

## National Statutory Requirements

(DFE Statutory Guidance on Health Education and Relationship Education)

- that mental wellbeing is a normal part of daily life, in the same way as physical health.
- that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- how to judge whether what they are feeling and how they are behaving is appropriate and proportionate
- where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
- it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

## Series of Lessons

- Recognise feelings and emotions and understand that they can change regularly.
- Understand the importance of expressing our feelings (lesson 2 & 3).
- Manage our feelings in an effective way.

PSHE



Emotional Wellbeing –  
Year 3

## Unit Outcomes

In this unit of work, pupils learn:

- about different feelings and emotions people experience
- how feelings and emotions can change and what helps people to feel good
- why expressing feelings and emotions is important
- to manage feelings and emotions in different situations
- how to get help, advice and support with feelings and emotions

## Progression of Skills (PSHE ASSOCIATION PROGRAMME OF STUDY 2020)

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

H17. to recognise that feelings can change over time and range in intensity

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;

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

## R&R and Herne Harmony Values

Article 13, Article 14, Article 15 & Article 31

Respect, Enjoyment, Honesty & Collaboration

## Vocabulary

Feelings, Emotions,  
Mental Health,  
Manage, Express

## Resources

Flipcharts, Worksheets  
on system, Baseline  
Assessments, Resources  
on system.