



Topic: Managing Change and Valuing Differences

Year: 6

NC Strand: Health & wellbeing

What should I already know?

- About mental health, what it means and how to take care of it
- How feelings and emotions are affected at changing, challenging or difficult times
- Ways of managing these feelings
- How to seek support and advice when needed
- Strategies and behaviours that support mental health (sleep, exercise, community groups, clubs, hobbies, family & friends)
- About the benefits of exercise to mental and physical health
- About risks associated with an inactive lifestyle
- To identify opportunities for physical activity
- About the benefits of the Internet and the importance of balancing time online with other activities

What will I know by the end of the unit?

Valuing Differences

- Recognise that not everyone believes or thinks the same as you
- celebrate our differences

Managing Change

- Strategies to respond to feelings
- Recognise warning signs of mental health and wellbeing
- How to seek support

Vocabulary

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| Healthy lifestyle | it is a state of complete physical, mental and social well-being. This means eating a balanced diet, getting regular exercise , avoiding tobacco and drugs and getting plenty of rest . |
| Nutrition | the process of providing or obtaining the food necessary for health and growth |
| Mental health | a person's condition with regard to their psychological and emotional well-being |
| Wellbeing | the state of being comfortable, healthy, or happy |
| Sleep | a condition of body and mind that typically recurs for several hours every night, in which the nervous system is relatively inactive, the eyes closed, the postural muscles relaxed, and consciousness practically suspended |
| bereavement | the loss of someone or something due to death |
| communication | the receiving or sharing of information |
| rules | an instruction that shouldn't be broken |
| emotions | how we feel |



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Wellbeing

You should already know that: Being healthy is about feeling good in your body and wellbeing is about feeling good in your mind. Our relationships with other people are important for our health, wellbeing and happiness.



Habits are repeated behaviours, which can be positive or negative. When a person loses control of a habit, they can become an addiction. Many things can be addictive, including some drugs and alcohol.

All people have emotional needs that we would like to be met. Recognising these helps us to become confident and secure individuals. We should also learn to become independent and responsible.

We should think carefully before we post anything online. Any information that we share can spread rapidly. The traffic lights system is a good way of maintaining online safety.

Habits

A habit is a pattern of behaviour that is repeated - it is often done routinely.

Some habits are a good thing, e.g. brushing our teeth every morning and evening.

However, there are some habits that can be bad for our health and wellbeing, e.g. eating too many fatty foods or spending too much time on video games.

An addiction is a habit that someone finds exceptionally difficult to stop.

Addictions are not normally good for our health and/or wellbeing. We can become addicted to many things, but some products contain addictive substances (e.g. nicotine in cigarettes). Once a person has a certain amount of nicotine, they crave more nicotine. This makes it very difficult to stop smoking.

Emotional Needs

We all have emotional needs that need to be met in order for us to feel safe, healthy and happy.



By recognising that we have basic human emotional needs and the ways we can get those needs met can help us to be more confident and secure individuals.

We should be aware that life is full of ups and downs, good times and times of challenge and hardship. At times when we do not feel that our emotional needs are being met, we should speak to a trusted adult.

Think Before You Click

Remember that information can spread rapidly on the internet.



Even posts, messages or photographs that have been sent privately can be captured and spread by others around the internet. Here, the whole world may see it.

It can be extremely difficult to remove something once it has been posted. Things that you post now could even resurface many years later - something that may seem funny at the time may not do so later on.

We should always think about our own safety and should never post anything that may hurt or embarrass someone else.