

| Lesson number and title                 | Strand           | Objectives                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Overview                                                                                                                                                                                                                                                                                                                                                                                                             |
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| 1. Celebrating achievements             | Health Education | <p>To understand that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p>To know that your achievements in life may look different to those of others but should all be celebrated.</p>                                                                                                                                                                                                                                                                                     | Pupils reflect on their own achievements, understanding that we all have different strengths and areas for development, and realising that achievements can be small or large – the key thing is that they are a sign of success in something that may have needed some effort. They investigate different ways of celebrating achievement on a personal up to a community level.                                    |
| 2. Setting goals and having aspirations | Health Education | To understand that it's important to have aspirations and goals in life.                                                                                                                                                                                                                                                                                                                                                                                                                                             | This lesson focuses on pupils having goals in life and understanding that sometimes these goals can't be achieved instantly and take time and hard work. Pupils consider the difference between aspirations and goals and learn about Walt Disney's aspirations. They set some of their own goals in order to work towards their aspirations and, if appropriate, other pupils guess who set themselves which goals. |
| 3. Resilience                           | Health Education | <p>To learn how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p> <p>To learn how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p>                                                                                                                                                                                                                       | Pupils look at one of the recommended picture books showing a time when someone needs to show resilience. They discuss what they think resilience means. Pupils read scenarios where people have a problem and decide what the characters could do next. Discussion around feelings which might seem out of proportion are encouraged.                                                                               |
| 4. A growth mindset                     | Health Education | <p>To learn where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).</p> <p>To understand it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</p> | This lesson introduces pupils to the concept of a growth mindset and to see how developing a growth mindset can help in many ways to overcome barriers in their lives.                                                                                                                                                                                                                                               |

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| 5. It's OK to fail!     | Health Education<br>Relationships Education | <p>To learn the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</p> <p>To understand the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</p> <p>To learn simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p> | <p>This lesson focuses on valuing effort as well as achievements. Pupils explore how failing or finding things difficult makes them feel. They reflect on what they have learned during the topic and create posters/leaflets with the aim of passing their knowledge on to others in the school.</p> |