

# Health and Wellbeing — Think Positive

PSHE and Citizenship | UKS2 | Planning Overview

## About the Topic

This unit is designed to help children further develop their understanding about thoughts and emotions, both positive and negative. The lessons centre around themes such as the links between our thoughts, feelings and emotions, making good choices and mindfulness and applying a growth mindset approach to life.



## Home Learning

**Predicting Outcomes:** In this task, children have some short scenarios to read through and are then asked to write a prediction for each as to what the person will think, how they will feel, how they will react and what the outcome will be.

**Carol Dweck and Growth Mindset Research:** Children are required to research the founder of the term growth mindset, Carol Dweck, and create a fact sheet about her and what a growth mindset actually is.



## Assessment Statements

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

- talk about their thoughts, feelings and behaviours.
- identify unhelpful and helpful thoughts.
- suggest outcomes linked to certain thoughts, feelings and actions.
- discuss ways in which positive thinking can be beneficial.
- identify and discuss uncomfortable emotions.
- identify common choices we have to make in life.
- use basic mindfulness techniques, when guided.
- describe what makes a good learner.

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

- describe how their thoughts, feelings and behaviours influence each other.
- explain the range and intensity of their feelings to others.
- name some strategies to deal with unhelpful thoughts.
- know how to make an informed choice.
- appreciate how making good choices can make us happy.
- understand how mindfulness techniques can be used in their everyday lives.
- describe the difference between a growth mindset and a fixed mindset.
- identify strategies for facing a challenge.

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

- discuss the impact negative thoughts can have on ourselves and others.
- generate their own positive affirmations.
- confidently employ strategies for coping with unhelpful thoughts and uncomfortable emotions.
- predict the consequences linked to certain choices.
- recognise when different mindfulness techniques might be useful.
- independently employ mindfulness techniques.
- independently use a range of strategies to overcome difficulties or face challenges.

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

## 1. The Cognitive Triangle

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

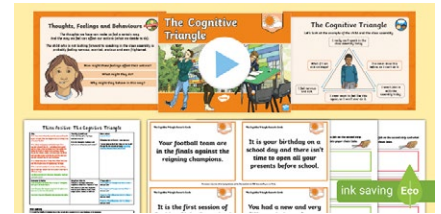
H16. about strategies and behaviours that support mental health – including how good quality sleep, physical exercise/ time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing

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

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

I understand the link between thoughts, feelings and behaviours.

- Whiteboards and pens



## 2. Thoughts Are Not Facts

H2. about the elements of a balanced, 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

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

I understand the concept and impact of positive thinking.

- Strips of paper
- Jar, box, envelope or other container for the positive affirmations



## 3. Face Your Feelings

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

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

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

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

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

I can recognise and manage uncomfortable feelings.



## 4. Choices and Consequences

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

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

R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online

I understand the importance of making good choices.

- Scrap paper or rough books for notes



## 5. Being Present

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

I can use mindfulness techniques in my everyday life.

- Wind chimes, a small bell, small cymbals or a glockenspiel
- Mindfulness colouring sheets if required



## 6. Yes, I Can!

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

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

I can apply a growth mindset in my everyday life.

- Dictionaries – one between two children

