Health and well-being

Mental well-being

Nursery

To know

That we experience different feelings

To be able to

Say when they feel happy or sad etc.

Vocabulary

Feelings
Happy
Sad

Reception

To know

How they show their feelings and emotions

To be able to

Recognise the feelings and emotions of others (begin to)

Vocabulary

Emotions
Anger
Fear

Year 1

To know

That mental wellbeing is a part of daily life, in the same way as physical health

To be able to

Judge whether what they are feeling and how they are behaving is appropriate and proportionate

Vocabulary

Behaviour
Expression

Year 2

To know

That bullying can have a long term effect on people's mental well-being

To be able to

Name and recognise everyday feelings

Vocabulary

Joy
Disgust
Surprise
Bullying

Year 3

To know

How physical activity can have a positive effect on mental well-being and happiness

To be able to

Name and recognise everyday feelings

Vocabulary

Pride
Shame
Dismay
Embarrassment

Year 4

To know

The importance of expressing feelings

Feelings can be expressed in different ways

To be able to

Make some positive choices to support their own mental well-being

Vocabulary

Endorphins
Positive
Self-esteem

Year 5

To know

Simple self-care techniques including the importance of rest, time with family/friends and hobbies/interests

To be able to

Recognise multiple emotions e.g. feeling good, bad or indifferent at the same time

Vocabulary

Self-care
Hobbies

Year 6

To know

Anyone can experience mental ill health and difficulties can usually be resolved with the right strategies and support

Where and how to seek support if they are worried about their own or others' mental well-being

To be able to

Talk about some of the choices they make daily to support their own mental well-being

Vocabulary

Support
Strategies