Year 6 PSHE Medium Term Plan - Autumn

Themes:
Mental Health and Wellbeing
Managing Money and Online Spending

Core Substantive Knowledge	Key Vocabulary	Key Questions
Mental Health and Wellbeing Children learn: • How to recognise, understand and manage a wide range of emotions. • How thoughts, feelings and behaviours influence one another. • Strategies for managing stress, worry and challenging situations. • How positive thinking habits can support emotional wellbeing. • How to identify healthy coping strategies and self-regulation techniques. • How change, loss and transition can affect thoughts and feelings. • When and where to seek support for their emotional wellbeing.	wellbeing, emotion, self-regulation, resilience, stress, worry, coping strategies, mindfulness, mental health, transition, support, confidence	• How can I manage difficult emotions? • How do my thoughts affect my wellbeing? • What strategies can help me cope with stress and worry? • How can I build positive habits for mental wellbeing? • Who can I talk to if I need support**?**
Managing Money and Online Spending Children learn: • How money can influence emotional wellbeing and decision-making. • How advertising, influencers and online content can affect spending choices. • How to become a critical consumer and make informed financial decisions. • The risks associated with online spending and digital purchases. • How targeted advertising and persuasive techniques are used online. • How to recognise online financial harms, scams and misleading offers. • Where to seek advice and support if they encounter financial risks online.	consumer, spending, budgeting, advertising, online spending, financial risk, scam, fraud, influence, targeted advertising, wellbeing, decision-making	• How can money affect our wellbeing? • How does advertising influence our choices? • What are the risks of spending money online? • How can I recognise a scam or misleading offer?

		• How can I make safe and informed financial decisions?