



Wellbeing Curriculum
Year 2 Term 6

Our school's vision for our Wellbeing Curriculum is that children are able to keep themselves physically, mentally and emotionally safe and healthy, throughout their lives. They will do this by developing the skills and knowledge they need to make informed choices, build healthy & positive relationships and by knowing where to seek help when it is needed.

If you have any questions or concerns about any aspect of the Wellbeing Curriculum please contact the Wellbeing Lead, Mr Wheeler, through the school office for further information, clarification and support.

This term we will be learning...

- How to recognise, name and describe a range of feelings
- To explain things that help them to feel good or feel better
- To recognise that different things/times can bring different feelings for different people
- How feelings can affect people in their bodies and behaviour
- To develop strategies to manage 'big' feelings and understand the importance of sharing these with someone they trust
- To recognise when they might need help with feelings and how to ask for this help

Our Key question for this term is...

How do we recognise our feelings?

Key Vocabulary we will learn and use...

Feelings, Emotions, Needs, Behaviour, Negative, Positive

Change, feelings, help, support



Points to note

Teaching about mental health and emotional wellbeing is a vital part of our curriculum. Enabling children to understand their own and others' emotions as well as develop healthy coping strategies supports all aspects of their wellbeing. The emphasis is always on developing knowledge, understanding, skills, language and confidence to seek support for themselves and others. The same as in any aspect, learning about mental health must build up from early learning if it is to be most effective. During these lessons the children will not be asked to share personal stories or scenarios but will rehearse ways of asking for help and managing feelings using given scenarios a child of their age may face.

If you or your child needs help and support these websites have information that can help...

<https://www.childline.org.uk/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/transitions-and-times-of-change/>