

Health and Wellbeing — Think Positive

PSHE and Citizenship | UKS2 | Planning Overview

About the Topic

This unit is designed to help children further develop their understanding about thoughts and emotions, both positive and negative. The lessons centre around themes such as the links between our thoughts, feelings and emotions, making good choices and mindfulness and applying a growth mindset approach to life.



Home Learning

Predicting Outcomes: In this task, children have some short scenarios to read through and are then asked to write a prediction for each as to what the person will think, how they will feel, how they will react and what the outcome will be.

Carol Dweck and Growth Mindset Research: Children are required to research the founder of the term growth mindset, Carol Dweck, and create a fact sheet about her and what a growth mindset actually is.



Assessment Statements

All children should be able to...

- talk about their thoughts, feelings and behaviours.
- identify unhelpful and helpful thoughts.
- suggest outcomes linked to certain thoughts, feelings and actions.
- discuss ways in which positive thinking can be beneficial.
- identify and discuss uncomfortable emotions.
- identify common choices we have to make in life.
- use basic mindfulness techniques, when guided.
- describe what makes a good learner.

Most children will be able to...

- describe how their thoughts, feelings and behaviours influence each other.
- explain the range and intensity of their feelings to others.
- name some strategies to deal with unhelpful thoughts.
- know how to make an informed choice.
- appreciate how making good choices can make us happy.
- understand how mindfulness techniques can be used in their everyday lives.
- describe the difference between a growth mindset and a fixed mindset.
- identify strategies for facing a challenge.

Some children will be able to...

- discuss the impact negative thoughts can have on ourselves and others.
- generate their own positive affirmations.
- confidently employ strategies for coping with unhelpful thoughts and uncomfortable emotions.
- predict the consequences linked to certain choices.
- recognise when different mindfulness techniques might be useful.
- independently employ mindfulness techniques.
- independently use a range of strategies to overcome difficulties or face challenges.

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