Year 4 PSHE Medium Term Plan - Autumn

Themes:
Mental Health and Wellbeing
Exploring Ways to Manage Risk

Core Substantive Knowledge	Key Vocabulary	Question
Mental Health and Wellbeing Children learn: • How to recognise and describe a range of emotions and feelings. • How thoughts, feelings and behaviours can influence one another. • Different ways to manage worries and maintain emotional wellbeing. • How internal and external distractions can affect focus and decision-making. • Strategies to help them feel calm and manage challenging situations.	emotion, wellbeing, worry, distraction, self-regulation, calm, confidence, support, resilience, coping strategies	• What emotions might I experience? • How can my thoughts affect my feelings? • What can I do when I feel worried? • How can I look after my wellbeing? • Who can help me if I need support?
Exploring ways to manage risk Children learn: • How to identify risks in a range of situations. • How to assess risk and make safer choices. • How peer influence can affect decisions and behaviour. • Strategies for managing pressure from others. • How to keep safe at home, in the community and online. • How to seek help if they feel worried, unsafe or pressured	risk, safety, influence, pressure, decision, consequence, responsibility, choice, hazard, support	• What is a risk? • How can I make safe choices? • How can other people influence my decisions? • What should I do if I feel pressured? • Where can I go for help if I feel unsafe?