

Year 6: Ravens



PSHE



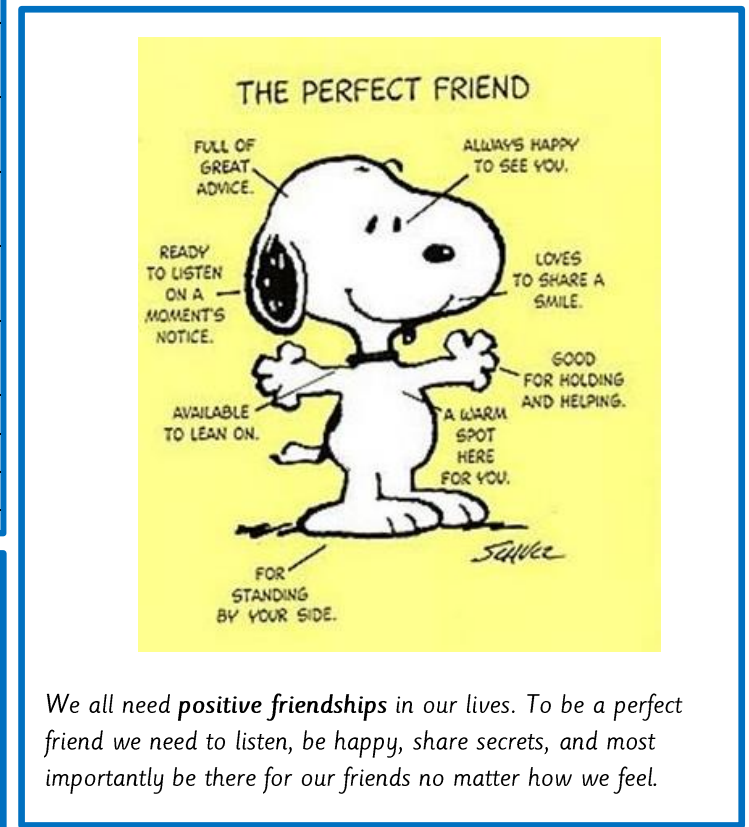
Autumn 1

How can we look after our mental health?

Mental health is important for everyone. It is the way we are feeling about ourselves and the way we perceive others see us. This includes our emotional, psychological and social wellbeing. It affects how we think, feel, and act. It also helps determine how we handle **stress**, relate to others, and make choices. **Mental health** is important at every stage of life, from childhood and adolescence, through to adulthood.



Key Vocabulary	Definition
emotional literacy	This involves having self-awareness and recognition of your own feelings and knowing how to manage them, such as the ability to stay calm when you feel angry or to reassure yourself when in doubt. It includes empathy, i.e. having sensitivity to the feelings of others
emotions	A person's inner feelings, such as happy, sad, anger and joy.
feeling blue	This is what a person is 'down in the dumps' and feeling sad or melancholy.
identity	The concept of how we think of ourselves, how we perceive ourselves. Our identity involves things we can and cannot control ourselves.
individual	If you are an individual, you can make up your own mind, and possess the unique qualities and skills that make you 'you'.
mental health	The way we feel about ourselves. It helps us cope with daily life – the ups and downs that are thrown at us on a regular basis.
physical health	This is the normal functioning of your body. How your body grows, feels and moves. How you care for it and what you put in it.
positive friendships	These are friendships that benefit your well-being. They provide you with a support, are happy to listen when you have problems, encourage you, and know when to get you help if you need it.
Self-aware	Having a good understanding and knowledge of yourself, including being aware of your own feelings and character.
self-esteem	The way we see and value ourselves. It is based on our own beliefs about ourselves.
self-respect	The pride we have in ourselves, and the way it makes us feel proud of our achievements.
stress	A state of worry or mental tension caused by a difficult situation.



We all need **positive friendships** in our lives. To be a perfect friend we need to listen, be happy, share secrets, and most importantly be there for our friends no matter how we feel.



Children's Mental Health Week is in February 2024. It is a week where organisations who work with children put an emphasis on helping to make a difference to them. The Theme is 'Let's Connect', making children think about how they can make meaningful connections in their lives to support their mental health and wellbeing.

