

# Health and Wellbeing - Think Positive

PSHE and Citizenship | LKS2 | Planning Overview

## About the Topic

This unit is designed to build on what the children have already learnt about feelings, both comfortable and uncomfortable and how our attitude towards life can affect our mental health. The lessons centre around themes such as thinking positively and calmly, managing difficult emotions, taking responsibility for decisions and developing a growth mindset approach to learning.



## Home Learning

**Positive Thoughts Diary:** In this activity, children are encouraged to record positive thoughts or reflections only, every day, for a week. No negative comments are allowed!

**Positive Thinking Cap:** Children design a Think Positive Cap, by illustrating and graffitiing the outline of a cap provided.



## Wider Learning:

The school could consider having a Think Positive mascot to promote the idea of positive thinking throughout the school and in assemblies. The mascot could be awarded to a different class or individual child each week for setting a good example regarding attitudes towards learning, staying calm and in control or helping others when they are feeling negative.

The school could also hold a challenge day. The emphasis would be on trying something new, persevering when something is difficult and understanding that we learn through practice and effort. Challenges could cover a range of skills, from musical and artistic, to physical and adventurous.

## Assessment Statements

### All children should be able to...

- understand that it is important to look after our mental health.
- recognise and describe a range of positive and negative emotions.
- discuss changes people may experience in their lives and how they might make them feel.
- talk about things that make them happy and help them to stay calm.
- identify uncomfortable emotions and what can cause them.
- discuss the characteristics of a good learner.

### Most children will be able to...

- understand that having a positive attitude is good for our mental health.
- understand the causes of negative thoughts.
- identify ways to cope with negative thoughts.
- understand the impact certain changes can have on people and how it can affect them emotionally.
- identify some mindfulness techniques and discuss which they like to use.
- identify strategies to cope with uncomfortable emotions.

### Some children will be able to...

- understand the implications of having negative thoughts and their impact on our actions and behaviour.
- describe mindfulness and why it is helpful in supporting good mental health.
- understand that puberty and the hormonal changes our bodies go through can be the cause of new and difficult emotions.
- understand the need for our thinking brain to gain control over our feelings brain.
- understand the implications of having a positive attitude towards learning.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).