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?