

Year 2 PSHE Medium Term Plan - Autumn



Themes: Mental Health and Wellbeing
Keeping Safe Online

Core Substantive Knowledge	Key Vocabulary	Key Questions
Mental Health and Wellbeing Children learn: - To recognise and describe a range of feelings and emotions. - How feelings can vary in strength and change over time. - Simple strategies to help manage difficult feelings and worries. - How kindness and self-care can support wellbeing. - How change and loss can affect thoughts and feelings. - Who can help when they feel worried, upset or need support.	emotion, feeling, wellbeing, kindness, self-care, worry, support, change, loss, resilience	- What different emotions can I experience? - What can I do when I feel worried? - How can kindness support wellbeing? - How do changes make us feel? - Who can help me if I need support?
Keeping Safe Online Children learn: - How online content can affect feelings and emotions. - How to make safe choices about what they watch, play and share online. - Why personal information should be kept private. - How to stay safe when using the internet and digital devices. - What to do if they see something that makes them feel worried or uncomfortable online. - Who they can ask for help if they have concerns about something online.	online, internet, device, personal information, private, safe, trusted adult, sharing, feelings, choice	- How can being online affect my feelings? - What information should I keep private? - How can I stay safe online? - What should I do if something online worries me? - Who can help me with online problems?

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