

KS2 (Years 5 – 6): Emotional Wellbeing & Resilience Workshop Overview

Workshop Topics Covered	This workshop maps to the following areas in the - Statutory Guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education.	Teaching Tools
<ul style="list-style-type: none"> ✓ Understanding what is mental health; ✓ Understanding the different emotions humans experience; ✓ Being able to recognise their emotions; ✓ Appropriate vocabulary to talk about their own and others' feelings; ✓ Understanding of appropriate, proportionate behaviour and responses. 	<p>Physical Health and Mental Wellbeing - Mental Wellbeing:</p> <ul style="list-style-type: none"> ○ That mental wellbeing is a normal part of daily life, in the same way as physical health. ○ That there is a normal range of emotions (e.g., happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. ○ How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. ○ How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. ○ Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests; ○ Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support; ○ Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). ○ it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough. 	<ul style="list-style-type: none"> • Ice-Breaker; • Discussions; • Worksheets; • Q & A; • Activities.