









MINDMATE PROGRESSION IN SKILLS Y5 REQUIREMENTS



MindMate Lessons teaching resource is a Spiral SEMH curriculum from KS1 to KS4 to fit into the Personal, Social, Health and Economic (PSHE) curriculum

AUTUMN 1	SPRING 1	SUMMER 1
<p>FEELING GOOD & BEING ME: <u>Self-Belief: I can do...</u></p> <p>Learning outcomes: knowledge Pupils will have the opportunity to:</p> <ul style="list-style-type: none"> understand that their actions affect themselves and others develop self-awareness understand what is meant by doing the right thing <p>Learning outcomes: skills</p> <ul style="list-style-type: none"> Children can talk about a time when their comfortable or uncomfortable feelings have influenced their thinking and behaviour and have had an impact on those around them. Children can listen to a friend doing the same. 	<p>LIFE CHANGES: <u>Aspirations to manage change positively: I am seeing changes in a more positive light</u></p> <p>Learning outcomes: knowledge</p> <ul style="list-style-type: none"> I can learn that different people respond differently to different changes I can learn that some people find change easier than others I can find out that there are things they can do that help them cope with or accept change <p>Learning outcomes: skills</p> <ul style="list-style-type: none"> I can ask how others are feeling and respond with empathic statements such as 'You sound' 	<p>BEING THE SAME AND BEING DIFFERENT: <u>Stigma: I know what stereotyping is</u></p> <p>Learning outcomes: knowledge</p> <ul style="list-style-type: none"> I can learn about stereotyping, including gender stereotyping. I know that stereotypes exist for different groups and I can explain what is meant by the word 'stereotype.' I can identify stereotypes as presented in the media and the wider world. <p>Learning outcomes: skills</p> <ul style="list-style-type: none"> I can use statements and questions to challenge stereotypes.
AUTUMN 2	SPRING 2 (includes HEALTHY WEEK)	SUMMER 2
<p>FRIENDS AND FAMILY: <u>Unhealthy friendships and relationships: I can describe an unhealthy relationship</u></p> <p>Learning outcomes: knowledge</p> <ul style="list-style-type: none"> I can recognise how a relationship can be unhealthy. I know where to go for help and support. I know what can positively and negatively affect my physical and mental health, including the media? <p>Learning outcomes: skills</p>	<p>STRONG EMOTIONS: <u>Strong emotions and mental health: I know what mental health is</u></p> <p>Learning outcomes: knowledge</p> <ul style="list-style-type: none"> I can define what is meant by 'mental health' and can identify what mental health might look like I recognise that anyone can be affected by poor mental health I know what people can do to support their mental health, including where people can get help 	<p>SOLVING PROBLEMS (AND MAKING IT BETTER): <u>Talking it through - restorative justice: I can support my friends when things go wrong</u></p> <p>Learning outcomes: knowledge</p> <ul style="list-style-type: none"> I have developed an awareness and understanding of the role friends can play in supporting one another including restorative approaches <p>Learning outcomes: skills</p> <ul style="list-style-type: none"> I can listen to others talking about a problem.

 I can talk about a problem I experienced with a friend in the past.  I can identify what I learnt about myself from it.	<p>Learning outcomes: skills</p>  I can recognise the link between strong emotions and good or poor mental health  I can develop protective strategies for this  I can use appropriate language to describe mental health	 I can help my friends by offering advice to solve a problem or make things better
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