

# *St Anne's Catholic Voluntary Academy Mental Health Curriculum*



At St Anne's, we have developed a curriculum which explicitly teaches the children social and emotional skills and an awareness of mental health. This curriculum was developed by our DMHL/SEND Co and Anti-Stigma Ambassadors following their mental health training. We have designated Mental Health afternoons each half term where we teach the content.

## **Programme of Study**

Each half term we have focus or theme for our session and each year group has an enquiry question which tailors the activities of the session.

### Advent 1 Theme: Name it to Tame it

EYFS- What makes me happy and sad?

Y1- How do I feel?

Y2- What are emotions?

Y3- How many emotions can I think of?

Y4- How do my emotions change throughout the day?

Y5- Can I describe my emotions to others?

Y6- How do I manage conflicting emotions?

### Advent 2 Theme: Speak Out

EYFS- Who looks after me?

Y1- Who can I talk to when I'm sad?

Y2- Who can I share my worries with?

Y3- How can I manage my emotions?

Y4- Where can I go for help?

Y5- How can I support myself and my friends with my emotions?

Y6- Which services could I speak to?

## Lent 1 Theme: Mental Health-What's that?

EYFS- What does my brain do?

Y1- What happens in my mind?

Y2- What is good and bad mental health?

Y3- What should I do to maintain a good mental health?

Y4- How are my mental and physical health linked?

Y5- What are mental health disorders? (Focus on depression and anxiety)

Y6- What are mental health disorders? Focus on eating disorders and personality disorders)

## Lent 2 Theme: Beneficial Behaviours

EYFS- What does behaviour mean?

Y1- What does good behaviour look like?

Y2- What is unacceptable behaviour?

Y3- How does my behaviour affect others?

Y4- How can I manage my own behaviour?

Y5- Can I describe aggressive or bullying behaviours?

Y6- Can I recognise discriminatory behaviours?

## Pentecost 1 Theme: Smashing Stress

EYFS- What is relaxation?

Y1- What is stress?

Y2- What happens to me when I'm stressed?

Y3- How can I manage my stress?

Y4- How can I be resilient?

Y5- How can I empathise with others who are stressed?

Y6- Can I create an action plan to manage my stress?

## Pentecost 2: Wonderful Wellbeing

EYFS- What can I do to stay happy?

Y1- How can I keep healthy?

Y2- How can I keep my mind healthy?

Y3- What is wellbeing?

Y4- What are wellbeing strategies?

Y5- What activities can I do to maintain a healthy lifestyle?

Y6- Why is our wellbeing important?

Ideas/ Resources

Advent I Theme: Name it to Tame it

**EYFS- What makes me happy and sad?**

Colour monster of emotions, paper plate faces, charades, emotion face mats etc.

**Y1- How do I feel?**

Recap of emotions- simple- emotions mat on ELSA, talk time, facial expressions, draw it, gingerbread man of emotions.

**Y2- What are emotions?**

Emotion word mats, matching emojis, penguin emotions-ELSA, explaining physically what they are, emotion of the week, emotions hangman.

**Y3- How many emotions can I think of?**

Alphabet of emotions, emojis, facial expressions, emotions thesaurus.

**Y4- How do my emotions change throughout the day?**

Thermometer of emotions, emotions curve/graph, emotion tracker- colour in.

**Y5- Can I describe my emotions to others?**

Charades, describe the emotion, colour the emotion, museum of emotions, inside out film.

**Y6- How do I manage conflicting emotions?**

Pairing emotions, its ok to feel....., emotion antonyms and synonyms- ELSA.

Useful websites

<https://www.elsa-support.co.uk/downloads/category/elsa-resources/strongfeelings/page/2/>

<https://www.ecmhc.org/ideas/emotions.html>

<https://www.twinkl.co.uk/search>

## Advent 2 Theme: Speak Out

### **EYFS- Who looks after me?**

Draw who helps, talk about school, talk about services, twinkl ppt.

### **Y1- Who can I talk to when I'm sad?**

Draw them, list them, interview them, buttons behaviour box activity.

### **Y2- Who can I share my worries with?**

Worry monster, bucket of worries, wally the worry monster- ELSA.

### **Y3- How can I manage my emotions?**

Worry monsters, plan, throw away worries, check ins, worry tree ELSA, SUMO.

### **Y4- Where can I go for help?**

People who help, ELSA website, who we can go to in school, code words.

### **Y5- How can I support myself and my friends with my emotions?**

Emotions continuum, burn after write, throw away worries, circle time.

### **Y6- Which services could I speak to?**

List of mental health websites and app, research into mind, healthy young minds, action for children.

Useful websites

<https://www.twinkl.co.uk/search>

<https://www.elsa-support.co.uk>

<https://www.actionforchildren.org.uk/support-for-parents/children-s-mental-health/>

## Lent I Theme: Mental Health-What's that?

### **EYFS- What does my brain do?**

What is the brain, what happens, drawing it, annotate it, link to thoughts and the mind, thought machine.

### **Y1- What happens in my mind?**

Thought bubbles, interview the brain, draw it, bit of science.

### **Y2- What is good and bad mental health?**

Definition for both, different posters, post it wars, mental health wars.

### **Y3- What should I do to maintain a good mental health?**

Good mental health strategies, what does a health mind look like, class list of positive activities, positive mantras, quote of the day.

