

# P.S.H.E

## Summer 1 Year 2

Personal, Social, Health and Economic (PSHE) helps pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, understanding relationships and preparing them to make the most of life and work.

<u>Self and Relationships</u>	<u>Respecting Others</u>	<u>Healthy lifestyles</u>	<u>Keeping Safe</u>	<u>The World Around Us</u>
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### Healthy Lifestyle

Managing feelings (Mental Health)

- To recognise and name different feelings.
- To know how feelings can affect people's bodies and how they behave.
- To understand different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good.

### British Value:

Mutual Respect and Tolerance of Difference

<u>Key Vocabulary</u>		
Mental health	self-care	feelings
emotions	actions	communicating

**Pupil Reflection:**

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