

KEY AREAS OF LEARNING

VOCABULARY DOZEN!

<p>identity Our identity is who we are and the qualities that we have that make us different from others.</p>
<p>self- respect A feeling of respect for yourself that shows that you value yourself.</p>
<p>appropriate and proportionate Appropriate means suitable or right for a particular situation or occasion. Proportionate means that our behaviour/ actions are reasonable for the experience that we have had.</p>
<p>emotions Emotions are the way that we feel.</p>
<p>mental well- being To be mentally well means that you can cope with the stress of life, go to school and spend time at home without feeling angry, anxious or depressed.</p>
<p>physical well-being To be physically well means to be free from illness.</p>
<p>network of safe adults These are the safe adults that you can talk to if you have a worry.</p>
<p>self- care techniques Self-care techniques are activities that we do on purpose to take care of our emotional, physical and mental health</p>
<p>reflect To think carefully about something.</p>
<p>communicate To communicate means to share information with others by speaking, writing, moving your body or using other signals.</p>
<p>strategies Strategies are plans that you can put in place.</p>
<p>Responsibility and Liberty This means freedom of speech for everyone, having the right to make our own choices and taking responsibility for our actions.</p>

- We will discuss how we can we make mental well-being a normal part of daily life, in the same way as physical well-being.
- We will learn what it means to have a 'strong sense of identity' & 'self-respect'



- We will reflect on strategies that we can use to boost our self-respect?
- We will share and discuss strategies that we can use to manage strong emotions.
- We will discuss how we can judge if our own feelings and behaviours are appropriate & proportionate?
- We will consider how we can recognise how other people feel and respond to them?
- We will learn about mental ill-health and a range of self-care techniques that we can use to support our mental well-being.
- We will recap our network of safe adults and how and from whom we can get support when things are difficult.



This topic links to the British Values of: Responsibility and Liberty