Year 3 PSHE Medium Term Plan - Autumn

Theme: Relationships	Sub-themes: Me, my friends and belonging Mental Health and wellbeing

Core Substantive Knowledge	Key Vocabulary	Key Questions
Me, my friends and belonging Children learn: • What makes a healthy and positive friendship • How to include others and help everyone feel they belong • How friendships can change over time • How to recognise and respect similarities and differences between people • Ways to work cooperatively and resolve disagreements respectfully • Who can help if a friendship problem is making them worried or unhappy	friendship, belonging, inclusion, respect, cooperation, trust, support, similarities, differences, community	• What makes a good friend? • How can I help others feel included? • How can friendships change over time? • What does it mean to belong?
Mental Health and Wellbeing Children learn: • To recognise and describe a range of emotions • How thoughts, feelings and behaviours can affect one another • Strategies to manage worries and difficult feelings • How distraction and calming techniques can support wellbeing • Ways to seek support when they are worried or upset • How to respond positively to challenges and setbacks	emotion, feeling, wellbeing, worry, resilience, self-regulation, distraction, calm, support, confidence	• What different emotions might I experience? • What can I do when I feel worried? • How can my thoughts affect my feelings? • Who can help me if I am struggling?