion
Mental health	Wellbeing . Internal health and sense of self
changes	To do something differently
cope	To face and deal with things
mindfulness	Focusing on the present
calm	Free from excitement
emotions	Any of the feelings
attitude	Manner in your mind

