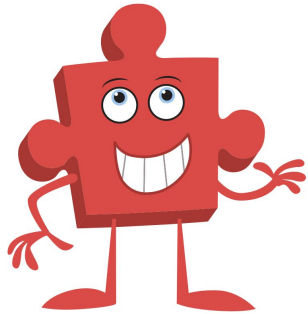


Year 6 Summer 1

Puzzle: Relationships



Puzzle Pieces

1. What is Mental Health?
2. My Mental health
3. Love and Loss
4. Power and Control
5. Being Online: Real or Fake? Safe or Unsafe?
6. Using Technology Responsibly

Vocabulary

Mental health
Anxiety
Support
Greif
Bereavement
Control
Authority
Assertive
Pressure

Home Discussions

What different strategies do people at home use when they are faced with challenging situations?
What do you do when you are feeling upset? What could you do to improve your mood? What could you do to help someone at home when they are feeling upset?
At home, what do you do or have to help you to remember people who you no longer see?
What are the rules in your house for safe internet, gaming and social media use?

RHE

It is estimated that a quarter of the population will have a mental health problem at some point in their lives. We will learn how to identify that our mental health may not be in balance and strategies to support good mental health. We will learn that anger, stress, anxiety and sadness are normal, healthy feelings at certain times in people's lives, but if these are overwhelming then they can tip someone's mental health out of balance.

Self-harm is mentioned briefly in this topic, but no detailed information is given. This lets children know that they can discuss this with an adult if it is something they are concerned about for themselves or someone else they know.

Children will learn that the internet has good content but also content that is not safe, true or helpful. We will discuss the personal responsibility that we all have for using the internet and the need to use judgement to stay safe online.