

# Health and Wellbeing - Think Positive

PSHE and Citizenship | LKS2 | Planning Overview

## About the Topic

This unit is designed to build on what the children have already learnt about feelings, both comfortable and uncomfortable and how our attitude towards life can affect our mental health. The lessons centre around themes such as thinking positively and calmly, managing difficult emotions, taking responsibility for decisions and developing a growth mindset approach to learning.



## Home Learning

**Positive Thoughts Diary:** In this activity, children are encouraged to record positive thoughts or reflections only, every day, for a week. No negative comments are allowed!

**Positive Thinking Cap:** Children design a Think Positive Cap, by illustrating and graffitiing the outline of a cap provided.



## Wider Learning:

The school could consider having a Think Positive mascot to promote the idea of positive thinking throughout the school and in assemblies. The mascot could be awarded to a different class or individual child each week for setting a good example regarding attitudes towards learning, staying calm and in control or helping others when they are feeling negative.

The school could also hold a challenge day. The emphasis would be on trying something new, persevering when something is difficult and understanding that we learn through practice and effort. Challenges could cover a range of skills, from musical and artistic, to physical and adventurous.

## Assessment Statements

### All children should be able to...

- understand that it is important to look after our mental health.
- recognise and describe a range of positive and negative emotions.
- discuss changes people may experience in their lives and how they might make them feel.
- talk about things that make them happy and help them to stay calm.
- identify uncomfortable emotions and what can cause them.
- discuss the characteristics of a good learner.

### Most children will be able to...

- 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.

### Some children will be able to...

- understand the implications of having negative thoughts and their impact on our actions and behaviour.
- describe mindfulness and why it is helpful in supporting good mental health.
- understand that puberty and the hormonal changes our bodies go through can be the cause of new and difficult emotions.
- understand the need for our thinking brain to gain control over our feelings brain.
- understand the implications of having a positive attitude towards learning.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

## 1. Happy Minds, Happy People

H3. about choices that support a healthy lifestyle, and recognise what might influence these

H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle

H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health

H16. about strategies and behaviours that support mental health – including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing

H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways;

H22. to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult

I understand that having a positive attitude is good for our mental health.



## 2. Thoughts and Feelings

H3. about choices that support a healthy lifestyle, and recognise what might influence these

H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle

H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health

H16. about strategies and behaviours that support mental health – including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing

H18. about everyday things that affect feelings and the importance of expressing feelings

I can recognise and manage positive and negative thoughts effectively.

- Colouring pencils or pens



## 3. Changes

H17. to recognise that feelings can change over time and range in intensity

H18. about everyday things that affect feelings and the importance of expressing feelings

H23. about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement

H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools

H36. strategies to manage transitions between classes and key stages

R13. the importance of seeking support if feeling lonely or excluded

I understand that some changes can be difficult but that there are things we can do to cope.



## 4. Keep Calm and Relax

H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health

H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations

I can use mindfulness techniques to keep calm.



## 5. You're the Boss

H3. about choices that support a healthy lifestyle, and recognise what might influence these

H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health

H16. about strategies and behaviours that support mental health – including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing

H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations

H21. to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others

I can identify uncomfortable emotions and manage them effectively.



## 6. Always Learning

H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle

H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth

H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking

I can apply a positive attitude towards learning and take on new challenges.

