

Knowledge Organiser

PSHE including RSE

Year 6 Summer Health and Wellbeing - Physical health and Mental wellbeing

- Mental health is just as important as physical health and that both need looking after.
- We need to recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support and **kindness**.
- Negative experiences such as being bullied or feeling lonely can affect mental wellbeing.
- We need positive strategies for managing our feelings.
- There are situations when someone may experience mixed or conflicting feelings.
- Feelings can often be helpful, whilst recognising that they sometimes need to be overcome.
- We need to recognise that if someone experiences feelings that are not so good (most or all of the time) - help and support is available
- Identify where they and others can ask for help and support with mental wellbeing in and outside school.
- It is important to have **courage** and get support from a trusted adult.
- Some changes may occur in life including death, and these can cause conflicting feelings.
- Changes can mean people experience feelings of loss or grief.

Vocabulary

mental health

This includes our emotional, psychological, and social wellbeing.

physical health

The normal functioning of the body.

