

St Martin De Porres Catholic Primary School – Curriculum Learning Journey: PSHE - Mental Health



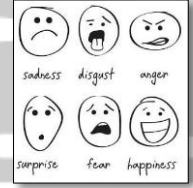
EYFS

Listens to others' suggestions and plan how to achieve an outcome without adult help.



Year 1

Recognise basic emotions in themselves and why these may happen.



Identify the importance of having friends.



Understand the importance of family.

Year 2

Begin to recognise emotions in others.



Offer suggestions as to how to alter a negative emotion.

Year 3

Offer solutions when there are disagreements between friends.

Year 4

MAKE A Difference
Offer A Suggestion

Understand that determination and perseverance are needed to overcome a challenge.



Identify basic 'coping strategies' for dealing with difficult emotions.

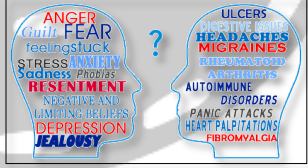


Year 5

Make links between a balanced lifestyle and being happy.



Identify situations where people may need support with their mental health.



Begin to compare emotional feelings with physical feelings.

Year 6

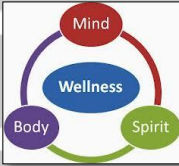
Identify stress and stressful situations and think of ways of dealing with them.



Understand different levels of confidence and its effect on life.



Understand that 'being healthy' incorporates body, mind and lifestyle.



Explain the various aspects of mental health.