### **Y4- How are my mental and physical health linked?**

How our mind affects our physical health, shaking, food and MH, exercise and MH, endorphins etc.

### **Y5- What are mental health disorders? (Focus on depression and anxiety)**

<https://www.mind.org.uk/about-us/what-we-do/depression-alliance/>, ipad time research, fact file, interview someone.

**Y6- What are mental health disorders? Focus on eating disorders and personality disorders)** <https://www.beateatingdisorders.org.uk>, research, interview, healthy diet.

### Useful websites

- [Twinkl](#)

*For support on specific mental health needs*

- Anxiety UK- <https://www.anxietyuk.org.uk>
- OCD UK- <https://www.ocduk.org>
- Depression Alliance with Mind- <https://www.mind.org.uk/about-us/what-we-do/depression-alliance/>
- Eating Disorders- <https://www.beateatingdisorders.org.uk>
- National Self-Harm Network- <https://www.nshn.co.uk>
- Suicidal Thoughts- <https://papyrus-uk.org>

## Lent 2 Theme: Beneficial Behaviours

### **EYFS- What does behaviour mean?**

Behaviour box activities, definitions, behaviour in school, poems, naughty bus story.

### **Y1- What does good behaviour look like?**

Rainbow fish story, examples, behaviour policy, dojo points, emotions linked to good behaviour, superhero behaviour.

### **Y2- What is unacceptable behaviour?**

Horrid Henry stories, behaviour policy, dangerous behaviours, how our behaviour affects others.

### **Y3- How does my behaviour affect others?**

Safety, hurting others, empathy, our space, charades, drama.

### **Y4- How can I manage my own behaviour?**

Emotions book, behaviour tracker, dojo points, check ins, discuss it-change it-ELSA.

### **Y5- Can I describe aggressive or bullying behaviours?**

Anti-bullying alliance, what is bullying? What is aggression? Draw it.

### **Y6- Can I recognise discriminatory behaviours?**

Black lives matter resources, prejudice- what is it? Challenging stereotypes-twinkl.

### Useful websites

<https://www.elsa-support.co.uk>

<https://www.anti-bullyingalliance.org.uk>

<https://www.redcross.org.uk/get-involved/teaching-resources/black-lives-matter-resources-for-young-people>

## Pentecost I Theme: Smashing Stress

### **EYFS- What is relaxation?**

Share some different ideas how we relax, relax tips-ELSA, cosmic kids peace out, tummy time, breathing friends- make jelly fish and octopus.

### **Y1- What is stress?**

Explaining how stress makes us feel, acronym for the word, relaxation techniques, breathing, cosmic kids, stress balls, breathing friends.

### **Y2- What happens to me when I'm stressed?**

Gingerbread man activity, inside out film, relaxation techniques, cosmic kids, yoga, mindful colouring.

### **Y3- How can I manage my stress?**

Worry monster, putting stresses on a target- ones I can control and ones I can't, yoga, mindfulness, action plans.

### **Y4- How can I be resilient?**

Primary Stars resilience pack, Beano resilience lesson plans, growth mindset work, can't do it yet, positive quote jars, teamwork games.

### **Y5- How can I empathise with others who are stressed?**

Talking about how to actively listen, Puffin Empathy day resources, twinkl empathy work.

### **Y6- Can I create an action plan to manage my stress?**

Action plan templates, mood tracker, twinkl stress management strategies document, wellbeing log, wellbeing action plan.

### Useful websites

<https://www.youtube.com/user/CosmicKidsYoga>

<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

<https://plprimarystars.com/resources/resilience>

<https://youngminds.org.uk/resources/school-resources/beano-resilience-lesson-plans/>

<https://www.puffinschools.co.uk/resources/ks2-resource-pack-empathy-day-2019/>

<https://www.twinkl.co.uk/resource/t2-p-408-stress-and-coping-strategies-for-young-people-activity-sheet>

## Pentecost 2: Wonderful Wellbeing

### **EYFS- What can I do to stay happy?**

Happy faces on paper plates, what makes me happy, bucket of happiness- ELSA, twinkl worksheets, happy bright coloured art, Our happy tree- display, balloons.

### **Y1- How can I keep healthy?**

Twinkl resources, health for kids, food tasting, balanced meal plate, health for kids website, exercising.

### **Y2- How can I keep my mind healthy?**

Mindfulness, positive affirmations, throwing away worries, meditation, puppy therapy.

### **Y3- What is wellbeing?**

See LF ppts from lockdown, wellbeing wheel, self-care, worry tree, colouring, music, yoga, exercise.

### **Y4- What are wellbeing strategies?**

Yoga, mindfulness, self-care action plan, puppy therapy, ELSA wellbeing work, healthy food, wellbeing shield- ELSA.

### **Y5- What activities can I do to maintain a healthy lifestyle?**

Talk about exercise, yoga, mindfulness, eating health, kind words, water, sleep, ELSA wellbeing log, Oti Mabuse- dance class.

### **Y6- Why is our wellbeing important?**

Discuss the why- what happens if we don't look after it, role play, case studies.

### Useful Websites

<https://www.healthforkids.co.uk/staying-healthy/>

<https://www.elsa-support.co.uk/?s=wellbeing>

<https://www.youtube.com/user/CosmicKidsYoga>

<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

<https://www.youtube.com/watch?v=y0RGGDusyKI>