

Lesson number and title	Strand	Objectives	Overview
1. Marvellous minds	Health Education	To understand that mental wellbeing is a normal part of daily life, in the same way as physical health.	Pupils think about all the things our minds cope with throughout the day and how important it is that we look after them. They start to recognise some possible signs of poor mental health.
2. Emotions everywhere!	Health Education	To know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	This lesson focuses on identifying a range of emotions and using pupils' creativity to express what they think these emotions might look like as artwork. They then try to guess the emotions in each other's artwork.
3. Screen time and sleep	Health Education	To understand why social media, some computer games and online gaming, for example, are age restricted. To know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	This lesson focuses on the importance of sleep and asks pupils to reflect upon their own sleep routines. It explores PGEI ratings of games and ask pupils to discuss two different scenarios which combine concerns regarding gaming and the possible effect it can have on sleep.
4. Self-care and relaxation	Health Education	To know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. To know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. To understand that isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	This lesson looks at relaxation techniques at home, school and elsewhere. Pupils experience a range of relaxation activities and vote for the one they feel is most effective for them. They can create a class graph or continue this lesson into a maths lesson on graph construction.