

Health and Wellbeing - Think Positive

PSHE and Citizenship | KS1 | Planning Overview

About the Topic

This unit is designed to help children recognise, talk about and accept their feelings, both positive and negative, as well as how to manage certain emotions. The lessons support themes of thinking positively and calmly, making good decisions and developing resilience. It also encourages the children to explore the positive feelings associated with being thankful, grateful and mindful.



Home Learning

Happy Me Fact File: This task encourages children to think about specific things that make them happy. They fill in a fact file of things which make them feel happy, for example, a place, a book and a song.

My Gratitude Diary: Children consider something they are thankful for each day for a week in this task and log it in their diary, along with an illustration.



Wider Learning:

Why not organise a 'Mindful Day', where activities and workshops could include [Mindfulness Colouring](#), [Mindfulness Games](#), origami, yoga and meditation. [Mindfulness Challenge Cards](#) and [Mindfulness Mantra Cards](#) could also be used. Children could also learn about mindfulness linked to different religions.

The school could also raise awareness and promote [Growth Mindset](#) through assemblies, displays and work in class.

Assessment Statements

All children should be able to...

- identify and discuss feelings and emotions, using simple terms.
- describe things that make them feel happy and unhappy.
- understand that they have a choice about how to react to things that happen.
- talk about personal achievements and goals.
- describe difficult feelings and what might cause these feelings.
- discuss things for which they are thankful.
- focus on an activity, remaining calm and still.

Most children will be able to...

- recognise and describe positive thoughts and negative thoughts.
- think about and discuss the consequences of decisions they make and their actions.
- set goals for themselves and think about how they might achieve them.
- recognise triggers for certain emotions.
- describe ways to show or give thanks for what we have.
- describe what being mindful is.

Some children will be able to...

- identify unhelpful thoughts and understand that our thoughts can affect how we feel.
- develop strategies for dealing with unhelpful thoughts and not-so-good feelings.
- apply the elements of growth mindset towards learning.
- appreciate and explain how being thankful can help make us happier.
- appreciate and explain how being mindful can help make us happier.

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

1. Think Happy, Feel Happy

H12. how to recognise and name different feelings

H13. how feelings can affect people's bodies and how they behave

H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)

H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good

H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it

I can understand how happy thoughts can make me feel good.



2. It's Your Choice

H1. about what keeping healthy means; different ways to keep healthy

H13. how feelings can affect people's bodies and how they behave

H18. different things they can do to manage big feelings, to help calm themselves

R21. about what is kind and unkind behaviour, and how this can affect others

H23. to identify what they are good at, what they like and dislike down and/or change their mood when they don't feel good

I can make good choices and consider the impact of my decisions.



3. Go-Getters

H11. about different feelings that humans can experience

H13. how feelings can affect people's bodies and how they behave

H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good

I can set myself goals and consider how to achieve them.

- Beanbags
- Stopwatches



4. Let It Out

H11. about different feelings that humans can experience

H13. how feelings can affect people's bodies and how they behave

H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good

H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it

H24. how to manage when finding things difficult

R7. about how to recognise when they or someone else feels lonely and what to do

R25. how to talk about and share their opinions on things that matter to them

I can discuss my feelings and opinions with others and cope with difficult emotions.



5. Be Thankful

H11. about different feelings that humans can experience

H12. how to recognise and name different feelings

R25. how to talk about and share their opinions on things that matter to them

I can discuss things I am thankful for and focus on what I do have, rather than what I don't have.

- Paper clip - one per pair



6. Be Mindful

H13. how feelings can affect people's bodies and how they behave

H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good

I can focus on what is happening now and how I am feeling.

- Drawing pins - one per child
- Wooden dowel (approx 30cm long) - one per child
- Sticky tape

