

PSHE- Mindmate overview Year 1-Year 6

	<u>Feeling Good and Being me</u>	<u>Being the same and being different</u>	<u>Solving Problems (making it better)</u>	<u>Strong Emotions</u>	<u>Friends and Family</u>	<u>Life Changes</u>
Year 1	Children will identify feelings in themselves and others	Children will celebrate differences and understand that the people in their class are all different.	Children will develop skills to work & play well in a small group through setting goals and targets.	Children will recognise and identify what is fair/ unfair right/wrong and know when someone is being unkind.	Children will recognise how others show feelings & know how to respond. They will know when their friends are feeling happy.	Children will begin to understand that talking about their feelings can help.
Year 2	Children will recognise strengths and celebrate them.	The children will explore the feeling of empathy; considering other people's feelings	The children will learn that everyone finds things difficult at times and that is how we learn and improve.	The children will explore how it feels to be sad or unhappy.	Children will develop an understanding of their behaviour affects others.	Children focus on exploring the feelings associated with loss.
Year 3	Children will: -reflect on & celebrate their achievements & identify their strengths -identify areas for improvement & set high aspirations & goals	Children will: -learn how to play & work co-operatively with others. -understand that people often need to play / work together to reach a shared outcome -share their opinions on things that matter to them	Children will: -understand that people often need to play / work together to reach a shared outcome - even when they disagree. -begin to understand empathy & why people can be different (in behaviour & image)	Children will: -recognise that that they may experience strong emotions such as anger -learn there are ways to cope with these strong emotions	Children will: -recognise what is fair & unfair, kind & unkind, what is right & wrong and recognise when people are being unkind either to them or others, -learn what to do when someone is unfair or unkind	Children will: -understand the importance of being cooperative with others -understand that change happens & can be challenging –understand that adapting to change is key to developing emotional wellbeing
Year 4	The children will recognise and respond appropriately to a wider range of feelings in others. They will talk about an event that made them have strong feelings.	Children will learn that their actions affect themselves and others and begin to develop self-awareness. They will investigate the connection between discrimination and	Children will recognise that, at times, they may experience conflicting emotions. They will learn more about managing their emotions and have the opportunity to develop a coping strategy	The children will learn that people can experience conflicting emotions at different times, such as times of loss and change, stress, anxiety and	Children will recognise what constitutes a positive, healthy relationship.	The children will discuss factors, including changes, that can affect people's emotional wellbeing & that feeling different emotions is a part of life.

		uncomfortable feelings and be able to use a range of vocabulary to apologise when they have done something wrong/unkind.	that will work for them & explain the steps involved.	recognise when and how to ask for help.		
Year 5	Children will identify positive and negative actions and discuss how these have an impact on others as well as on themselves. Children will understand that in doing the right thing they can feel good about themselves and gain respect from others.	This lesson focuses on exploring the idea of stereotypes, including gender stereotypes. Children will recognise that stereotypes exist and explain what is meant by the word stereotype.	Children will discuss what makes a good friend and understand how friends can support each other during good and bad times.	This lesson focuses on recognising and understanding what is meant by mental health, including some of the language used to describe mental health.	Children will learn how to identify when relationships become unhealthy.	Children will learn how people respond differently to changes and develop an understanding of how some people find change easier than others.
Year 6	Children will discuss who and what they are influenced by. They will discuss why they are influenced and whether this is a positive or negative influence.	This lesson focuses on recognising how images and campaigns in the media and social media do not always reflect reality and how they can affect how people feel about themselves.	Children understand the difference between physical, mental and emotional health and learn that each one is important in order to live a happy and healthy life.	This lesson focuses on recognising and understanding a range of 'comfortable' feelings and exploring the vocabulary to communicate these feelings effectively. Children explore how they might recognise and respond to the feelings of others and how listening to their own emotions is important in terms of moving on.	Children learn about the attributes needed to have a good, positive, healthy relationship. It takes it a step further and asks the children to think about their contributions to maintaining good relationships.	This lesson focuses on the transition to secondary school. As this is an imminent change for the children in year 6, the lesson allows them to explore the fact that they may feel a range of emotions when moving to secondary school.