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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-Integrity: I can stay true to myself despite external pressures</u></p> <p>Learning outcomes: knowledge Pupils will have the opportunity to:  Know what factors positively and negatively affect their physical, mental and emotional health.</p> <p>Learning outcomes: skills  Children can use a way of resisting peer pressure.  Children can name factors that can help them cope with difficult feelings and situations.</p>	<p>LIFE CHANGES: <u>Moving on: I can talk about changes I am looking forward to</u></p> <p>Learning outcomes: knowledge  I can learn that major life changes can be fun and exciting, at the same time as being daunting for some  I can talk about moving on to secondary school  I can recognise and respond appropriately to a wider range of feelings in others</p> <p>Learning outcomes: skills  I can identify something that motivates me to keep going when things are difficult.  I can help someone else to do this.</p>	<p>BEING THE SAME AND BEING DIFFERENT: <u>Body image/ Social media: I can talk and listen in difficult discussions</u></p> <p>Learning outcomes: knowledge  I can recognise how images and campaigns in the media and social media do not always reflect reality and can affect how people feel about themselves e.g. body image, eating issues.  I can share my opinions on things that matter to me and explain my views through discussions with one other person and the whole class.</p> <p>Learning outcomes: skills  I can use appropriate vocabulary, such as 'in my opinion...' to talk about lesson topics in a discussion and I can ask others for their opinions.</p>
AUTUMN 2	SPRING 2 (includes HEALTHY WEEK)	SUMMER 2
<p>FRIENDS AND FAMILY: <u>Celebrating friendship: I can talk about how I will maintain positive relationships</u></p> <p>Learning outcomes: knowledge  I can recognise what constitutes a positive healthy relationship.  I can develop the skills needed to form and maintain these relationships.</p>	<p>STRONG EMOTIONS: <u>Happiness: I have a good understanding of emotional wellbeing</u></p> <p>Learning outcomes: knowledge  I can deepen my understanding of comfortable feelings and extend my vocabulary in order to explain both the range and intensity of my feelings to others  I can recognise and respond appropriately to a wider range of feelings in others</p>	<p>SOLVING PROBLEMS (AND MAKING IT BETTER): <u>Winning: What does it take? I can look after my mental health</u></p> <p>Learning outcomes: knowledge  Children identify ways that people can look after their mental health  Children understand the importance of being healthy physically, emotionally and mentally</p>

<p>Learning outcomes: skills</p> <p> I can identify a range of qualities that I admire in myself and say why.</p> <p> I can identify famous people with qualities I admire and say why.</p> <p> I can explain why I like other people.</p> <p> I can offer praise to other people.</p>	<p> I know when I might need to listen to my emotions in order to move on</p> <p>Learning outcomes: skills</p> <p> I can talk about my happiest memories of school and my most comfortable feelings about my new school and I can listen to others doing the same.</p>	<p>Learning outcomes: skills</p> <p> Children can say something positive about themselves and others and can offer and receive praise for these things</p>
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