

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/SENDCo 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 | 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>